



## THE THIRD CORNERSTONE OF CREATIVITY

# Community & Working with the Victim: The Guardian of Self Esteem

It's not unusual for creative people to feel isolated from others and/or not supported by friends or family members. It isn't easy to know where to look for a positive tribe – your community. How can you find other people who are seeking a more creative life so you can support each other and share experiences?

Clarity can help! This is, of course, the second *cornerstone of creativity*. As we become clearer about our preferences, we not only figure out what materials and tools we like to use. We also begin to think about the kinds of people with whom we want to spend our time.

The Victim archetype popped up as I thought about community. The Victim is the guardian of self esteem. Self esteem mean valuing yourself. If you hang out with people who are unkind and dismissive, you are not taking care of yourself. You have a right to be part of a community of others who are trustworthy, kind and supportive, which is exactly how you want to be in return.

Clarity and intention are the keys to locating or building that community for yourself. If you can envision it, you can make it happen!

### Part One

Write a personal ad looking for community. This may sound crazy but it will help you discern what you'd like to share with other people and what you hope to gain from the community experience. If you need help getting started, watch the video and see how we wrote ours!

### Part Two

How can you translate your personal ad into a real time, meaningful experience? If you want to look close to home, could you invite a few (or even two) people to meet with you? Tell them you'd like to get together with other people who want to talk about how to live creatively. Invite them to write their own personal ad and then share them.

Don't forget to think about the community that might be "beyond" meeting in person if that isn't possible. Zoom, phone, online?

## WHAT IF YOU'RE AN INTROVERT?

Introverts are frequently just fine being and working alone. But if you recognize a desire to engage with others on this creative path – even if infrequently – choose a method of contact that's within your comfort zone. Use email to make the initial contact, or a text. It may take courage to extend an invitation if you're shy, but being vulnerable (carefully so) is always worth it. You may not need a village and you may not need weekly check-ins. But strength and camaraderie resides in tiny communities, too. And just knowing someone is there as a consult when you need each other is fortifying.

Our online Creative Strength Training community encourages introverts and extroverts alike to engage in whatever way feels comfortable. Sometimes people sit on the sidelines and watch or listen a long time before they engage. That's ok. Many members have fostered friendships and shared life-changing discussions over the year. (or longer)

I think it helps to have guidelines for interacting, so everyone knows what the expectations of interaction are. You can use them, too.

## Guidelines for Nurturing Conscious Community:

- Members come to the table realizing they are different and have a wide range of backgrounds and experiences, and are respectful and nonjudgmental in their interactions. (BTW this is good Life advice.)
- What happens or is revealed in the community stays in the community, fostering trust and openness among the members.

Remember:

**COMMUNITY IS OPEN-MINDED, NOT JUDGMENTAL, ALWAYS SEEKS UNDERSTANDING AND BRINGS OUT THE PERSONAL BEST IN US AS AN ONGOING PURSUIT.**