As I embark on this journey of self-reflection and realization I intend to transform the invisible constraints of anxiety to something tangible. By studying my own mind and body through self-portraiture, I explore the symptoms within myself and create them in visual form. I unfold that although individual situations may vary, our overall struggles remain indistinguishable: feeling like prisoners in our own bodies, feeling extremely limited by our thoughts and emotions, and feeling alone. It is important that I encourage the spread of awareness and open conversation to blur these boundaries of isolation. I’ve given up almost all control as I partly break from the digital camera to brave the realm of Polaroids. I reduce myself to the notion of chance and learn to embrace its raw outcome.
"Look at you, you're too skinny." elementary school gym teacher
"you better stop or you're gonna make holes in your fingers." Mom
“here make yourself useful for once.” seventh grade teacher