

CREATIVITY FOR INTROVERTS  
ZINE SERIES

**CREATIVE BLOCKS**

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PART OF THE

Listen to your tension levels and learn which way you lean when presented with new opportunities. Give the input that comes through your life some thought and place it where it needs to go based on what's most comfortable for you. **Find your balance.**

originally expect. Maybe it has nothing to do with your creativity at all, and something is going on in your life that's causing an emotional or mental block. Or, perhaps, you just need a

reminder of something meaningful.

**Should I be using this as an opportunity for input?** Maybe now's the time to consume! Go out, take a trip, hang out with friends, see a show, go to museums, read a book, do all the things you don't have time to do when you're busy working on all your projects.

**Perhaps I should try to kick-start my creativity?** It may be that you're just tired of all the same ol'

tricks and need something to get you going. Take the opportunity to explore someone else's field for a while!

The next time you feel a creative block (big or small), try to use your resources to decide the best way to handle it. Review the tips given in the Creativity for Introverts zine series and decide the best way to handle it. In fact, **find ways to embrace creative blocks**, rather than seeing them as failures. When you learn how to turn a frustrating creative block into an exciting opportunity for input, you've basically won the game.

The general view on creative blocks is that they are bad, hindering, or otherwise harmful to your creative impulse. I beg to differ. I find them to be a valuable part of the creative process.

b. Go back to the beginning and start over. Take it step by step and go through the process again. You might see something that you missed before.

c. Give yourself new input of a different kind than you usually use for inspiration. If you don't want to go full-on as #2 suggests, find something small you can do for an afternoon.

Next time you're feeling blocked, get a journal out and really think about what's going on. Give yourself some time and attention.

**Why am I experiencing this block?** It could have a much deeper meaning than you

2. If you're really running dry, use this as an opportunity! What are you interested in right now? What catches your attention lately? Do something you've

1. Assess why you are experiencing this block. Your creativity should be giving you energy, not draining it. Maybe the causes are external, or maybe you're not giving yourself enough time to focus.

frustrating! Rather than acting out--or however you normally process that anger--let me give you a few things to think about next time you're experiencing this.

always wanted to do but have never had the time or motivation. Review the different ways you can approach knowledge and how different aspects of your life contribute to your creativity.

3. Does your creativity just need a kick-start? Here are some ideas:

a. Don't be afraid to change what you do, even if it's just a small detail. If what you're doing and what you've always done isn't working out, change the way you do it. One of my mottos is: change the way you express yourself as often and as much as you need to.

I am in the school of thought that believes we are the yin to extroversion's yang. **Together, we make beauty in this world.** I think it's fantastic that there are introverts who are able to throw themselves out there for a few hours a week, but I also think it's awesome there are introverts who can't.

If you're one of those who can't, I hope in your reflection you'll see that this is fine. This goes for everyone, introverted or not: **It is wonderful to be your own self, and it isn't necessary to try to be someone else's vision of who you should be.** When you see other introverts able to do this, congratulate them, but don't emulate them.

It's important for you to understand that this is okay. Even though other media, book writing, self-learning introverts are able to say they appear extroverted and the world sort of seems to accept them because of that, **it's okay if you're not that introvert.** As much as these books help and push all the right messages of acceptance and self-love to the part of the population who were taught to hate this about themselves, **they're still guilty of boasting how much better it is to be able to fake extroversion.**

I used to say: I'm more introverted than introverts. Almost all the introverts I know go out every weekend. They don't understand why I don't hang out more, they think that because we are both introverted, I should be able to handle at least just as much. Do you have a friend like that? It's bad enough getting that pressure from people who, at the core, think my lifestyle is wrong; it's heartbreaking to see that even those who understand you only do so to an extent. Those little lost feelings start to creep back, and suddenly you're alone in a sea of higher energy introverts & high energy extroverts. Who will accept how you are?

I've been reading a lot of books on introversion, partially to obtain a well rounded view on how different introverts think and view the world for this zine series, but also because it's the topic I'm immersed in; these are the things I'm currently discovering about myself and the world. Many of these books have said something to the effect of "I balance my energy so well that no one ever believes me when I tell them I'm an introvert!"

