

## **"Steps to Stability"**

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Wood, fiber, clay, found objects

This piece was created for a 3D class project. We were given one plank of wood to use as the main structure, and tasked with choosing words that showed a change or growth within yourself. I knew immediately that I wanted to create something that represented the changes I made in my life in the last year, moving from instability to stability. I thought about my struggles and listed the types of images that came to mind when I thought about them. I knew I wanted to show a rise up out of turmoil but at the same time wanted to let my audience know it wasn't an easy path.

I feel like I could have added more depth to the fiber material around the base - a deeper range of shades would have emphasized the darkness I was trying to convey. I am happy with the negative space created under the stairs, the openness gives the feeling of unknown which is what I wanted.

A year ago I was struggling through some mental health issues, family problems, working a job I hated and had a long term relationship end. I was in a dark and stormy place and one day I decided I needed to do something about it. I quit my job, mended the problems I was having with family, moved back to Lexington, enrolled in art school, and have found myself in a wonderful relationship. It hasn't been an easy path to stability but working on this piece has been a cathartic process and has made me feel like I did the right thing for me.