



LET'S PLAY!

THE CREATIVE PROCESS GAME

MONA STEINHAÜSSER

Introduction to the Creative Process Game

Are you an artist, a creative individual, or someone who wants to explore the challenges of the creative process? Then the Creative Process Game is perfect for you! This game helps you understand and reflect on the different stages of your creative journey while gaining new perspectives on your work.

Step-by-Step Setup:

Before you start, follow these simple steps:

1. **Download the Game:** Download the Creative Process Game file.
2. **Print the Materials:** Print out the game board, instructions, and the map of the 13 islands.
3. **Additional Materials Needed:**
 - You will need a 6-sided dice.
 - Find game pieces such as coins, buttons, or small objects to represent each player.
4. **Prepare the Game Area:** Lay out the game board where everyone can reach it easily. Keep the instructions and the map of the 13 islands nearby.
5. **Start the Game:** Each player selects a game piece and places it on the Island of Silence.

Now you're ready to explore the phases of the creative process! Enjoy discovering, reflecting, and learning.

THE CREATIVE PROCESS GAME

The „Creative Process Game“

The *Creative Process Game* is a playful tool designed to help you understand and experience the different phases of your creative process more consciously. As you roll the dice and move through the game's stations, you'll land on various „islands.“ Each island symbolizes a specific aspect, perspective, or mindset that can be part of the creative journey.

GAME RULES:

Number of Players: 2-6 players, ages 4 to 99+

Game Materials: Dice, game board with 13 islands, instructions including a map explaining the 13 islands

Objective: To move through the phases of the creative process and gain reflection on one's own emotions and perspectives.

Gameplay:

Start: Each player selects a figure and places it on the starting field, the Island of Silence.

Game Progression: Players take turns rolling the dice and moving forward according to the number rolled. Upon landing on a new field, the player to the right reads the corresponding island description aloud and asks one active question, which the current player reflects on and answers.

Emotional Companions: If a player lands on a field close to an emotional companion (see below), the companion's meaning is briefly explained. The player can then consider how this emotional state relates to their own process.

End of the Game: The game ends when the last player's figure crosses the Island of Silence again. This marks the completion of the creative process. It is not necessary for every player to visit all the islands, it is a joint investigation by all players. If at the end an island has not been visited by any of the players, the group can collectively visit the missing islands again and reflect.

Note: The creative process is an unique experience for each individual and not always linear. The game encourages awareness of different phases and the opportunity to reflect on what it means to skip a phase or stay too long on a particular field.

THE FOUR EMOTIONAL COMPANIONS

In the creative process, four main emotional companions appear at different stages, reflecting your feelings about your work:

1. „THIS IS AWESOME!“ – Joy and Enthusiasm

You feel energized and inspired; everything seems possible, and your creative flow is strong.

2. „THIS IS TRICKY“ – Challenge and Frustration

Challenges arise, and the process feels complex. You're navigating obstacles that can lead to growth.

3. „THIS IS SHIT = I AM SHIT – Doubt and Self-Criticism

Here, doubts arise—both about your work and yourself. Separate your work from your self-worth and use criticism constructively.

4. „THIS MIGHT BE OKAY“ – Acceptance and Realism

In this phase, you find a healthy sense of satisfaction. Your work feels „good enough,“ allowing you to gradually bring the process to a close.

LET'S PLAY! 

THE MAP OF THE 13 ISLANDS

SILENCE

1. Island of Silence

Experience: In this phase, it's about being in harmony with yourself and your surroundings. You are in a state of „doing nothing“ and deep relaxation. Your mind is clear, and you are simply in the moment, without pressure or hurry. This brings inner peace and a sense of unity with everything around you.

Active Questions:

Are you familiar with this state of deep stillness and relaxation?
When was the last time you experienced it?
What helps you reach this state, such as meditation or breathing exercises?

AWESOME!

OBSERVATION

2. Island of Observation

Experience: Here, you step into a more attentive and conscious role. You observe everything around you—people, nature, situations, materials, and sounds. This phase invites you to activate all your senses and take in what surrounds you, both consciously and unconsciously. You become a mindful observer, collecting impressions and inspirations from your environment.

Active Questions:

What do you perceive in your environment?
Which details stand out to you the most?
Which sensory impressions are the strongest for you?

THIS IS

RESEARCH

3. Island of Active Research

Experience: In this phase, you dive deeper into your observations. You actively gather knowledge and information that supports your creative ideas. In this moment, you become an expert, deepening your insights through research. Your focus is on discovering new sources and materials that enrich your project or work.

Active Questions:

What sources and materials do you use for your research?
What new insights have enriched your ideas?
How do you deepen your knowledge to strengthen your creative vision?

PLAY

4. Island of Creative Play

Experience: This island takes you into the mode of free creative play. Similar to how children play, you process your impressions, observations, and research here without limitations. There are no boundaries for your imagination, and you discover new ways to shape and explore your ideas.