**I am not that introvert.** I balance my energy fairly well these days; I feel at peace, relaxed, I have flow. People have never and will never say of me that **they couldn't believe I am an introvert.**

## ON ACCEPTANCE

PART OF THE  
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Let's take a moment to stop, decompress, think of all the zillions of differences every person on this earth has, and become more aware of ourselves and others. I'm introverted, and so are you, but our energy levels differ, and that's okay. It's fine if you're more of a loner than your other introverted friends. It's fine if that's because it's in your nature or if it's because you've been burned one too many times. **You are under no obligation whatsoever to give up your freedoms or your right to solitude.** Likewise, you have no right to demand this of others.

You might have a friend like me and you might have a friend like my friend. I

they are. We are pushed into so many corners throughout life that sometimes it may seem like you ARE the most introverted person in the world. It feels that way to me even though I know that's not true. Does that mean I should make a friend with less energy feel guilty for not hanging out as much as I want to?

I mean, doesn't that sound familiar to your life experience, and haven't you hated it when people do that?

think it's important to think about. If you are hard pressed on acceptance from your peers, don't be that guy who thinks all extroverts are selfish. Don't pressure your other introverted friends to be more like you.

If you're being pressured, take a deep breath and make yourself aware that this person simply isn't aware of your differences. They probably don't want you to change, they've just got this block from recognizing that not all introverts are where

THERE ARE PLENTY OF HIGHLY SENSITIVE TESTS THAT YOU CAN TAKE ONLINE WHICH MAY GIVE YOU A DEEPER CLUE INTO WHAT IT MEANS TO BE HIGHLY SENSITIVE—OR EVEN TO UNLOCK PARTS OF YOURSELF THAT YOU’VE BEEN TOO PUT DOWN TO RECOGNIZE. SOME SIGNS MIGHT INCLUDE:

INTROVERTED. ALSO, TRY NOT TO THINK OF THIS AS A “CONDITION” OR “DISORDER.” MUCH IN THE SAME WAY THAT INTROVERSION ISN’T A DISORDER, THINK OF IT LIKE ALLERGIES: YOUR BODY’S REACTION TO PEANUTS MIGHT BE UNCOMFORTABLE OR DAMAGING, JUST AS HSP MIGHT HAVE AN EXTREMELY LOW TOLERANCE FOR LOUD ENVIRONMENTAL NOISE. THE ANALOGY ISN’T PERFECT, SINCE SOMETIMES YOUR ALLERGIES CAN KILL YOU, BUT I HOPE YOU GET WHAT I’M SAYING.

- ★ LOW TOLERANCE TO ENVIRONMENTAL (SOUND, TOUCH, SMELL, ETC.) OR EMOTIONAL STIMULI
- ★ EASILY OVERWHELMED BY TOO MUCH EXTERNAL INPUT
- ★ HIGH SENSITIVITY TO VIOLENCE
- ★ RICH COMPLEX INNER LIFE
- ★ MORE PRONE TO MAJOR DEPRESSION
- ★ ABLE TO READ THE MOOD OF THE ROOM EASILY AND QUICKLY
- ★ MORE EMOTIONALLY REACTIVE (EMPATHY, FOR EXAMPLE), WHICH MAY HELP YOU WORK BETTER ON A TEAM
- ★ LOW TOLERANCE TO NEGATIVITY
- ★ PREFER TO DO A LOT OF THINGS SOLO, LIKE EXERCISE, DUE TO ENVIRONMENTAL INPUT

YES, HYPERSENSITIVITY IS A THING. THOSE WHO HAVE IT AREN’T WEAKER THAN OTHERS—MENTALLY OR EMOTIONALLY. THERE ARE POSITIVES AND NEGATIVES (AS WITH ANY TRAIT YOU MIGHT HAVE), AND NOT ALL HIGHLY SENSITIVE PEOPLE (HSP) ARE

I WANT TO PULL YOU ASIDE FOR A MOMENT TO TALK A LITTLE BIT ABOUT HIGHLY SENSITIVE PEOPLE. YOU MIGHT BE SCRATCHING YOUR HEAD WONDERING WHAT I MEAN BY THAT. MANY PEOPLE CALL IT BY DIFFERENT NAMES, AND UNFORTUNATELY LOTS OF PEOPLE WILL TELL YOU IT DOESN’T EXIST. UGH, THERE ARE FEW THINGS IN THIS WORLD THAT ANNOY ME MORE THAN, “I DON’T UNDERSTAND IT, AND THEREFORE IT ISN’T REAL.”

