

WHEN I MET MYSELF

THE JOURNEY OF RECONNECTION WITH YOUR INNER CHILD

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WHY THIS PROJECT EXISTS

This project was born as a visual experience a gentle invitation to reconnect with your inner child.

It's a reminder to pause, to feel, and to return to the parts of yourself you may have left behind.

Through shape, light, and form, it encourages you to take that brave first step forward the beginning of healing after any mental or emotional breakdown.

Because the journey to healing starts with meeting yourself... again.



INSPIRATION

THE 5 PHASES OF HEALING

This project was inspired by the five emotional phases of healing:

Recognition, Reconnection, Healing, Integration, and Growth.

I began asking myself how can I translate something so deeply invisible into a visible, touchable experience maybe?

How can I use design to express these phases... not just for myself, but for anyone who needs to feel seen, held, or understood?

This piece became a visual path a story that gently moves through these emotional stages, inviting others to take that first courageous step toward healing.

Because the moment we begin to recognize ourselves again... is the moment we begin to heal.

CONCEPT THINKING

THE JOURNEY OF INNER CHILD HEALING

This project explores the emotional and psychological journey of healing by reconnecting with the pure inner child—the version of ourselves untouched by trauma. It begins with the adult, who has recognized their wounds and seeks healing. Through the act of reconnection, symbolized by the presence of the inner child, the transformation begins.

The adult costume embodies the weight of emotional wounds, inner conflict, and the complexity of healing. In contrast, the child costume reflects innocence, imagination, and purity—traits that often become buried under life's challenges.

Together, the two costumes tell a story of vulnerability and strength, illustrating the powerful connection between mental health, emotional healing, and self-compassion. This visual narrative highlights the idea that true healing starts when we look inward and embrace the child within us.

By symbolically bridging the past and present selves, the project promotes a deeper sense of emotional resilience and growth, showing that reconnecting with our pure inner child can lead to greater wholeness and peace.



SHAPING THE INVISIBLE

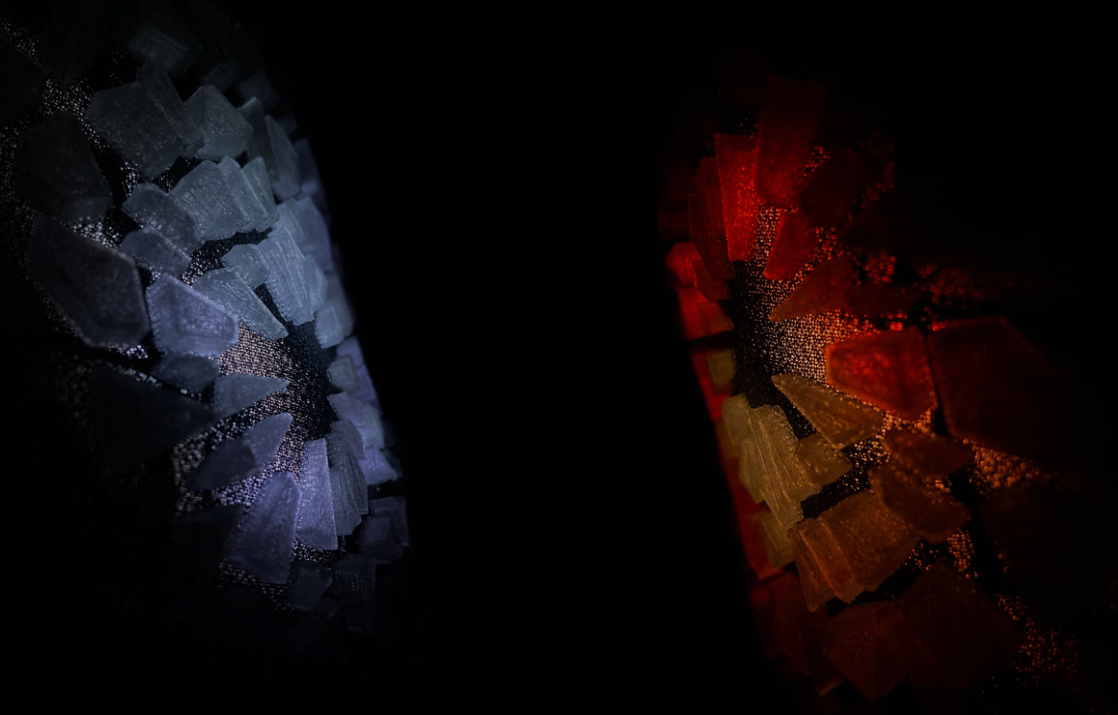
Translating emotions into form meant finding shapes that could express what words often cannot.

In this project, each shape was intentionally chosen to give visible form to the invisible our internal experiences, feelings, and healing journey.

