Coming Back Into Creative Flow™



CREATIVE BLOCK ASSESSMENT

Breaking through barriers to authentic creation

SNEAK PEEK

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Coming Back Into Creative Flow™

Creative Block Assessment Sneak Peek

We are all born with a creative spirit that seeks expression. Somewhere along the way we learned that it is not safe to express, and we started holding back and resisting that self-expression. As a result, what seeks expression through us feels blocked. But we never truly lose that part of us; it is there, waiting for us to reclaim and reconnect with it.

This questionnaire is a way to become more aware of where we hold the resistance and how the block manifests inside us.

Answer honestly and don't worry about getting it “right.” If you catch yourself wanting to skip a question or shrink your answer, that's worth noticing too without judgement. Honor that as part of the discovery process.

This is a fillable document. You can check the boxes that apply and type in the areas provided.

1. Your Creative Block Day to Day

Check any experiences that feel familiar.

- ☐ I feel numb or as though I have lost my spark
- ☐ I have ideas but struggle to ground them or bring them into form
- ☐ I feel scattered or disconnected from inspiration
- ☐ I start with excitement, lose momentum, and do not finish
- ☐ I put off the creative work I genuinely want to do
- ☐ I feel pressure to make creativity useful, productive, or profitable
- ☐ I feel exhausted, and little creative energy is left by the end of the day
- ☐ I do not know what I want to create anymore
- ☐ I sense that a creative part of me is close, but I cannot fully bring it into my life
- ☐ Other

What else comes up for you as you consider these - thoughts, images, memories, or anything else? Try not to filter, even if what comes up does not seem relevant.

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2. Remembering Creative Flow

Was there a time when you did feel free to express and create?

If yes, can you remember how old you were and what might have helped you feel free to create?

If not, what is that experience like for you? Consider any thoughts, feelings, or sensations.

How did creative flow feel? If you can't remember a time, how would you like to feel? Check any that apply.

- ☐ Open
- ☐ Expansive
- ☐ Free
- ☐ Playful
- ☐ Alive
- ☐ Curious
- ☐ Connected
- ☐ Grounded
- ☐ Other

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2. Remembering Creative Flow continued

Do you remember a time when your creativity first felt blocked, criticized, controlled, or shut down? How old were you, and what happened? It could have involved a parent, friend, teacher, or someone else.

What, if anything, changed in your relationship with creativity after that experience?

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