

## **The Drawings:**

### ***"The Search for Self" - "How I Feel" - "Learning to Let Go"***

**These three pieces are part of a series drawn during a period of personal struggle. During 1990, my third and last child was born, and born with him were the buried memories of my own traumatic childhood. To try to deal with these memories, the pain, and the different perspectives they evoked, I began psychotherapy.**

**During this period, I also returned to school. Although I'd always drawn on my own, classes ensured that I drew every day. "The Search for Self," a self-portrait, was part of the final exam for a life drawing course. It wasn't until the critique by my classmates and instructor that I began to really see myself, realizing that I was very sad inside and very confused. I was definitely not happy with my life. Understanding this helped begin a new stage in my introspection and healing.**

**At the suggestion of my therapist, I began drawing as a tool to explore my subconscious and help find closure. At the time, drawing was serious study for my course work, but it now became a deep reflective exercise. "How I Feel" and "Learning to Let Go" are two of several works resulting from this reflection.**

**"How I Feel" is the story of my emotional state at that time. I was spending large amounts of energy dealing with my past (represented by the little girl in the upper left) and, at the same time, was shouldering the needs of my three children. While I knew that I needed to focus on my healing process, I continually felt torn by the needs of my children. I felt that while I was looking into my past – and feeling almost stuck there – all the things around me, especially my children, were racing forward.**

**"Learning to Let Go" was drawn after my divorce. It deals with letting go of my childhood pain (represented by the rag doll clutched by adult hands), unhealthy relationships, a patriarchal church, and my previous notions about who I was and what I was supposed to be. It was a wrenching process which required me to develop a new belief system for myself. But the release of old perceptions was incredibly salubrious, and I was able to lift myself to a new level of being.**

**I chose to include these three pieces, drawn during that time of turmoil and growth, because they represent a transition, a new perspective on my world and my experiences.**