

# *"Adaptation"*

by Rachael Howard

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"My own sense of identity is a work in progress. I am conscientiously examining who I am, why I was, what I am becoming. My exploration of self-identity and autonomous existence as a woman has revealed the affects societal conditioning has had on my body.

The body is the main theme of my work. I alter, distort, and reposition it to reflect my experiences as a female. My paintings imitate photographs of my nude body in physical pain from endometriosis. My implementation of color reflects the psychological cyclic pattern that is accompanied. My sculptures reflect the discomforts of conforming to societal standards and imposes a solution of standing in sovereignty.

My work is an exploration of how the world shapes us."

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