

I already had a clear idea of what I wanted to create for my medium project, and I discussed it with the professor. I knew I wanted to make something personal, something that reflects my own experience. I'm planning to create a visual book or diary about body dysmorphia: what it feels like for me, how others see me, and how I see myself.

Create a series of drawings (both digital and physical) exploring the effects of body dysmorphia.

- Use AI to see how it interprets the prompts you provide about yourself.
- Ask friends or family to draw you.
- Draw yourself.

Some ideas I want to work out:

- Sort of abstract creative book with imagery and small text
- Real quotes of friends and family (about me)
- Drawings of me made by other people
- Drawings I made of myself
- Drawings made by AI?
- Mix media (edited photos, fun graphic design elements)
- collages and overlays (deeper meaning)
- Thoughts and questions about myself

It's like a personal diary with a creative twist to it.

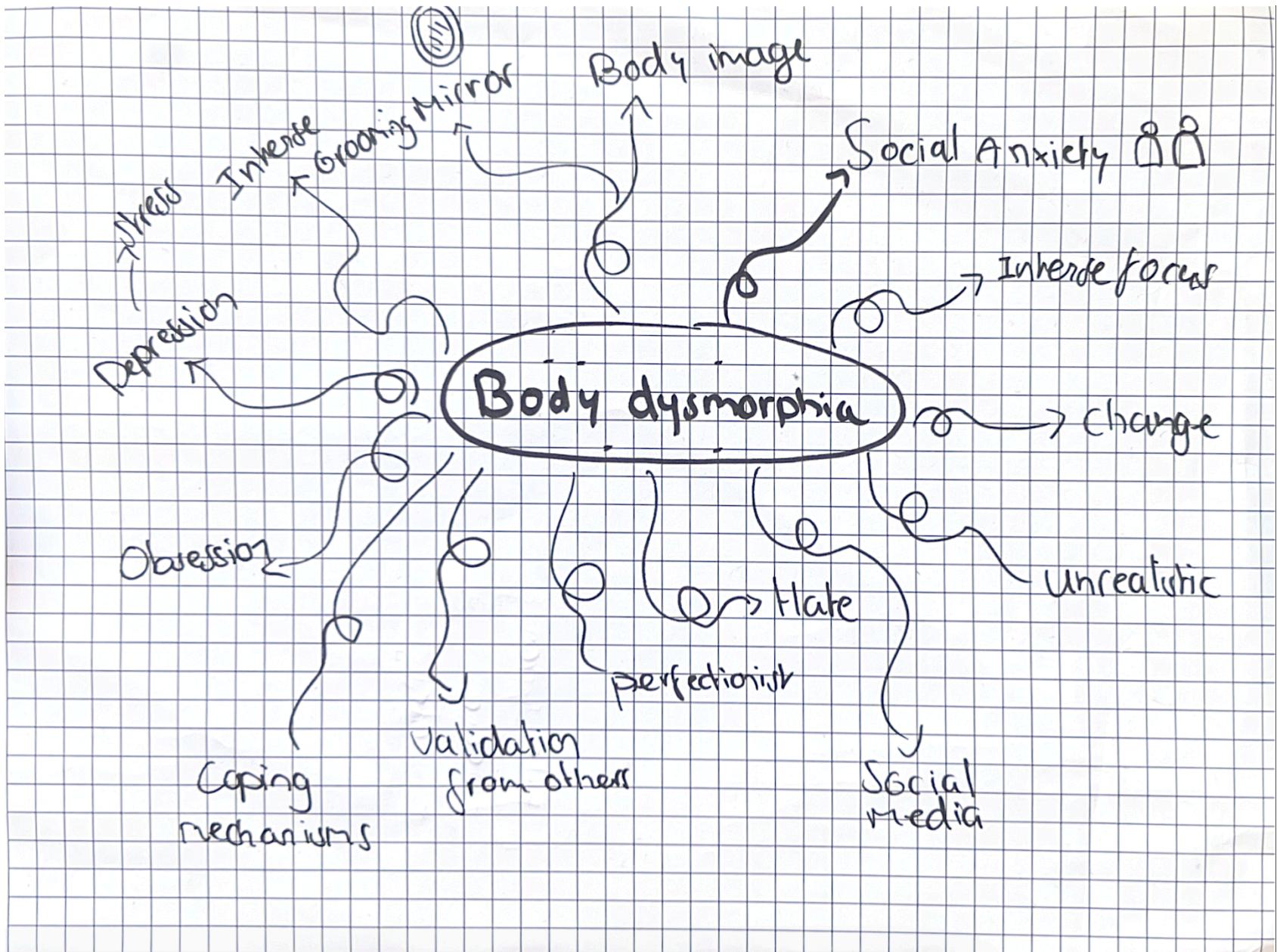
Body dysmorphic disorder is a mental health condition in which you can't stop thinking about one or more perceived defects or flaws in your appearance, a flaw that appears minor or can't be seen by others. But you may feel so embarrassed, ashamed and anxious that you may avoid many social situations.

