

# The Stress – Conflict – Creativity Cycle

## Stress. Conflict. Creativity.

Conventional wisdom leads us to seek less of the first, none of the second, and plenty of the third.

But stress and conflict can be viewed instead as part of a circular cycle — one which actually generates creativity.

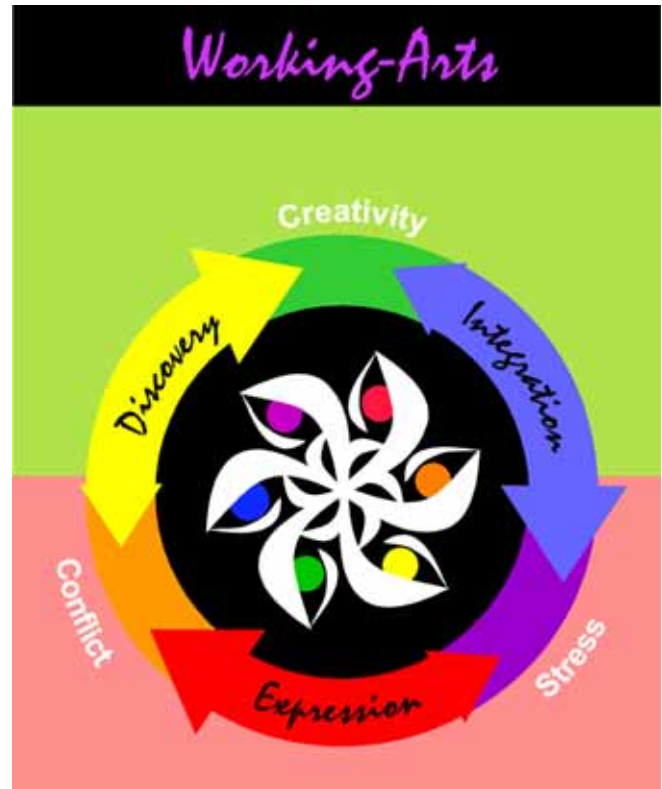
Stress and conflict locate us on this circle. Productive movement along the circle (both forward and, in some cases, backward) is achieved through effective *expression*, through *discovery*, and through *integration*.

How does this happen?

**Stress**, whether positive or negative, provides an indication that limitations are being reached and felt. Stress provides a clear signal of the need for adjustment — of systems, of working models, of the “story” which is driving the scene.

**Conflict** is an acute derivative of stress. Conflict occurs when two or more differing points of view appear to create limitations upon one another. These points of view may express themselves covertly or overtly, resulting in a competition, or conflict.

Conflict can become a sticking point. When *expression* is conscious, respectful, and artful, however, conflict can allow the strengths and weaknesses of each point of view to be discovered, leading to an expanded understanding for all.



New opportunities and changed dynamics become available as a result of this *discovery*.

Discovery leads naturally to **creativity**. Something new can occur or evolve because of this expanded understanding — leading to a new system, a new working model, or a new “story” — which in turn becomes a new platform for further activity, for *integration*.

**Expression. Discovery. Integration.** These are natural processes that can be hastened, deepened, and otherwise improved through conscious attention.

Enter **Working-Arts™**. *Working-Arts* promotes and facilitates expression, discovery, and integration — to YOUR best effect.