

# Triptych Project



A Self Portrait

# Word Map/Brainstorming

I initially wanted to start writing down anything that came to mind when trying to describe myself. As I thought of words I also thought of ideas for images to search for and write those keywords down as well.

Mind, Body, Spirit Collage (Jan 30<sup>th</sup>)

## Word Map

### Mind

- daydreamer
- numbers/letters
- ↑
- represents
- dyslexia
- anxiety
- procrastination
- ↳ cloaky
- reserved
- ↳
- scrabble letters
- ↳
- someone alone

### Body

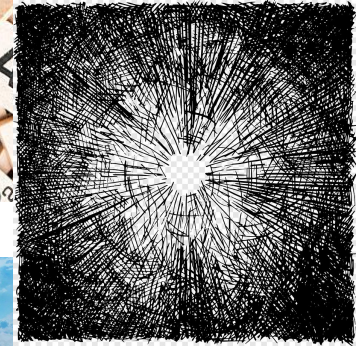
- tall
- pale
- ↳ porcelain?
- unbalanced
- hazel eyes
- freckles
- ↑
- static screen
- ↑
- "Pógíní Gréine"
- Irish for "little kisses of the sun"

### Spirit

- animal silhouette
- shy
- warm
- whimsical
- optimistic
- curious
- adventurous

# Mind

For the mind I wanted to show a lot of repetition in anxiety, dyslexia, and procrastination. I wanted this image to feel very cluttered and disorganized. I also wanted to lighten it with the idea of daydreaming and being the kind of person to have my head in the clouds so I chose an image of clouds that best represents that for me.



# Research and concept creation

For the mind image I wanted to create an image that made the viewer feel a lot of anxiety and overwhelmed even. I knew I wanted to use some kind of repetition to create this effect and knowing that I also wanted to represent my dyslexia, scrabble tiles scattered everywhere seemed perfect. I didn't just want scrabble tiles however so I tied in the idea of procrastination with little clocks floating around as well. I wanted the images to seem like they were all meant to be together so I cut out the clocks and letters and placed them around as if they were floating.



## Halfway there

This was essentially my halfway point. I had laid out all but one image and it was just a matter of making small adjustments from here.

# Final product: Mind

I adjusted the size of the clocks and added the final image. Once everything was in place the way I wanted it, I went back through and added some shading and tweaking the lighting on the main focal point. I also changed the opacity of the lines to create a distorted vignette around the piece to create more of that overwhelmed trapped feeling. Overall, I am very happy with how this piece turned out.



# Body

When describing my body I wanted keep in mind the things other people see rather than what I see. I know I am tall so I used a skyscraper to represent that but I also used scales to show I have no balance. The porcelain tea cup is meant to represent how pale I am and the witch hazel for my hazel eyes. I decided to use stars as a way to represent my freckles referring also to the Irish phrase “Póigíní gréine” which means little kisses of the sun.





## Struggling

This piece out of all three gave me the most trouble. I had no clue how I was going to put all these pieces together and started by literally just slapping each image on the next. I had to get a little creative with some of it towards the end but I really loved my initial idea and photos I had collected.



# Final Product: Body

As I played around with different settings and tools in Photoshop I discovered some pretty neat functions that I was able to use for this piece. Specifically being able to select and mask the sky so that it blended nicely with the new background I had added. Also using the clipping masks to select just the tiniest parts of the witch hazel which saved me a ton of time. The only thing I dislike about this piece is that the scales and porcelain kettle feel out of place. With more time to experiment and play around with it I think I could have created an image I would've been happier with.



# Spirit

When thinking about photos to represent my spirit I struggled a lot but I knew I wanted something to represent the warm and optimistic parts of me which is why I chose the sunrise. The white Siberian tiger represents my curious nature and also happens to be my favorite animal. The woman and the veil go together to represent my love for whimsical things and my shyness as I plan to cover the woman's face with the veil. Lastly, the road is my sense of adventure and loving to explore.



# Figuring it out



With the spirit image I loved the images I found and that they looked cohesive on the mood board I had created but when it came down to putting them all into one image I started to lose the vision. This was one of the first versions I created for this piece and I actually liked the direction it was going in but I felt disconnected from it. It simply isn't me. So I took a few steps back and found some photos that felt closer to what represents me.

I felt much better about this version of the piece because there are more elements that bring my personality into it. Replacing the main female figure with one running away I no longer stared at her face thinking that's not me. I also added a shadow with bull horns to represent how short tempered I can be at times. But something was still missing.



# Final product: Spirit

After adding the tigers to the image I felt much happier with the overall composition and did some final touches on the overall color of the piece. In the end I created a piece very different from what I had in mind and I have learned to love it.





Mind, Body, Spirit

# Artist's Statement

When given the prompt for this project I was ecstatic to have the opportunity to create something that reflects me in a new way and with a new medium unfamiliar to me. I had no clue the direction I wanted to go so I chose to pick words and images that felt right and go from there. I think my work is a little unpolished and imperfect but in many ways that is what makes it perfect and a better representation of myself. Each piece is different because I am not a perfectly balanced person and every part of who I am is a little different and unique to me. I really enjoyed creating these pieces and taking a deeper look into myself and translating it for my peers to see.