The broken glass shape represents emotional fragmentation—the sharp edges, the moments of pain, and the complexity of trauma. It symbolizes the adult's inner wounds: raw, scattered, and real. It reflects the strength that comes not from being unbroken, but from surviving the cracks.

In contrast, bubbles were chosen to represent the inner child—soft, playful, delicate, and full of imagination. Bubbles are weightless, ever-changing, and full of light, mirroring the purity and fluid creativity that lives within us before we are shaped by trauma.

Together, these forms visually capture the duality of the journey: the tension between pain and play, brokenness and softness, trauma and healing. Through them, the invisible emotions we carry are shaped, worn, and shared.



WHY LIGHTS ?

When I first imagined this project, I asked myself: what's more exciting than experiencing something that interacts with you—something that makes you feel connected to it? Adding light through electronics brought a new, dynamic dimension to my work. It allowed the piece to respond to its environment or to people engaging with it. Light became more than just a visual element—it became a way to communicate, to react, and to bring the concept to life in a more emotional and immersive way.





THE MOMENT OF RECONNECTION

This is the heart of the project—the moment when the adult and inner child meet.

It is a quiet, emotional turning point where recognition replaces resistance. The adult, shaped by struggle and self-protection, finally reaches toward the inner child, who waits with open hands and unconditional presence.

This connection is not loud or dramatic—it's tender, raw, and transformative.

Through costume, movement, and light, this moment is expressed as a visual and emotional climax. The light becomes a bridge responding to presence, proximity, or touch—symbolizing the energy exchanged when one part of the self reaches out to heal another.

It is in this moment that healing begins. When the adult softens, listens, and allows the inner child to be seen, the two selves are no longer separate. They become whole.

A woman with dark hair tied back, looking upwards with a joyful expression. She is wearing a blue dress with a pattern of white and yellow bubbles. The background is dark, with several children's drawings pinned to a wall. Some drawings show figures, others show abstract shapes. Several colorful bubbles are floating in the air around her.

WHAT I HOPE YOU FEEL

This project is more than costumes and lights it's a story about vulnerability, healing, and the quiet strength it takes to reconnect with yourself.

I hope that when you experience this work, you feel seen. I hope it reminds you of the child within you the one who is still creative, curious, and whole, waiting to be embraced.

I want you to feel the weight of pain, but also the lightness of release. To sense the transformation that happens when we acknowledge our wounds with compassion instead of shame.

More than anything, I hope this project leaves you with a sense of hope that healing is possible, and that the most powerful connection you can make is with your own heart.

FROM FABRIC TO FEELING



THE PERFORMANCE

To fully experience the emotions, movement, and interaction behind this project, scan the QR code below to watch the performance video.

The video captures the essence of the journey—the transformation, the light, and the moment of reconnection between the adult and the inner child. It brings the costumes to life, revealing the invisible emotions that inspired each detail.

Let the story unfold before your eyes.

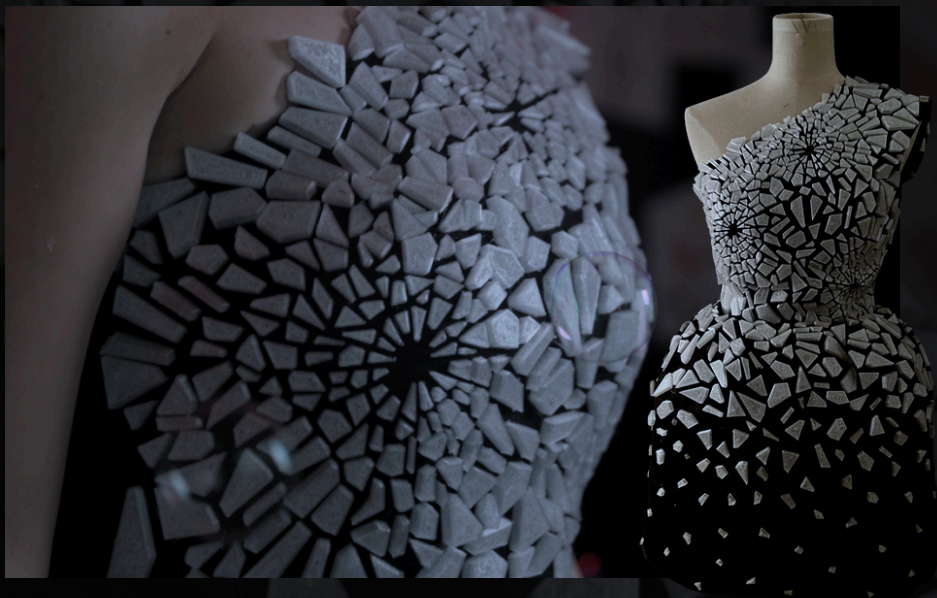
GALLERY



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The journey of reconnection with you inner child

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