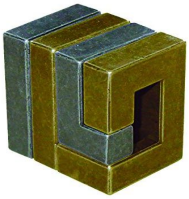
The instinct of creativity

Instinct is the inherent inclination of a living organism towards a particular complex behaviour. Any behaviour is instinctive if it is performed without being based upon prior experience (that is, in the absence of learning), and is therefore an expression of innate biological factors. *© Wikipedia*

Playing with puzzles is used to demonstrate and assess creative and intuitive, unprepared and illogical response to unfamiliar challenges. We start with solving some seemingly easy puzzles:


All puzzles are made of metal, and the challenge is to disassemble the puzzle, and then put it back again. In the exercise the participants try in turns two roles:

Role (A): try solving a puzzle
Role (B): observe how (A) is succeeding

Puzzles are specially selected for this exercise. They are all straightforward, require no prior skill or knowledge, and cannot be immediately solved by looking at the pieces. Some important features may be concealed by the geometrical construction, which is very simple otherwise. Most people solve these puzzle in under 15-30 minutes. However, for this exercise it is not important how fast the puzzle is solved, and whether it is solved at all. What is important, is that in the first 5 minutes or even sooner we can observe and conclude that:

1. Logical solution does not exist, because the construction of the puzzle is unknown
2. Geometry of the puzzle can be only discovered by using fingers, to experiment with manipulation of the bits
3. Feeling of the motion of the moving parts is essential for understanding the construction
4. Feeling in the fingers is the primary sensation that gives the input for the solution
5. Some intuition needs to be added to direct the efforts in search of the solution
6. Absence of logical method for the given challenge at the beginning of the exercise is the key to understand unconscious processes involved in this exercise. Once the puzzle is solved, most people cannot explain or remember how they did it.

Watching another person experimenting with the puzzle, provides a lot of information what is happening within his cognitive process, with regards to sensations, intuition, search expansion, stress management, etc.

This exercise, combined with the observation of the effort can be used for two purposes:

1. Use this demonstration for discussion of cognitive process, involving sensation, intuition, and logic. Ability to combine all the parts of the process is the key to understanding how the successful creativity works.
2. Use this for assessment and development of understanding of personal capacity to resolve unfamiliar challenges (typically, “ill-structured problems”).

All the required knowledge about cognitive process, including conscious/unconscious, logical/intuitive, etc. is defined, explained, and discussed with reference to the puzzle exercise.

Cognitive process involved in this experience is analysed and interpreted in line with and with references to the works of CG Jung, D Winnicott, and A Maslow. Estimated time for the seminar: 3h.

© Maxim Pankratov ***maxim.pankratov@gmail.com*** ***+41 798523882***