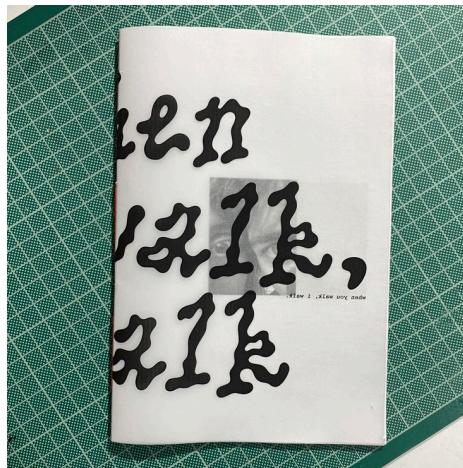
When you have body dysmorphic disorder, you intensely focus on your appearance and body image, repeatedly checking the mirror, grooming or seeking reassurance, sometimes for many hours each day. Your perceived flaw and the repetitive behaviors cause you significant distress and impact your ability to function in your daily life.

<https://www.mayoclinic.org/diseases-conditions/body-dysmorphic-disorder/symptoms-causes/syc-20353938>

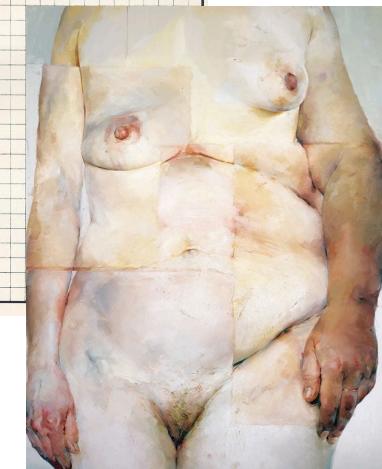
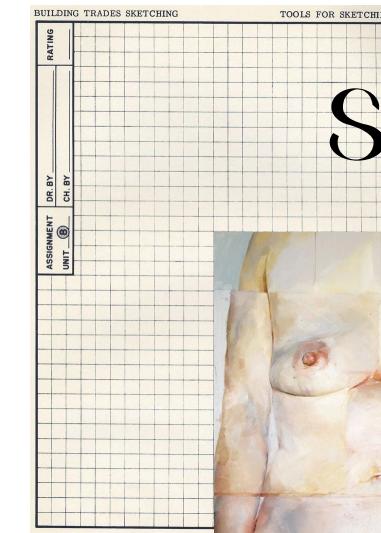
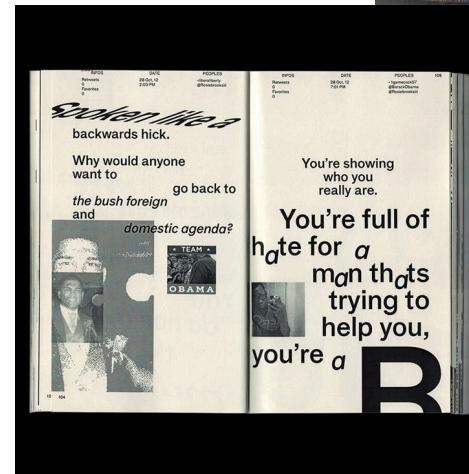
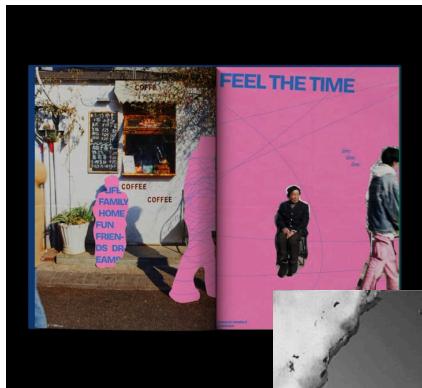
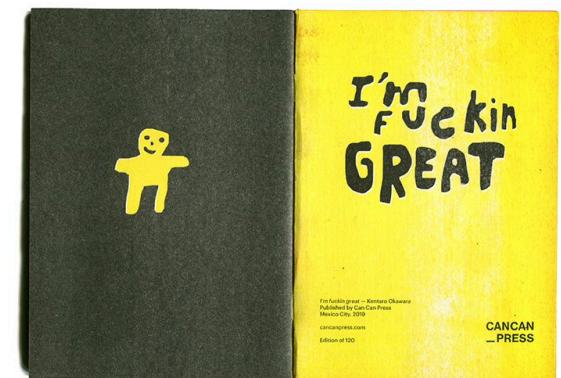
Even when steps are taken to make improvements, the person is still unhappy with their appearance. The obsession, repetitive behavior, and the constant covering up create stress for the affected individual and can have a negative impact on daily functioning and quality of life. Major depression is common in those with body dysmorphic disorder, as are suicidal thoughts and behavior.

