



**How does people heal
themselves by experience pain**

Body & Accountability

What needs healing?

- Emotion
- Identity lost
- Past memories
- Traumas
- Ownership of your body

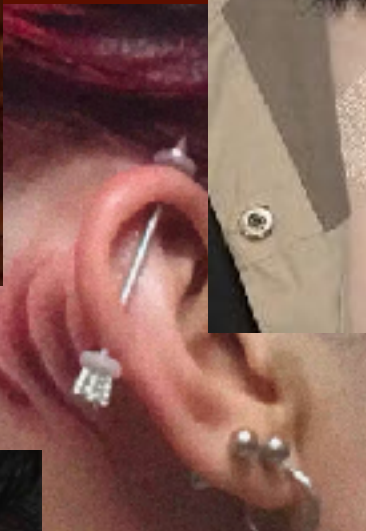




Inspirations

Trigger warning: *Images might be triggering / might make you uncomfortable*

Body modifications: piercings/tattoos/scarification/implant



A close-up photograph of a piece of light brown, textured fabric. A black, irregularly shaped object is embedded in the fabric, with several red threads extending downwards from it. To the right, a larger, more complex structure of red threads is visible, resembling a net or a dense mesh. The background is a plain, light-colored surface.

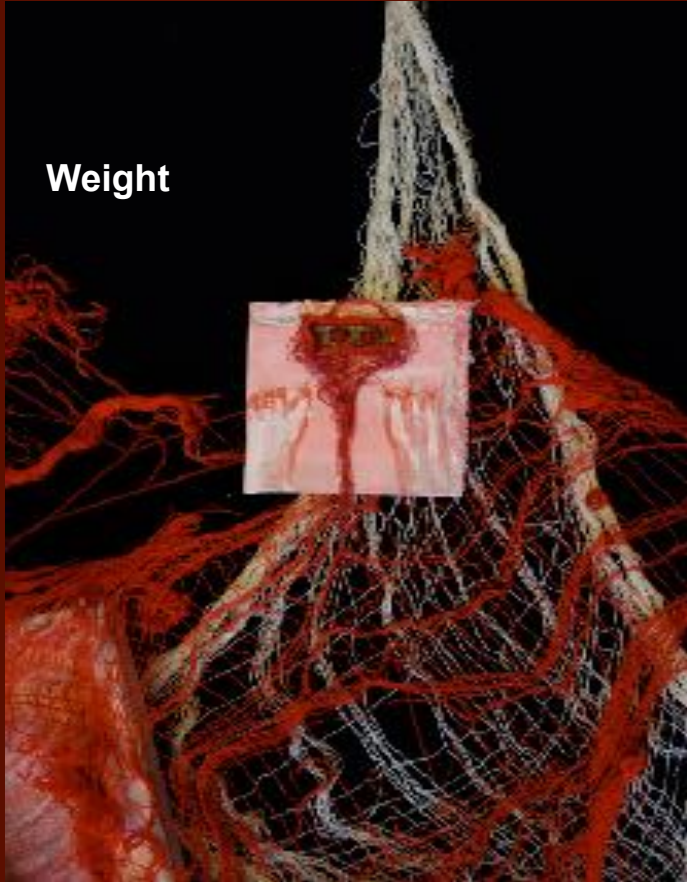
How can we count on ourselves?

