



Abstraction of Thought

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This piece explores how BPD can make me feel overwhelmed with intense emotions so strong that I feel pulled in all directions, wanting to hide, run, scream, shut down. The hands across the face represent that feeling of wanting to be invisible, being terrified of your own brain, and wanting to hide this part of yourself that no one seems to understand. It feels like being pulled apart. The hands on the top of the head are pushing in, wanting to contain everything happening inside. I aimed to create a chaotic piece that felt jumbled and broken, however I still wanted it to be beautiful and full of color as my BPD also gives me strength of character and deep passion and love. The central portrait is of a woman smiling through the confusion of the broken mosaic of color, expressing the immense strength of those living with BPD who aren't just surviving, but who are thriving despite the struggles they face. When I was

diagnosed with BPD, it felt like everything in my life that I had worked so hard for disappeared. I found myself in a fundamental way to express myself, years after I thought I had lost who I was forever.