



## **Curatorial Rationale**

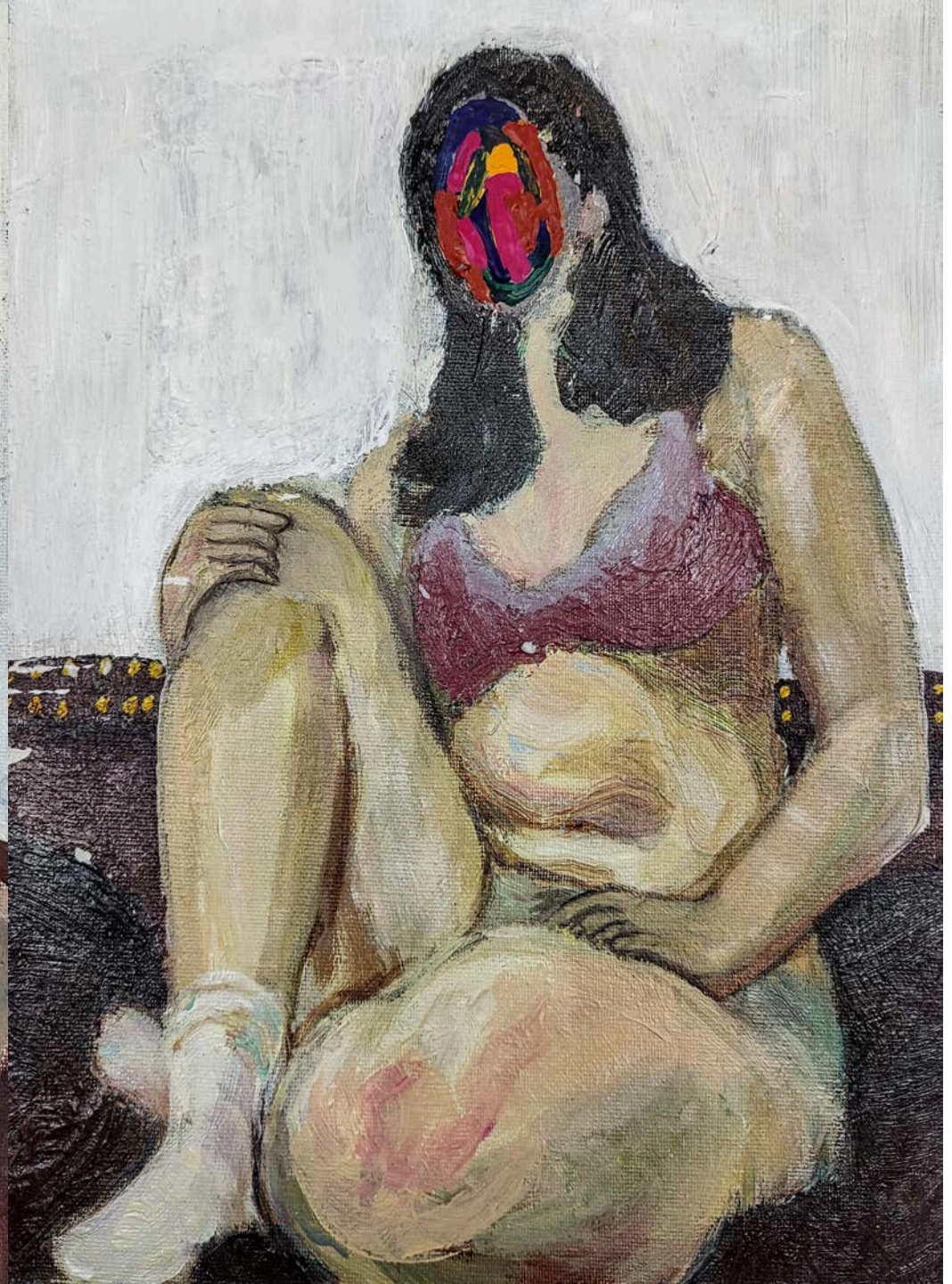
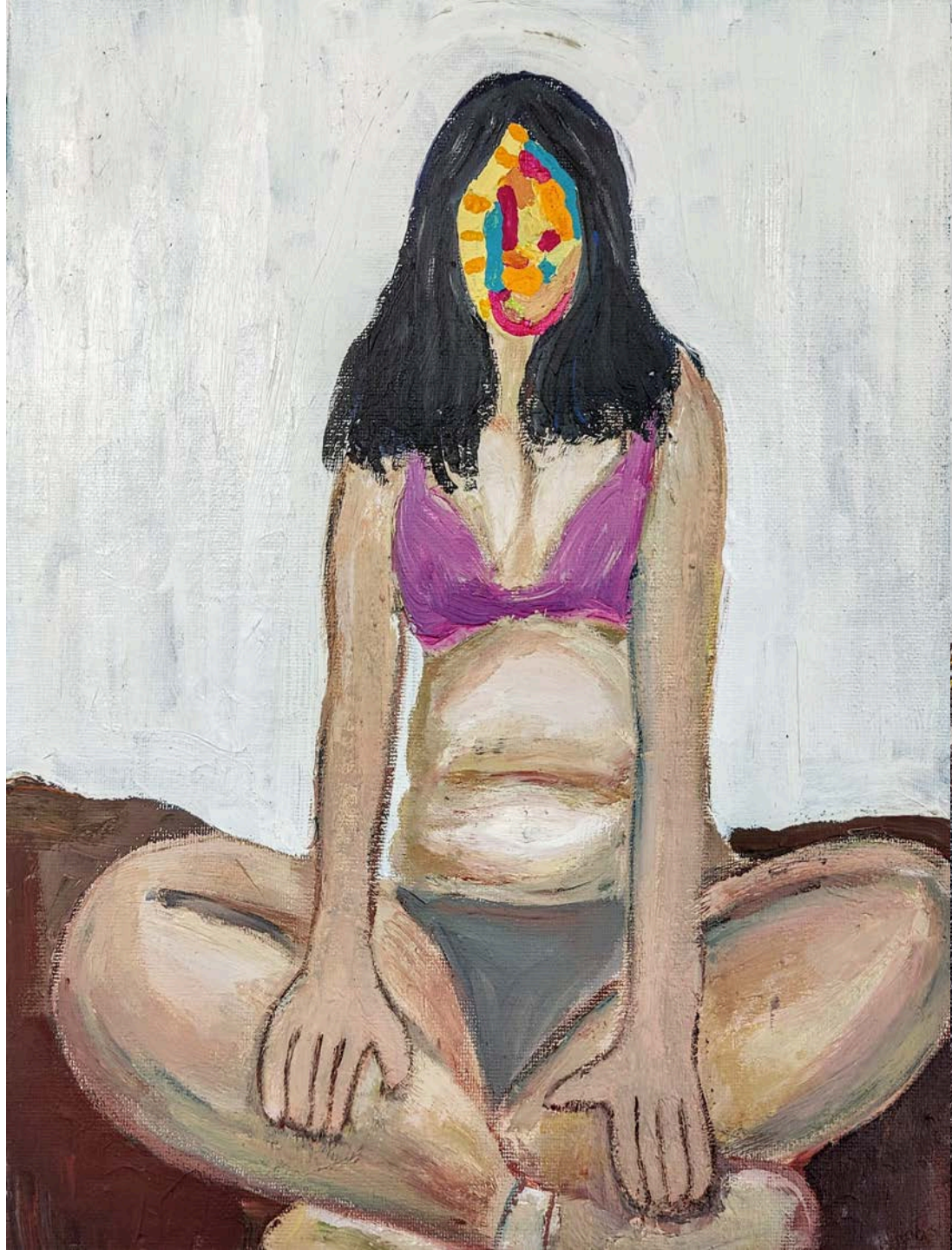
My theme of this exhibit is the negative impacts of Body shaming due to self-abasement, and extreme beauty standard in society. The art pieces I have selected for my exhibition are the most related ones to my theme. I have been suffering from Body shame for a long time. Me and my friends in middle school always diet before every swimming lesson. We suffer from binge eating, depression disorder. Until last year, after few years of therapy, we embrace our body shape.

