

Have you ever been overly sensitive to other people's perceptions of you? Do you care more about the world's perspective of you than your own perspective?

In the silence before I sleep at night, I'm left alone to swim amongst my thoughts, and I overwhelm myself with worry over other people's thoughts and opinions about me. For my final piece, I created a rug of the brain to depict the ecosystem of my unwanted thoughts and insecurities. I sectioned off the brain into the frontal lobe, parietal lobe, temporal lobe, occipital lobe, cerebellum, and thalamus and strategically placed different insecurities inside of them based on their functions. Although I've never tufted before, I knew I wanted to create a multi-textured piece in order for the viewer to learn from it kinesthetically, and the rug aspect creates a homey feeling in hopes that the viewer will "live" inside my brain. This project has allowed me to see the excessive time and energy I put into shaping myself for other people.

*SEA OF THOUGHTS*

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