

My abstract paintings are created primarily with recycled, reused, found and gifted materials. I refer to them as *process pieces* because they act as a venue for me to work through my feelings. For this body of work, the experience of creating is more important to me than the final product. Each piece stems from an experience, emotion or impactful time in my life. I begin by thinking of the very first memory of the matter, and then work forward through all of the thoughts, recollections and emotions up until the present. I work on a given piece until I have found some sort of peace within myself about it.

In addition to using these paintings to sort through my personal life, I believe that making them enables me to deeply invest energy into my other work as a studio artist. Many of the thematic concerns which I address as an artist are emotionally difficult to engage with (loss, grief, environmental degradation, mental illness, love, racism, identity). I often make these pieces concurrently with other my projects, and it keeps me from getting too overwhelmed about the issues I think about in the studio.

When I first started making these pieces I viewed them through the psychoanalytic theory as a form of sublimation. I initially thought of them as a way to disappear my emotional pain. They can still be viewed through this lens, but I now see them a bit differently. Rather than to dissipate anxieties and sorrows, I look at these paintings as a way to enmesh them into something that I can see and touch. By giving body to difficult emotions and allowing them physical space, they become more tangible, and as such are easier for me to understand.

These paintings have been instrumental for me in maintaining balance in my life while navigating mental illness and challenging circumstances. The resolution that I find in this work isn't always permanent. Sometimes after going through this process, I find myself worrying about the same thing once again - in which case I just start a new painting.