DO THINGS TO OUR BODY WITHOUT BEING AFFECTED BY THE OUTSIDE WORLD



Final work

Weight

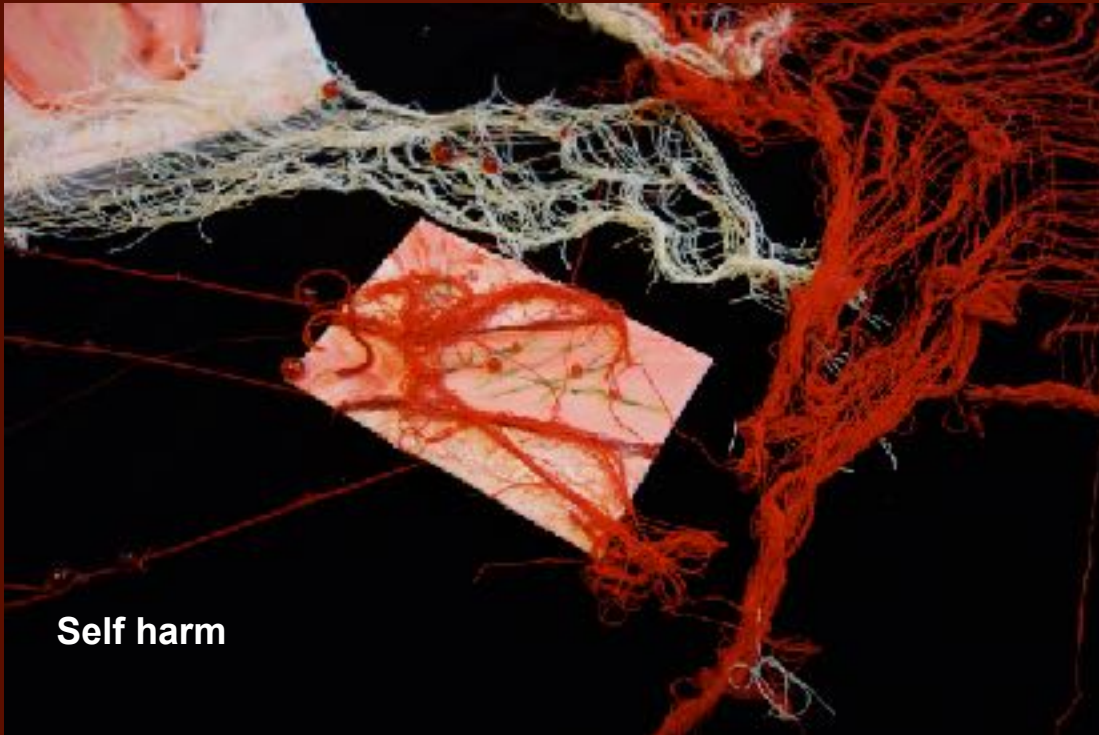


Details



Body shape

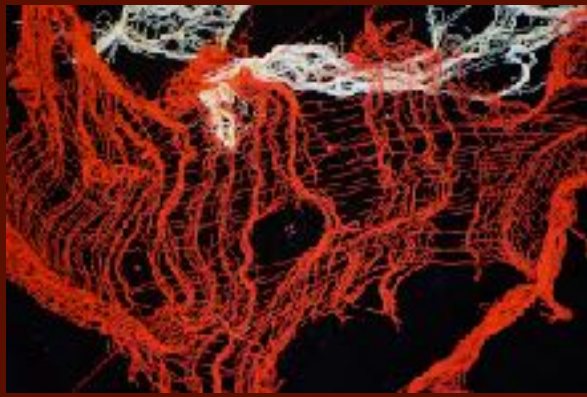
Details



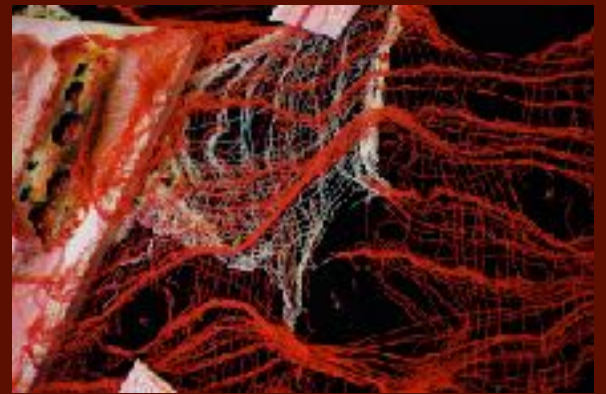
Self harm



Things people said



Social network **Trapped**



Final image





Thank you