

This piece is largely based on my own experiences with the perception of time as a person with ADHD. Individuals with ADHD often struggle with time estimation, finding it difficult to gauge how much time has passed or how long tasks take to complete. They may experience "time blindness," losing track of time during periods of hyperfocus or becoming disconnected from the present moment during daydreaming episodes. In this series, I aim to recognize and explore the ways in which ADHD determines my own relationship with time.

This series was created entirely through darkroom photography processes. The photos were shot on 35mm black and white film, which I developed in the darkroom. Using double exposure, I created prints combining self portraits with images of clocks in ways that visually represent my own inconsistent perception of time. Darkroom photography is a very time-based and time-sensitive process, something I was interested in exploring with this project. In each stage of the process (shooting the photos, developing the film, and making the prints), the materials must be exposed to light and chemicals for specific amounts of time. My work is driven by the time-sensitive nature of the darkroom, where the passage of time becomes both a critical element and a surreal experience. In this confined space, I noticed my own perception of time shifted: the darkroom allowed me to tap into my hyperfocus, spending hours on my work without recognizing the passage of time. In this way, the medium and environment in which I created this series critically informs its message. Through my work, I invite viewers to contemplate the intricate interplay of time and darkroom processes. By visualizing my own relationship with time, I aim to challenge the idea of time as a linear, absolute force, and push viewers to reconsider their own perception of time.

PERCEPTION

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