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Thank You Letter

Dana Lovell

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Thank You Letter

PAINTING BY DANA LOVELL

This painting deeply relates to my experience as a woman. It is a part of a metaphorical self-portrait series I did for my figure drawing class entitled “Self Explorations in Pink.” With this piece, specifically, I wanted to express my relationship with my body and the journey I have undergone with it in terms of self-image.

In the background of this piece, I wrote a letter to my body thanking it for what it does for me, since throughout my life I’ve spent so much time criticizing what it looks like rather than appreciating it as a gift from God that allows me to do so many wonderful things. I know many women struggle with similar issues when it comes to body image, so I know that I’m not alone in this battle. I think it’s important to use our experiences to lift each other whether it be through art or some other platform.