

Creative process and self-reflection.

Alternating enrichment or constraint?

Tobias Zachl | MMA 2003

Good and bad news.

- No jokes, no trendy design work, no edutainment – just plain theory.

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+ High density of information.

Good and bad news.

■ No jokes, no trendy design work, no edutainment – just plain theory.

+

■ High density of information.

+

■ Possibility to gain new perceptions => Influence on future work.

Overview

- 1 Research question / Thesis**
 - 2 Structure**
 - 3 Self-reflection**
 - 4 Creative process**
 - 5 Conclusion**
-
- Results only
- The diagram illustrates a feedback loop. Two curved arrows originate from the text 'Results only' on the right. One arrow points to the number '3' of the 'Self-reflection' step, and the other points to the number '4' of the 'Creative process' step.

Research question / Thesis

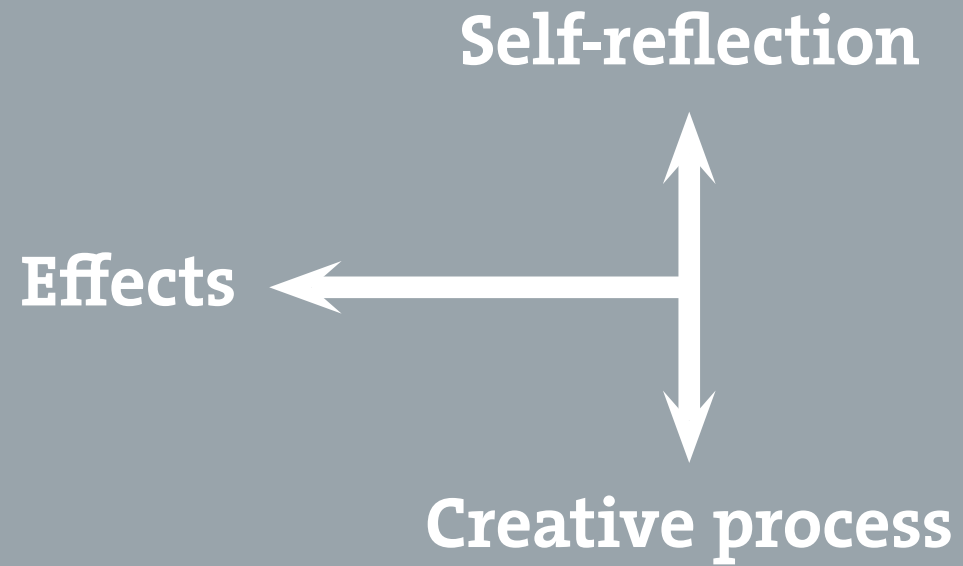
**Which effects does self-reflection
have on the creative process?**

Research question / Thesis

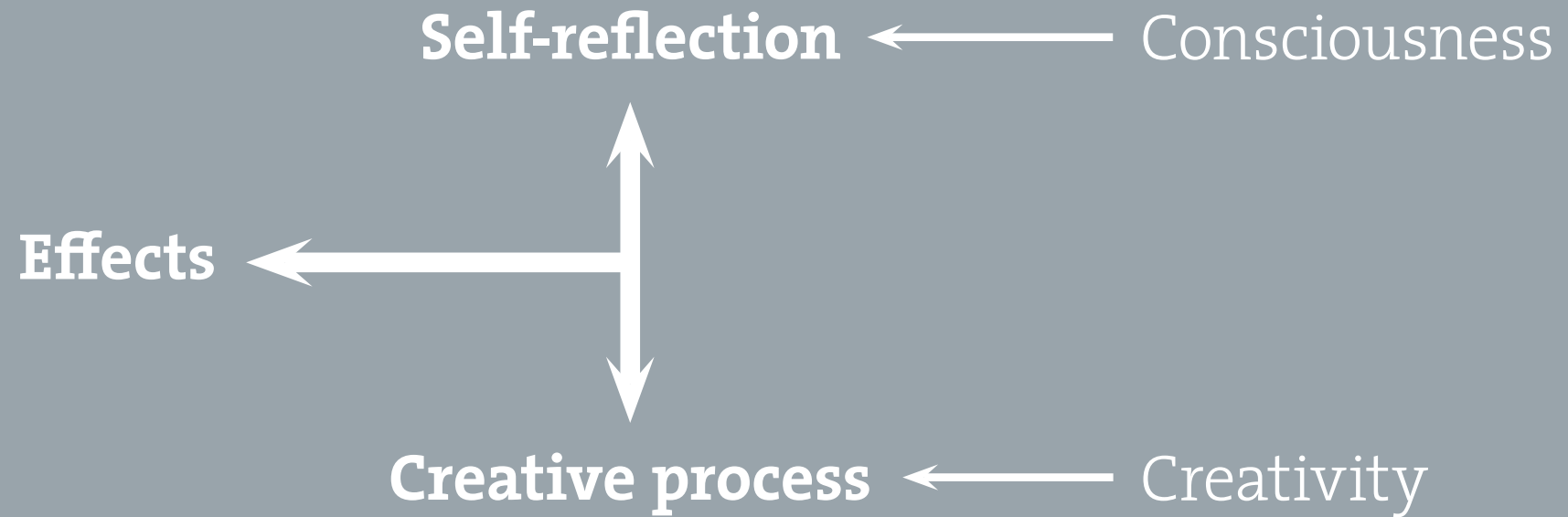
Which effects does self-reflection have on the creative process?

