

ART TO: PLEASE



Visibility to the effects of
"people pleasing" is crucial
for awareness and recovery.

People pleasers often don't know
they're doing it, and they often don't
know the harmful effects it can have
on

their loved ones

their friends

their career

their mental and physical health



Art to: Please explores the depths of people pleasing, and the heavy burden it takes on the individual. There's a duality to performing an act in order to "be" agreeable; it can appear as if the person is collected, meanwhile their world is crumbling down. How far will someone go to disregard what their heart truly desires?

The pleaser and the archetype of a clown:

- always making people laugh
- being their source of entertainment
- saying yes to everything
- making a fool of one's self

A mask is used to explore the difference between one persona and the other. When you're on the mask, you can do the impossible for somebody else. When the mask comes off, the audience can see the conflicted persona, who is not genuinely fulfilled because they are living by other's ideals or wants.

My goal is to create awareness on the effects of this psychological burden. Through my art I want to invite you to learn more about this topic and your support will help bring this project to life.

