

### *Reflection of my Inner Thoughts*

I spent more days than I could possibly count living inside my head. I would fall asleep crying holding onto pillows to silence my screams. My head felt like a prison. But I never let anyone inside to help. I thought it would be weak of me to allow myself help.

This exhibition focuses on my understanding of depression and how it has affected me throughout the 14 years I have had it. It gives an image, a voice to the emotions I deal with almost daily and helps me understand myself. The prints are made with a narrative in mind and shows the constant change of emotions I deal with. The emotions come from moments of my life that I felt so low and the only way out was to draw how I was feeling. They are raw. But they were created to help bring attention to those of us who are suffering in silence and are reluctant to receive help. This is the *Reflection of my Inner Thoughts*.