For my exhibition, I endeavored to create artworks that shows the dire consequences of body shaming such as anorexia and depression disorder. I also wants to create artworks that illustrate my personal feelings and experiences when I and other people deal with body shaming.

My favorite media is photography, in which directly transmit the emotion of helpless. However, experimenting with printmaking, I realized that textures and the rich variety of mark making explains my message even better. Working with oil paints creates richer and denser color and draws small details to attention. However, to further emphasize the feeling, I chose textile to create an artwork that could transmit the message and the feeling visually.

I placed “trapped” in the center as the focal point of the exhibition showing the overall theme. Then, “Suffer” is placed on the left to explain the feeling of trapped, restricted in illness while “Negative food”, placed on the left end, shows negative connection with food. Both three paintings have the element of restriction. I placed “Not true”, two oil painting that compares what I think of myself and what I actually look like, above “Being different”, a linoprint that embrace different body types as an unity. Both artworks ultimately promotes body positivity on the right. Following, I placed “restriction” to sarcastically judge body shaming and nowadays beauty standard. This textile piece contrasts in color with the opposite painting “Negative food”. The extreme beauty standard cause the complication of illness and negative relationship with food.

In all, I intend to give the viewer what people suffer from body shaming and invite them to think of body positivity and “beauty standards”. I want my exhibition to impact the audience with the feeling of fear, depression, suffocation, restriction, while encouraging people who suffer from body shame would realize they are beautiful and should try to embrace their beauty





## **What you believe, what you see**

Oil paints

29.7cm \* 21cm

June 2021

The paintings compare how I see myself and how I look in reality. I enlarged my body shape which creates a big contrast to emphasize people have deformed self-realization. I was influenced by Lucian Freud's color combination and brush strokes in creating body texture. In my culture, beauty is being skinny. So, I painted beautiful pattern on their faces to show that body shame is a global issue and no matter what body shape you are, people are equally beautiful.



## **Trapped**

Oil paints

100cm \* 80cm

February 2022

The painting shows a female figure is torn out by a snake that represents evil and judgmental opinions of others in the western society. The beautiful flourish background contrasts with the furious snake to emphasize the struggle in having body shame. We are in the social media generation when people consider body shape is a standard in measuring a person's value. The character has no choice but torn to be in shape due to social restrictions and pressure of being fit.







## **Being different**

Printing ink, paper

29.7 \* 42cm

March 2022

The Lino print celebrates the different body shapes in the society. The various body shapes create harmony by creating repetitive pattern and continuous lines. I printed a variety of body shapes fitting in the composition to create a pleasant aesthetic feeling to transmit body positivity- when all the figures are drawn together, there is no comparison, but each figure contributes to the beauty. In order to make every figure as a unity and make them more decorative, I printed in black on white.





## **Restriction**

Polyester, threads, buttons, elastic bands,  
painting, color spray.

40cm\*

July 2021

I was inspired by the artist Rei Kawakubo. I want to give the physical feeling of how it would be restricted when the beauty standard is applied to people. The outfit deliberately restricts the audience to exaggerate the tiny waist and big hips. The exaggerated lumps would represent the fats and sarcastically judge the beauty standard of a good body shape. I have chosen yarn to emphasize the lump by contrasting with the red polyester.





## **Negative food**

Threads, character, blue light, fridge, junk foods.

60cm \* 80cm

November 2021

This photo shows the destructive relationship between food and depression when the woman has body shame. I use red lines to not only represent a negative connection with the fridge, which controls the character, and the blue background represents her emotional state. These two colors contrast showing uncomfortableness and the character's struggles. The model's position is lying on the side where it is stuffed with junk food; it also offers a sign of binge eating due to body shame.





## **Suffer**

Photography: plastic bag, IV fluids equipment,  
tapes, colored water  
March 2022

This photo shows the dire consequence of body shame: anorexia, binge eating and extreme diet. IV lines are used because patients consume nutrition by IV. The blood that contains in the IV fluids represent the pain and suffer of the model. The IV lines manipulate her by restricting freedom. The plastic bag is used to show a sense of suffocation and depression. The model tries to escape and fight back, but as every other woman in society, the model cannot conquer the feeling of body shame.



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