WHAT DOES THIS HAVE TO DO WITH INTROVERSION? THOUGH NOT ALL HSP ARE INTROVERTS, THOSE WHO DO SEEM TO HAVE A DOUBLY TOUGH EXPERIENCE NAVIGATING THROUGH LIFE. NOT ONLY ARE THEY TRYING TO WADE THROUGH THE CHAOS SURROUNDING THEM, BUT THEY ALSO HAVE TO DEAL WITH THE NEGATIVITY THAT IS CONSTANTLY THROWN IN THEIR DIRECTION BECAUSE OTHERS THINK THEY ARE “TOO SENSITIVE.” HSP HAVE A SENSITIVE NERVOUS SYSTEM AND THIS MAKES IT HARDER FOR THEM TO FILTER EXTERNAL STIMULUS. BECAUSE OF THIS, IT’S MUCH EASIER FOR THEM TO GET OVERWHELMED BY THE ENVIRONMENT AND OTHER INPUT.

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## ON HIGHLY SENSITIVE PEOPLE

PART OF THE CREATIVITY FOR INTROVERTS ZINE SERIES

I WOULDN’T CONSIDER MYSELF A HIGHLY SENSITIVE PERSON, BUT I DO LEAN MORE IN THAT DIRECTION. JUST AS I WISH EVERYONE ON EARTH WOULD ACCEPT INTROVERSION AS A VALID AND INNATE FLOW OF ENERGY, I’D LIKE EVERYONE TO SEE THAT IT’S TOTALLY FINE THAT THEIR “TOO SENSITIVE” FRIENDS HAVE DECIDED TO EMBRACE THOSE TRAITS.

HIGHLY SENSITIVE PEOPLE CAN BE EXTREMELY CREATIVE. IT IS JUST AS IMPORTANT FOR THEM TO UNDERSTAND BALANCE AS IT IS FOR ANY PERSON. IF YOU ARE A HIGHLY SENSITIVE PERSON, YOU CAN DEFINITELY FIND WAYS TO WORK AROUND YOUR SENSITIVITIES. SEEKING BALANCE IS NOT LIKE BEING A HOPELESS ROMANTIC. YOU CAN GET THERE ENTIRELY ON YOUR OWN TWO FEET!

<http://www.rebelsociety.com/2014/07/29/13-awesome-characteristics-of-highly-sensitive-people>

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<http://richawriter.hubpages.com/hub/Highly-Sensitive-People-The-5-Types-Of-Highly-Sensitive-Person-Which-Are-You>

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<http://tinybuddha.com/blog/are-you-a-highly-sensitive-person>

<http://psychcentral.com/blog/arc-hives/2012/05/13/10-tips-for-highly-sensitive-people>

I WANT TO BRING AWARENESS TO THE FACT THAT THIS EXISTS, AND TO THE FACT THAT THERE IS NOTHING WRONG WITH IT. I HAVE TOO LIMITED SPACE IN THIS FORMAT TO GO INTO GREAT DETAIL ABOUT WHAT KIND OF PEOPLE THESE AWESOME INDIVIDUALS ARE, BUT I AM GOING TO LINK YOU TO A BUNCH OF PLACES THAT CAN DIVE DEEPER INTO THE CONCEPT BETTER THAN I EVER COULD.

READ THEM, SEEK UNDERSTANDING OF THE WAY THAT OTHER PEOPLE OPERATE. THE MORE WE LEARN ABOUT EACH OTHER, THE LARGER OUR SENSE OF COMMUNITY AND THE MORE POSITIVE WE CAN BE!

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★ <http://www.psychologytoday.com/blog/sense-and-sensitivity/201408/how-cope-highly-sensitive-extrovert>

★ <http://www.hsperson.com/test/highly-sensitive-test>

★ <http://richawriter.hubpages.com/hub/Highly-Sensitive-People-The-5-Types-Of-Highly-Sensitive-Person-Which-Are-You>

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★ <http://tinybuddha.com/blog/are-you-a-highly-sensitive-person>

★ <http://psychcentral.com/blog/arc-hives/2012/05/13/10-tips-for-highly-sensitive-people>