

ABSTRACT

“Final Project: *Fine Arts Study Program, Faculty of Creative Industries, Telkom University”*

A person's sense of self may become unstable as a result of the complicated emotional experience of losing a spouse, which frequently results in feelings of alienation and emptiness. This piece of art is based on the artist's own experience of facing such loss by examining repressed feelings including despair, rage, and a profound sense of unfinishedness. In order to uncover and recognize the long-ignored hidden facets of the self, the creative process is facilitated by the investigation of three-dimensional forms. From the original idea to the finished 3D shape, every step is a contemplative path to self-acceptance. The finished piece not only represents the psychological toll of loss, but it also creates room for recovery and the finding of new purpose. For those who might be going through comparable emotional suffering, this piece serves as a visual reflection as well as a vehicle for personal expression.

Keyword: *Personal, Reflection, Shadow Work*