

QUICK REFERENCE TO BRINGING CREATIVITY INTO RELATIONSHIPS

You meet somebody new and you create a language together. There is commerce and feeling and information back and forth exquisitely coordinated. When conversation works, it is, again, not a matter of meeting halfway, it is a matter of developing something new to both of us.

- Stephan Nachmanovich

Empathy is ultimately an imaginal, creative act – and key to relationship building and growing. In fact it's the foundation of human relating.

- Dr. Rebecca Leaver



Linking Creativity to Relationships

- ▶ **Flexibility** ⇒ Willingness to challenge assumptions.
- ▶ **Courage** ⇒ Willingness to take risks and to be authentic.
- ▶ **Awareness** ⇒ Openness to change at any moment.
- ▶ **Humour / play** ⇒ Ability to use appropriate humour and to be playful together.
- ▶ **Imagination** ⇒ Using your imagination to be able to see the person differently.
- ▶ **Discovery** ⇒ Ability to discover the person over and over again.
- ▶ **Freedom** ⇒ Allowing each person to be their independent self.
- ▶ **Capacity for Fantasy** ⇒ Using fantasy to add spice to the relationship.
- ▶ **Invention** ⇒ Ability to re-invent relationships on a regular basis.
- ▶ **Possibility thinking** ⇒ Building “what if...” “How might...” “In what ways might...” questions into your relationship vocabulary.
- ▶ **Intuition** ⇒ Listening to your intuition when in the relationship.
- ▶ **Suspend Judgment** ⇒ critical to generating novelty, requires that you let go of your own autobiography, assumptions, interpretations, etc. in order to truly listen.



10 Strategies for Bringing Creativity into Relationships

1. **Use creativity to navigate through challenging relationships**, i.e.; open eyes, humanness, listening, reframing – looking at your actions or purpose in a different way.
2. **Bring the elements of divergent and convergent thinking**, from the Creative Problem Solving Process, when solving problems/issues together.
3. **Use listening as a strategy for staying fresh and creative in relationships**, i.e.; listen to the subtext, the music as well as the words.
4. **Remember there are no universal “decoder rings”** – we need to use our imagination to understand each other’s unique “code.”
5. **The most creative and influential relationships are the ones in which we see possibilities**. Instead of thinking, “why isn’t this person doing this or acting this way?” substitute “what are the possibilities in this person/in this relationship?”
6. **Use conditional thinking/language about relationship**, i.e.; “...as if”; “...could be”; “...what’s my piece of the action”; “how might we...”
7. **Create an environment, in which you can be together in a fun way**, one that includes play, humour, and even weirdness and silliness.
8. **Encourage and exercise the freedom to be our authentic selves**. Viva la difference!
9. **Much like fertilizing good ideas, each person in a relationship needs to be affirmed frequently** — to be honoured in the relationship. Imagine how the individual would want to be affirmed...or ask them!
10. **Ask yourself “what attracted me to this person in the first place**, what did I find delicious and irresistible?”