

DIALOGUE OF SELF

This body of artwork explores my inner self, revealing the raw and uniquely inner dialogue of trauma, repression of memory, rebirth, and growth. This conversation conveys the struggle of feeling trapped within my own skin and mind as well as the process of recreation I have experienced throughout the healing of trauma. This display aims to explore my frustrations and intimately reveals parts of me that I have never shared - guiding me toward a new discovery of myself and others who have had similar experiences. Combining photography and fiber artwork, I hope to present a tender visual dialogue of the psyche.

Throughout the years of processing the trauma I have experienced, it has been challenging for me to reclaim my identity and sexuality. I have not felt comfortable in my own body, and it is frustrating to do all the “right” things but still feel bad. I am constantly plagued with intrusive thoughts - I feel like I am constantly battling myself. I want to explore what it feels like to be grounded but unbound in all aspects and forms.

Being a survivor of sexual assault and living with anxiety have made me feel as if I am imprisoned both within and on the outside. I have learned that the progress in healing is not linear and not easy to measure. This creative work reveals an intimate dialogue of the psyche—of myself—with self-portraiture and fiber artwork.

It can be difficult to talk about my experience with sexual violence and all that stems from after, and sometimes it feels daunting. I allow my experiences to flow through my process of creation. I let my photographs speak for themselves. I release therapeutic tension under and over each strand of fiber. This production of artistic expression reveals an openness of myself with the intention of engaging my audience to participate in these difficult conversations relating to mental health, sexual violence, sexuality, identity, and more interpretational viewpoints.

Through this process, a new version of myself will become a little bit clearer, purified from the fire I was in, now with a little bit more space to heal and continue. Though the things that were done to me truly haunt my mind, it all has put reality into significant perspective. I am learning to explore my depressions and reveal a part of me in hopes of evolving out of the cocoon I have existed in for so long. There are so many ways to transform pain into something beautiful, and most of my beautiful creations stem from knowing pain so well. I want to create and display that beauty.

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