Environment and Creativity
(Personal Reflection Prompt)

What does it mean to feel safe, or to feel supported in your environment? What makes you feel safe? What are some of the things you are drawn to for comfort: a cup of tea, or a warm bath? Are there things in your environment that help you relax, or things that upset you in some way? What is your ideal environment to relax in, to be creative, or to share your secrets? Take some time, and write about how you interact with your environment, using any of these prompts, or just go with whatever else comes to mind. I recommend setting a timer, and writing non-stop. Try not to judge or censure yourself. Just see what comes up for you. If you can’t think of something to write, write, "I don’t know what to write". I recommend going old school and using paper and a pen or pencil. Write for a minimum of two minutes, or for a longer time, if that suits you. When you’re finished, answer the question at the bottom of the page with the first thing that comes into your mind.

What is one thing I can do to create a safe and supportive environment for my creative work, including for this class?