<https://www.psychologytoday.com/us/conditions/body-dysmorphic-disorder>

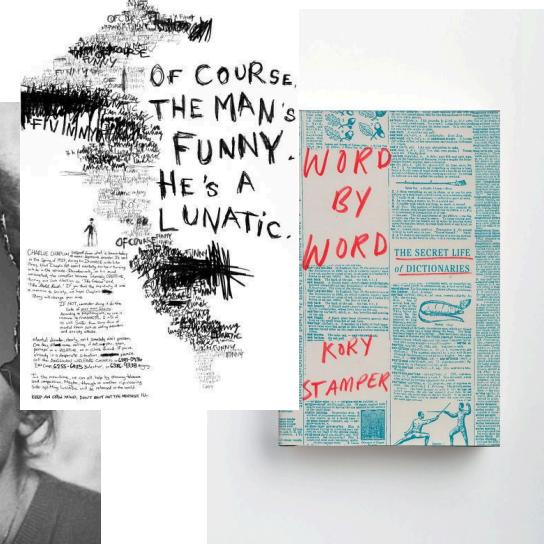




# Research



# Images



# QUOTES

# Sketches



-A handwritten or combination of two fonts title

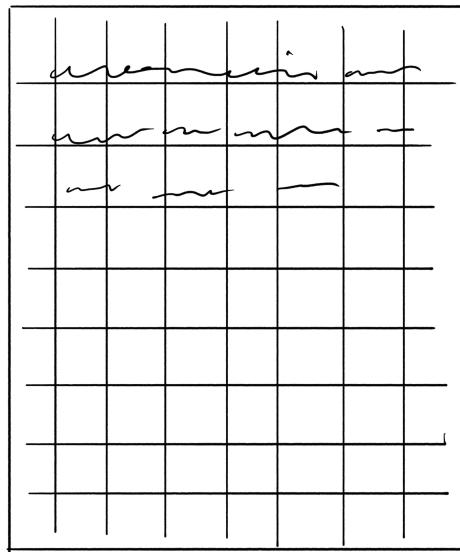
-Placed on different lines to create a playful effect

A few quotes or short sentences about 'body dysmorphia'

