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Bipolar

Shuang Gou

Recommended Citation

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The painting *Bipolar* draws inspiration from one of my friend's struggle with bipolar disorder. Through her experiences, marked by hyperactivity and uncontrollable emotions, I empathized with her suffering and also incorporated my own emotional experiences into the artwork. Previously, my art leaned towards traditional realism. However, with this piece, I aimed for something new, recognizing the inherent abstraction of thoughts and emotions. Converting mental imagery into visual form posed a challenge. As humanity still grapples with understanding the brain's working mechanism, I sought to infuse the painting with a mysterious atmosphere.

I aimed to portray the chaotic state of the brain when emotions take control, using a background with complex textures and multiple layers to present the intricate scenes I envisioned inside the mind. Avoiding leaving too many obvious brushstrokes, I employed techniques such as splashing, pouring, dripping, and spraying to achieve the randomness of texture and natural rendering. I started without planning. I prefer the inspiration to drive me to go, aiming to catch multiple momentary sensations, much like how emotions and thoughts occur in the brain, elusive and unpredictable.