

Fig.038 Screenshot of myself on my first holiday alone after a break up. It was particularly painful but I was able to emotionally deal with it thanks to my project. Thanks to it I brought so much to life and have always been full of life myself but when people around begins to hinder me in its realization I lose my life-drive and what is left for me is to move on.

**EMOTIONS 02**

The type of measuring I adopt in this work, as the measuring I adopt in my other works, is not scientific. It is me who assigns a grade not so much as a school teacher assessing the work of her students but as a shaman reading his own chakras. This subjective grading might be criticized and not taken seriously. In the long run however it does provide accurate patterns. As a matter of fact with time I started retaining this grading system in my subconscious without thinking about it nor caring about what other people may think. As in other parts of the project, I became the sensor. I have opted to adhere to a human scale and this adherence gives me an orientation in life. Hence, rather than wearing all sorts of devices to attempt to measure my emotions, I have myself matured a strong awareness of them; I have developed an understanding of the factors why my mood is high or low. I am my own analyst and do not require any psychologist. Of course I am not able to control my emotions but I can perceive and predict their cycle. It is possible that by analyzing all the data I have left behind many psychologists can quickly draw their conclusions and label me with this or that syndrome. I can certainly find their labeling intriguing but nonetheless my life carries on happily. Possibly it is because in my project I found my own nature.