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Abstract

Social interaction is a complicated chain of projection and perception in which perception of personal identity can be affected. There are certain social cues that have been deemed unacceptable by society at large, like any behavior that implicates a mental illness. Mental illness is viewed as a negative and shameful thing by many even though it is a common issue for a large portion of the population. This trend has impacted from external and internal sources. As I grew older I realized that I had to address my negative perceptions of mental illness. This project was a way of forcing myself to confront this discomfort and fear that I held towards myself and various others from my past. Researching and explaining my BFA thesis in this paper has helped me normalize, understand, and accept myself and others.

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