# Project Reflection

Although I loved creating these pieces and getting to experiment with Photoshop for the first time I have to admit I struggled... a lot. Photoshop is challenging for someone who has never touched it before and I tend to be a perfectionist with my work so I struggled to just be comfortable with the flow of things. If I were to redo this project I think I would've sketched out more of the final product before hand so I had a better idea of what I wanted the outcome to be. The pieces are great on their own but do not fit well together and that is something I do not like. I have learned a lot from this project not only about the technology used to make it but also the process it took to create these pieces and that is something that I hope stays with me even after the class is over.



# Url index

## MIND

\*girl sitting in front of a window

<https://media.istockphoto.com/id/882747904/photo/vintage-filtered-on-silhouette-of-depressed-girl-sitting-on-the-window.jpg?s=2048x2048&w=is&k=20&c=3MUt3DyvO3S1iCsJkP1f0tdAH2L5IEP7USB4tBxy6sQ=>

\*clouds

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F838302918110914832%2F&psig=AOvVaw0vjD4lhT7lt6CcBMSTQpLH&ust=1674433054024000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCLD4vK3z2fwCFQAAAAAdAAAAABAJ>

\*scrabble letters

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphoto%2Fscrabble-letter-tiles-gm525965259-53129858&psig=AOvVaw3ZBbR81EME\\_jaivOiDMvLI&ust=1674432363911000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCOi3mYPx2fwCFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphoto%2Fscrabble-letter-tiles-gm525965259-53129858&psig=AOvVaw3ZBbR81EME_jaivOiDMvLI&ust=1674432363911000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCOi3mYPx2fwCFQAAAAAdAAAAABAD)

\*messy lines

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pngwing.com%2Fen%2Fsearch%3Fq%3Dmessy%2Blines&psig=AOvVaw3yTB\\_4dxjciVZAaovPEnv&ust=1674433212942000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCLiQivnz2fwCFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pngwing.com%2Fen%2Fsearch%3Fq%3Dmessy%2Blines&psig=AOvVaw3yTB_4dxjciVZAaovPEnv&ust=1674433212942000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCLiQivnz2fwCFQAAAAAdAAAAABAE)

\*clocks

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphotos%2Flots-of-clocks&psig=AOvVaw0S6mNWPAGzDLadldS36OOA&ust=1674433318720000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCLDRxqv02fwCFQAAAAAdAAAAABAU>

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## BODY

\*skyscraper

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pexels.com%2Fsearch%2Fskyscrapers%2F&psig=AOvVaw3NW1XUeNkUST3dO-3x8FYX&ust=1674433902971000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCMD0p8L22fwCFQAAAAAdAAAAABA7>

\*porcelain

<https://www.gettyimages.fi/detail/valokuva/breaking-cans-rojaltivapaa-kuva/687206284>

\*scales

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fstock.adobe.com%2Fsearch%3Fk%3Djustice%2Bscales%2Bunbalanced&psig=AOvVaw3yzh5FUBOahteEMHU0Gc26&ust=1674434619474000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCliu85f52fwCFQAAAAAdAAAAABAN>

\*hazel

<https://www.gettyimages.com/detail/photo/germany-witch-hazel-in-winter-royalty-free-image/547493983>

\*stars

<https://www.flickr.com/photos/aurelien-tournadre/50353338971/in/photolist-2jHy2oK-LQfoNo-LhX2fP-YskQSS-LCCfn2-ATZjQ8-915BRp-gErXwu-Ks3JHV-6T8yp7-c8Ygtb-2kDkMe2-M3R9hr-CGtmWv-2kq9fSR-7DfycF-d5iuPE-aNzuoP-e4Jqwo-FMUy1Y-VjM2pC-a4ySF-fRYpfp-LE9BQm-nirkvP-abbTj8-29RvrB-BjHf52-BRRAaB-2nemTTd-8sdHGQ-E67hdR-2kq9PTB-e1EqXZ-DmrPth-KG7Zvv-wnrK8B-PLC7SY-8Qjn8-qBYj7Q-S7risx-a7aMXB-r9dpej-oZsTnS-9DimCr-63tLQE-7tmf4M-aNztMH-dEqrDQ-fVChf/>

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## SPIRIT

\*sunrise

<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pxfuel.com%2Fen%2Fdesktop-wallpaper-ftnzz&psig=AOvVaw2I2imoyDqWxEyRufbeMAes&ust=1674437121110000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCKCN1sCC2vwCFQAAAAAdAAAAABA>  
E

\*woman in red dress

<https://www.google.com/url?sa=i&url=https%3A%2F%2Funsplash.com%2Fs%2Fphotos%2Fwoman-in-forest&psig=AOvVaw1qfOK5dGIZxT3UwhcK8ePX&ust=1674440772067000&source=images&cd=vfe&ved=0CA8QjRxqFwoTCMC2xI2Q2vwCFQAAAAAdAAAAABA>  
E

\*white siberian tiger

<https://www.gettyimages.in/detail/photo/white-tiger-portrait-royalty-free-image/1064043664>

\*veil

<https://www.istockphoto.com/photo/smooth-elegant-red-cloth-on-black-background-gm670920456-122746767?phrase=black%20veil>

\*highway

<https://burst.shopify.com/photos/asphalt-highway?c=road>

\*bullhorns

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRNoNOJOenIKUQgL1OvQmBrgqZisR2BaCZ8Rw&usqp=CAU>