

Fig.037 Screenshot of a month of perforations going left to right from top to down in chronological sequence. This month was particularly happy with several large perforations. Here however we can see how often large perforations may be followed by small ones and vice-versa almost as if a joyful day is automatically followed by a sad one.

EMOTIONS 01

Every morning I register the emotional level of the previous day using a scale of 8 values. Every month, the result is a panel of 36 by 75 centimeters with perforations ranging from 1 to 8 centimeters representing respectively a very dreadful and a very cheerful state experienced during a day. This work has not only made me highly aware of my emotions but also, in turn, more emotional. On the whole however I have learned to moderate the rise of excessive emotions. I have also learned to consider the fact that if I feel very much down, there will soon be days in which I will feel much more joyful. Said this, I am not so positive about feeling too joyful either as I now know that such extreme moments of happiness are followed by an equal dose of unhappiness. Possibly the best scenario I am pursuing when it comes to my emotional state is a moderate level which I would certainly be able to maintain if it wasn't for outside circumstances affecting me at all times. Generally speaking and as far as I can tell I am mentally quite healthy. My project which gets me to analyze myself and my surroundings provides me a great anchor without which I would feel lost and keen to pursue worldly ambitions, such as getting rich and famous. In turn these worldly ambitions would get me disillusioned and perhaps depressed.