



ARE YOU STUCK?

QUIZ RESOURCE GUIDE



How we react and respond to new ideas, new encounters, and new situations is primarily the result of:

A. our past experiences.

B. our thinking process.

C. our personality traits.

D. our mood.

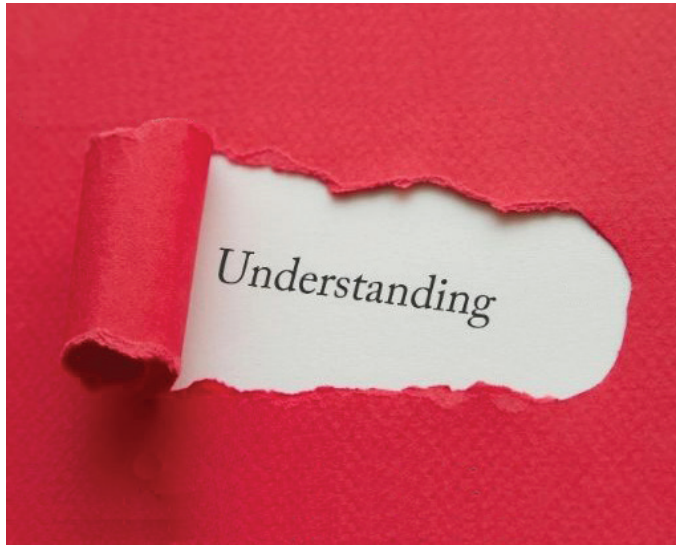
YOU BODY'S IN CHARGE

Affective feelings or moods construct our perception of the world. Feelings do more than influence judgments of what we see; they influence the actual content of our perceptions.

The classical understanding of our moods is that they result from our experiences. The opposite is true. Our mood shapes our experiences. If you are experiencing negative affect (if you are in a bad or distressed mood) when listening to a lecture, interviewing someone for a job, sitting as a judge in a trial, or pulling a driver over for speeding, your mood will alter your perception of the situation. You will see or experience things that aren't there. You will have a negative view of the speaker, the person you are interviewing, the person on trial, and the driver you pulled over.

So, if you are going to introduce a new idea, program, or initiative, make sure you first improve the mood of those you want to influence.

You are what others feel.



Breaking free from our current state—getting unstuck—requires being open to new perspectives and diversive viewpoints. Which of these activities is the most effective at increasing our empathy, understanding, and acceptance?

A. Active listening.

B. Mindfulness meditation.

D. Reading more.

C. Volunteering.

BOOKS MAKE YOU...SENSITIVE

The language we use to explain emotions does not do them justice. Not only do people with high emotional intelligence have a wealth of concepts, but they also know when and how to apply them. Classifying emotions at a granular level is a skill, much like painters improving their ability to notice subtle differences in color and wine enthusiasts refining their palates to experience flavors that novices cannot.

Perhaps the quickest method to pick up concepts is to learn new terms. When we read books that push our boundaries and broaden our vocabulary, we understand that the words people use to express their moods and emotions have more than one meaning. When they say they are happy, they may mean ecstatic, blissful, inspired, or content. When they say they are sad, they may feel dejected, discouraged, or sorrowful.

Expanding your vocabulary not only makes you more articulate, it makes you more empathetic. Your refined sense of emotional concepts gives you a deeper, more granular understanding of what others are feeling.



Static thinkers lack:

A. Creativity.

B. Intelligence.

C. Passion.

D. Curiosity.

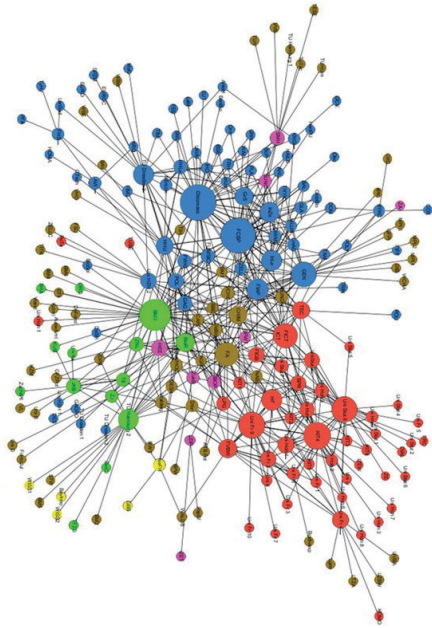
E. All of the above.

DON'T LOOK BACK

A reluctance to change is a defining characteristic of static thinking. Such thinkers are committed to perpetuating the same practices for several generations. They adhere to dogma and tradition. They never improve, move forward, or reexamine problems with a new perspective because they lack curiosity about what could be. They look backward for answers, not forwards.

We can progress in our personal lives, organizations, communities, and even society, but only when we engage in particular thinking and behavior. We must be curious about the unknown and open to new ideas and better explanations.

History is replete with examples of brilliant, passionate, and creative people who lack a sense of wonder about the undiscovered. They praised long-gone issues, myths, and customs but failed to find new answers to fresh dilemmas. They were a part of societies that flourished before falling apart because they were irrationally pessimistic about a future that might be distinct from their past.



In order for new ideas and concepts to be adopted and shared broadly throughout a group, community, or society, they need to be:

A. memorable.

B. useful.

C. factual.

D. rational.

PUTTING IT TO WORK

Practical ideas stand the greatest chance of enduring and staying relevant as societies evolve over generations. Despite human tendencies to embrace flawed, superficial, or even immoral concepts, the value of an idea often hinges on its utility. People's preferences for certain ideas vary and change over time, yet those ideas that prove effective are eventually adopted, even by skeptics.

Take the examples of Galileo, Darwin, and Einstein. Their groundbreaking theories initially clashed with the prevailing beliefs of their times, which were heavily influenced by tradition, religious doctrines, and established natural laws. The significance of their ideas wasn't solely in their logic or memorability but in their practical applications. Galileo, for instance, greatly advanced timekeeping, measurement standards, and navigation. Even those who staunchly believed in an Earth-centered universe found it hard to deny the practical benefits of Galileo's work in their everyday lives.

Ultimately, the adoption and dissemination of ideas depend on their usefulness to people. An idea must offer practical benefits for it to be embraced and shared widely.



Which of the following is the primary driver of creative thinking?

A. Optimism

B. Risk-taking.

C. Imagination.

D. Nonconformity.

NO DOUBTS

In 1962, the US President John F. Kennedy declared, “We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard.”

Kennedy did not mean that the moon project, being hard, was unlikely to succeed. On the contrary, he believed that it would. What he meant by a hard task was one that depends on facing the unknown with optimism. Kennedy remarked that the moon project would require a vehicle ‘made of new metal alloys, some of which have not yet been invented, capable of standing heat and stresses several more than have ever been experienced, fitted together with a precision better than the finest watch, carrying all the equipment needed for propulsion, guidance, control, communications, food, and survival’. Those were the known problems that would require as-yet-unknown knowledge. Yet none of that prevented rational, creative people from forming the expectation that the mission could succeed.

To think creatively, you must believe that any problem has a solution. That requires optimism.



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