Distorted images/drawings of my face

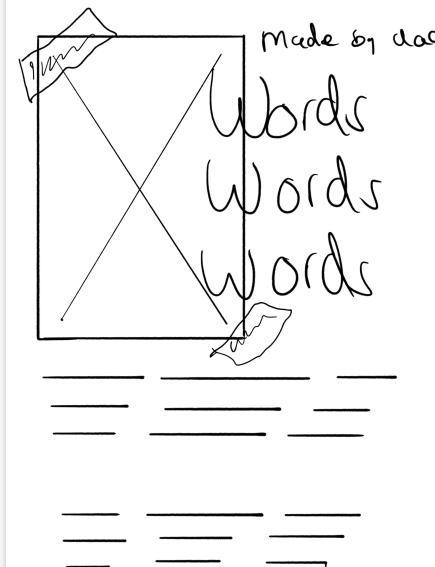
Glitchy, broken lines

The next page begins with a short yet detailed description of body dysmorphia and the purpose of the small book or diary. It features a grid-style layout with a playful font.



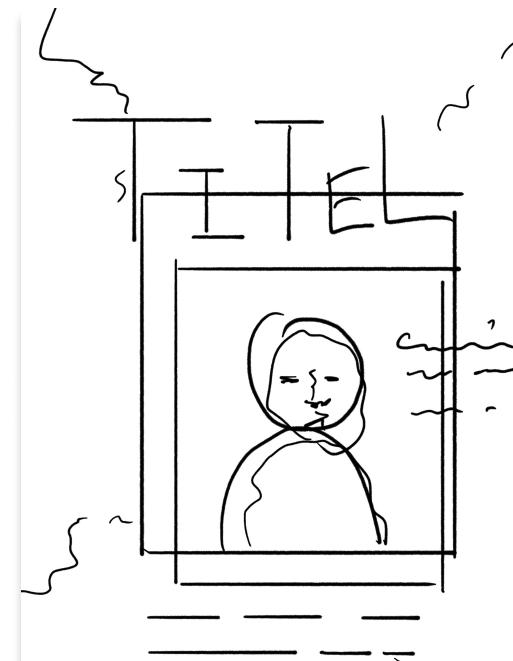
1. Introduction

The next few pages are about how others perceive me, accompanied by a drawing. There are also some words that describe me



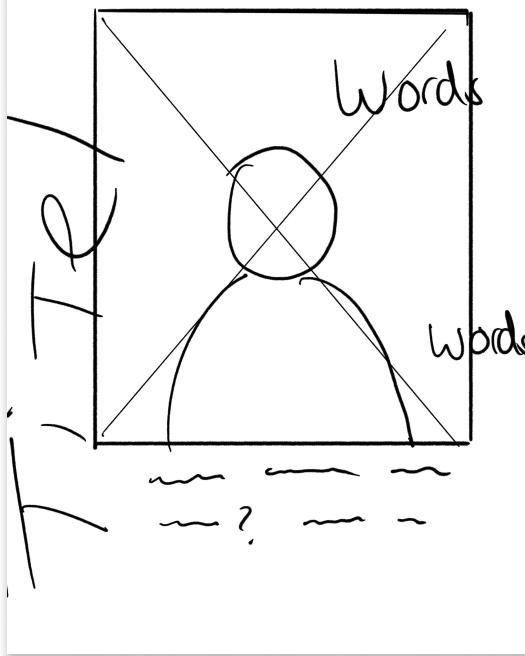
2 perception

The next page is about how I see myself, featuring both a drawing and a photo. I want to overlap the two to create an illusion-like effect. This is followed by a reflection on how I perceive the differences between them.

