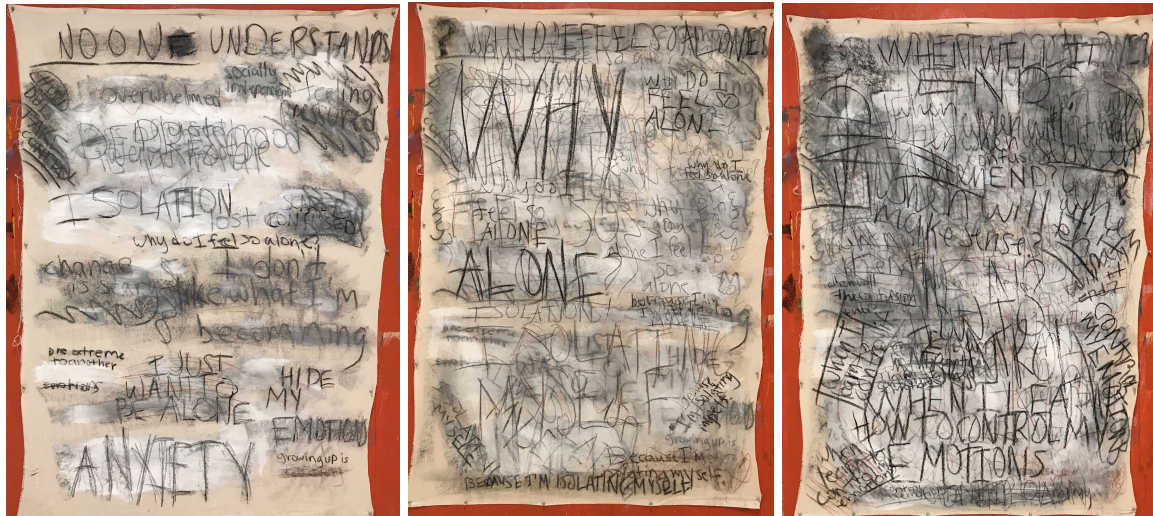


In my art piece, I was heavily inspired by Glenn Ligon and his artwork that included words and sentences. Many of his pieces including words are jumbled and confusing, adding an interesting aspect to his pieces. I thought this style would be appropriate for my piece because it portrays the confusion teens are faced with as they are growing up and learning to handle their emotions and feelings that are rapidly changing and growing more complex as they are dealing with life and new experiences.



For the first phase of my piece, I wrote down sentences and phrases that stood out to me in the reading that I did and things that came to mind when I thought about my own personal experiences with confusing emotions. The first three layers were a lot of negative statements because I've come to learn that negative thoughts stand out a lot more when I'm faced with struggles and challenges. I made the negative things very prominent in this piece because of that. During the process, I went over a few areas with gesso and wrote in the statements with black and red charcoals. Then, I gessoed over a few more sections and continued writing. I repeated those steps three times to get the final result before continuing to phase 2.



In phase 2, I chose a shape that made me feel safe and drew it on with gesso. I chose a circle because it has no corners or sharp areas, it is smooth, easy, and simply makes me feel comfortable. Since these shapes resembled safety and comfort, I filled them in with positive things, like words or things that I think about or do when I feel overwhelmed with the stress of emotions. In these circles, I put things like “ talking about my emotions” or “listening to music” and many other things that I do to relieve stress. In the largest circle, I made the words more prominent and large, in the top right circle, I wrote in sharpie and a smaller font, and in the top left circle I wrote faintly in pencil. The bottom left circle I left empty because it looked right for the composition. I didn’t want to make all of these phrases large because I sometimes lose sight of what I need to do to keep myself happy and it gets hard to focus on or find the light when I am lost in a cloud of confusion or negativity.