

## ***ABSTRACT***

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*CATARSIS AS AN IDEA FOR CREATING SURREALIST WORKS OF ART USING  
AUTOMATIC TECHNIQUES*

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*Every day the author consistently carries out painting or drawing activities, in one day the author creates 1 work on paper, using pencils, markers, paint, brushes, and others. Wherever and whenever the author continues to draw or paint, it turns out that in psychology it is called catharsis, which is a healing or therapy technique and a process of self-cleaning for a person by releasing previously hidden negative emotions. Each work sometimes has a different title and meaning or meaning because the author directly applies paint and marker directly and spontaneously, giving the impression of being irregular in creating a work. This also influences the technique used or symbolic expression which is called automatism or the creative process as a production activity. independent which involves the use of hands and intuition to produce a work. In this way, the creation process is based on catharsis so that it becomes a surrealist work whose aim is to know, explore and express one's feelings, emotions and desires in a deeper way.*

*Keywords: Automatism, Catharsis, and Surrealism.*