- The effects will be positive.
- The person and it's work will be supported by self-reflection.
- The persons character will ripe due to special insights.
- Future actions will be influenced.

Structure



Structure



Self-reflection

Summary

- **Critical analysis**
- **Protocol** for modification, comparison, planning
- **Suppression of Self-reflection**
- **Slowness and narrowness**
- **Degree of resolution:** specialisation, urgency, time-pressure, importance, indefiniteness and self-reflection
- **Lower specialisation**
- **Plasticity, flexibility, individual consequence**

Requirements

- **Interruption of processes**
- **Analysis of past actions**
- **Alternative plans**
- **Verification, utilization**

Creativity – creative process

Summary

- **Sequence:** preparation, incubation, illumination, verification
- **Contrasts:** **Openness** active – passive; **Questions** answered – new ones; **Immersion** – effective surprise; **Passion** – distanced view; **Control** – obsession
- **Levels:** primary & secondary restructuring; expressive, productive, inventive, re-generative, emergentive
- **Similarity:** **Spontaneity, openness**
- **Supporting attributes:** openness, intellectual ability, search as a habit, cognitive flexibility/plasticity, aesthetic sensitivity, inner measure of values, trust in future, deferred judgement
- **Detaining attributes:** habits, functional rigidity, rigidification of categories

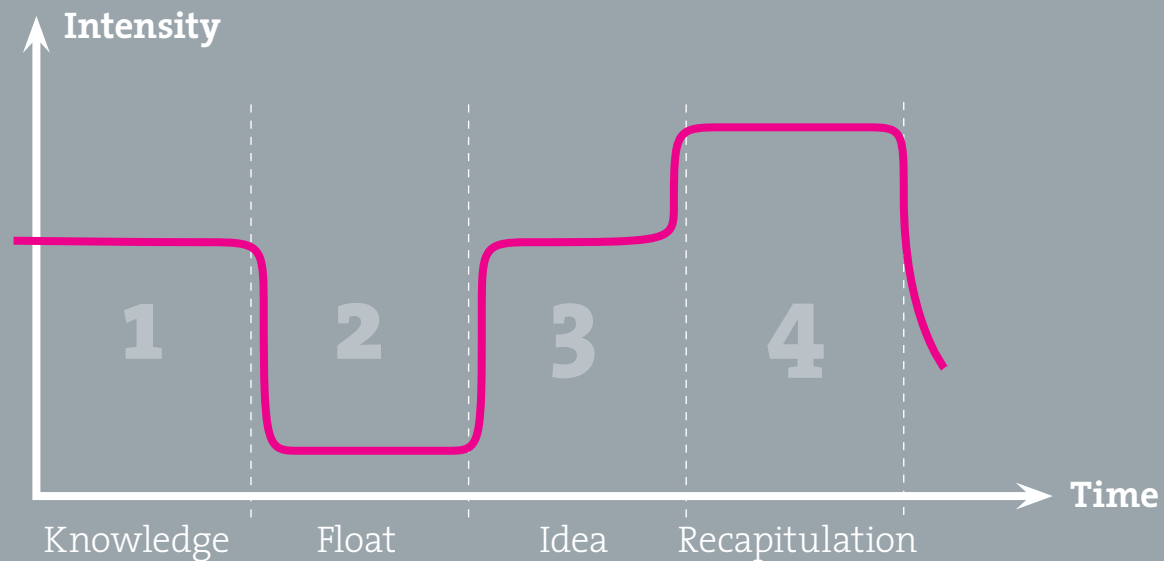
Conclusion – Effects

Phases

1. **Preparation:** more plans – higher plasticity
2. **Incubation:** exploration, resolution
3. **Illumination:** much exploration, less consequence, reduced estimation of competence vs. flexibility, plasticity, wider range of expectations
4. **Verification:** recapitulation, defining expectations – most important

Conclusion

**Self-reflection is worthless
without control!**



Conclusion

Self-reflection...

...is worthless without control.

Conclusion

Self-reflection...

... is worthless without control.

... causes positive and negative effects.

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... is able to let ones character grow.

Conclusion

Self-reflection ...

... is worthless without control.

... causes positive and negative effects.

... is able to let ones character grow.

... has got limited possibilities.

Thank you for listening.