

The theme of my entire body of work focuses on mental growth and how my environment affects it. Unconsciously junior year I was already making artworks that represent negative emotions because I was in a bad mental state of mind. As my mind got better, my artwork represented more positive emotions. As I was going through this road to recovery I had to try different tools to see what worked best for me. Similarly, I used different mediums for my exhibition such as: photoshop, dry point, block print, paintings, illustration, and mixed media. With each meaning from my artworks they all relate to my theme because it expresses where my mental state was at the time and how it progressed to a more positive mindset.

How my artwork has changed from junior year to senior year it reminded me of Pablo Picasso's Blue and Rose Period, which was the inspiration for my theme. Instead of calling my artwork periods the Blue and Rose Period, I named them the Dark Period and the Morning Period. I named the Dark Period after my more negative pieces because at that time I was blindly walking around not knowing which direction to go to find happiness. The dark can be scary because you do not know what is hiding around, while in my negative mental state of mind I feared many things and was scared for the future. The Morning Period was named after my positive artworks because I was finally able to wake up and see the light in the world. My mental health felt reborn and my happiness was able to rub off on others like the sunlight in the morning. When I hung up my artwork I separated my Dark Period from my Morning Period. Almost all of my art pieces from junior year started on the left side of the wall, representing the Dark Period. By using minimal hues and movement I was able to express negative emotions. Also the values of my art pieces were dark and the subject had no positive emotions expressed. Most commonly audiences see color and movement as positive aspects. This is how I was able to express the meaning in my artworks that were in the Morning Period. Since I had placed the artworks from the Dark period on the left side I placed all my artworks from my Morning Period on the right side of the wall. I then placed my curatorial rationale in the middle, between the end of the Dark Period and the start of my Morning Period, so my audience could distinctly see where each period started and ended. I also placed the curatorial rationale in the middle because it forces the audience to read my explanation. I want my audience to see my exhibition as a timeline, that the Dark Period is my past and I have been reborn into the Morning Period. By the audience seeing my exhibition as a timeline this enforces the idea of my mental growth, that these paintings are my life experiences.

At the start of the timeline I had placed Agony, my drypoint piece, first. The high use of negative space was able to express the emptiness I felt, that I was no more than just a face. With the weight the only thing that created some weight was the teardrop that fell down my face. This teardrop expressed that all I knew was sadness and my sadness was so heavy that it even left scars on me from past tears. The next piece, Drained, was about me recognizing how sad I really was. By using artwork from Pablo Picasso's Blue Period it inspired me to use aspects of his work. I used the same hues and values to express to the audience that I was in my own Blue Period. Everything seemed so black and white and I became angry with everything in my life. All this anger built up started to turn into me wanting to make a change. That idea was expressed in first piece in my Morning Period, Going Through The Motions, it still represented the trapped feeling I had, but it also explained how I find forms of happiness, like my friends, to not feel so trapped. From that piece on I started to use my art pieces as a way to make people talk about a taboo topic. I realized taboo topics are what makes people afraid to talk about their feelings and I don't want people to feel like I did during my Dark Period.