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## **ANGST, BOREDOM, AND CREATIVITY**

### **- with Impetus from Søren Kierkegaard and Martin Heidegger**

Boredom can be conceived as being the prelude to creativity, and loneliness as the prelude to engaged imagination. The doors of opportunity and creativity may be hard to open. The inner capacity to endure boring conditions and to take advantage of them can be reduced or not be developed (cf. Svendsen, Brunstad and others). Well, we often evaluate boredom very negatively or only recognise it as a problem.

Paradoxical enough the predominantly negative subjectivity by philosophers like Søren Kierkegaard and Martin Heidegger who talk extensively about boredom can contribute to a valuable analysis or understanding of a more generative perspective on boredom, which means how this annoying feeling can be a prelude to creativity. This paper will discuss some of the central and deeper concepts behind the view of boredom as a prerequisite for creativity. Some central texts by Søren Kierkegaard and Martin Heidegger will be unfolded with special reference to the deeper conditions under which angst, despair, loneliness, self-loss, time and identity questions can generate a good boredom. Which also means that boredom can be a positive source or stimulus for action, thought and creativity. Or better, the annoying feeling of boredom can be a source of power for those who are aware of it, and the emptiness and slowness so prevalent in boredom even allow room for making and creating.