Active Questions:

What methods do you use to playfully experiment with your ideas?
Which forms of creative play inspire you the most?
How does free play help you discover new ideas?

CREATIVITY

5. Island of Creativity

Experience: This phase is often described as the „creative flow.“ You feel completely fulfilled, your brain is active and it naturally connects new ideas. This state can be very intense and gives you the feeling that anything is possible. You are in harmony with your creation and experience a deep sense of fulfillment and joy.

Active Questions:

What do you feel when you're in the creative flow?
What new ideas and connections emerge in this state?
How does this state impact your creativity?

CREATION

6. Island of Creation

Experience: From your creative flow, something new begins to emerge. You create a work that flows through you, using the intelligence of your hands. This phase can be challenging, as creation often involves trial and error. You may discard ideas, create, and discard again—patience is key. It's a process of experimentation and discovery.

Active Questions:

What does it mean to you to create something new?
How does it feel when ideas and creations flow through you using the intelligence of your hands?
How do you handle the trial and error in your creative process, and how do the results surprise you, both positively and negatively?

THIS IS TRICKY!

ACT
MANIFEST

7. Island of Manifestation

Experience: Here, your idea takes shape and becomes a tangible form – an artwork or a creation that translates your emotions and experiences into something physical. Everything that was once subjective and intangible is now graspable and visible.

Active Questions:

How does it feel when your work takes form?
What does your work express that you couldn't grasp before?
To what extent do you feel connected to your creation?

CRITIC

8. Island of the Critic

Experience: With the manifestation of your idea comes the critical eye. As you bring something into the world, it can feel like a piece of yourself has shifted from the internal to the external. This can leave you feeling vulnerable, as your work is no longer abstract but tangible. Often, the inner critic emerges, and you may sense that the full depth of your process hasn't been captured or expressed.

Active Questions:

How does it feel to present a piece of yourself through your work?
What critical thoughts arise when you look at your work?
How can you embrace vulnerability in the face of criticism?

THIS IS SHIT

SELFDOUBT

9. Island of Self-Doubt

Experience: At this stage, self-doubt may infiltrate your thoughts, creating tension between your work and your sense of self. Since your creation is intimately linked to who you are, destructive thoughts may arise, questioning not only the value of your work but also your own abilities and self-worth.

Active Questions:

When did you last experience deep self-doubt in relation to your work?
Why does the belief that your work isn't „good enough“ affect you?
How does the connection between your personal identity and your work influence your perception of its value?

I AM SHIT

CORRECTION

10. Island of Correction

Experience: Creatives learn over time to accept frustration and doubt as part of their process. Once you move past self-doubt, you enter the realm of constructive criticism, gaining new perspectives and refining your work with corrections to give it a more solid foundation.

Active Questions:

Which elements of your work would you like to strengthen or improve?
How do new perspectives shape your work?
What concrete steps could you take to make your vision more stable?

CONSULTATION

11. Island of Consultation

Experience: In this phase, you move from being your own critic to becoming your own consultant. You shift to a more constructive, solution-oriented approach, making targeted adjustments that strengthen both your work and your creative process.

Active Questions:

What does your work need in order to evolve and progress?
How can an external or impartial perspective assist you, and who might you reach out to for guidance?
What are you willing to release or change to empower your work even more?

THIS MIGHT BE OKAY..

DEVELOPMENT

12. Island of the Developer

Experience: Here, you review your work once more and make any final adjustments if needed. You strengthen your creation and prepare it for presentation.

Active Questions:

What final adjustments does your work need?
How will you ensure your work is ready for presentation?
How satisfied are you with the current state of your work?

PRESENTATION

13. Island of Presentation

Experience: At the end of the process, it's important to present your work and „let it go.“ A creative work needs to transition into an external space to take on its own perspective. In this phase, you release your work and allow it to become autonomous.

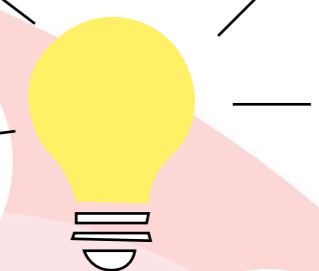
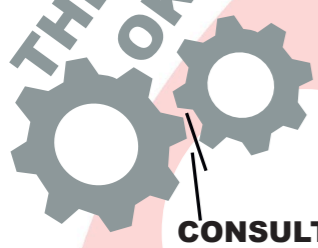
Active Questions:

How do you feel when you share your work?
What changes when others see your work?
What would happen if you held your work back?

SILENCE

THIS MIGHT BE
OKAY...

THIS IS AWESOME!



DEVELOPMENT

PRESENTATION

SILENCE

OBSERVATION

RESEARCH

CONSULTATION

PLAY

~~CORRECTION~~

Where are you swimming?

CREATIVITY

SELFDOUBT

CREATION

THIS IS TRICKY!

THIS IS SHIT
= I AM SHIT

CRITIC

ACT

MANIFEST