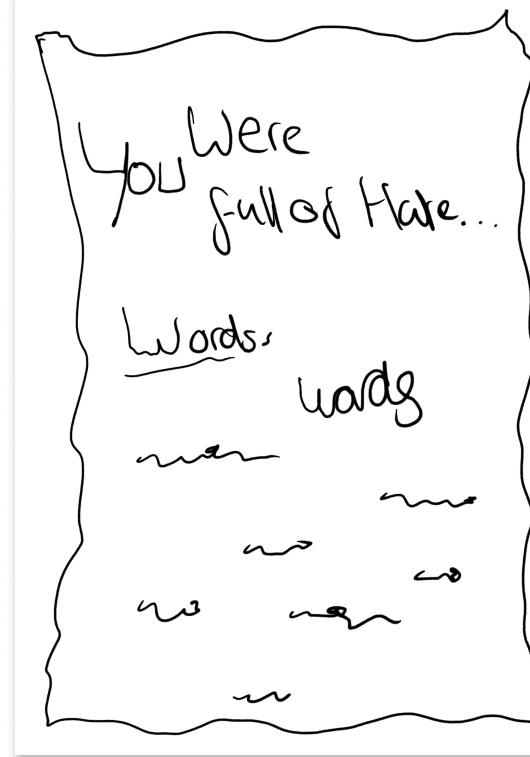


What's the reality?

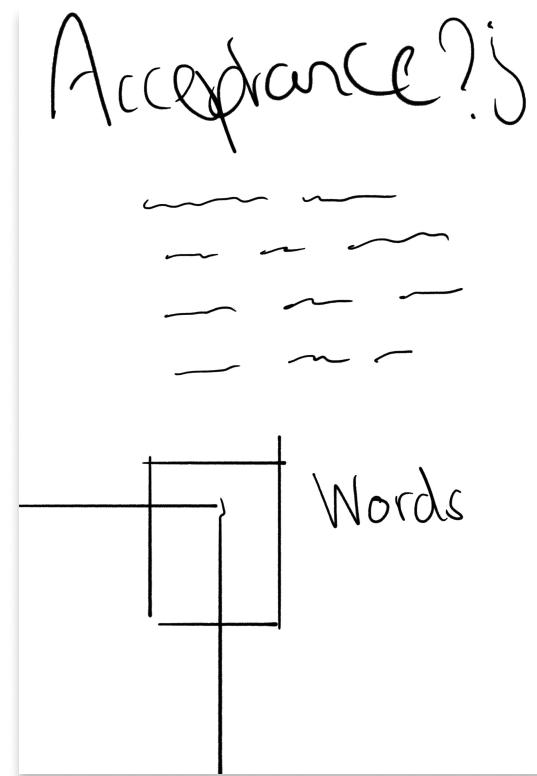
This page also includes an AI-generated image of myself: one based on my own description, and another based on a real photo. I reflect on which version feels more 'honest' and what that means to me.



Another page presents a variety of opinions I have about myself, both positive and negative. Different fonts are used to create a playful yet intense atmosphere



The final page explores whether I accept the way I look and how I cope with Body Dysmorphia. It includes creatively edited images and wordplay to visually support my thoughts.



I created multiple visuals for the diary.

I used Adobe Photoshop to distort my face and to create mask-like versions of it. I also used a website called [tooooools.app](http://tooooools.app) to experiment with different effects on photos and sketches. I really enjoyed playing around with these tools and techniques and I'm happy with how the results turned out.



[\*] TOOOOOOLS.APP  
/EFFECTS

- STIPPLING
- DOTS
- PATTERNS
- EDGE
- DISTORT
- DISPLACE
- DITHERING
- BEVEL
- RECOLOR
- SCATTER
- CELLULAR AUTOMATA
- GRADIENTS
- CRT

Upload an image → Select and adjust effect → Export

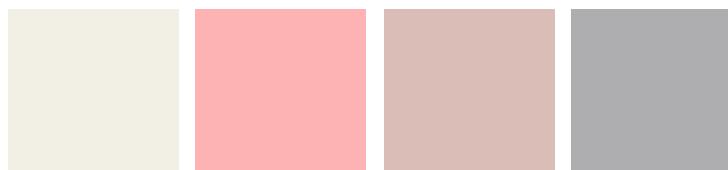
Get started →

[ ] ABOUT

[ ] CHANGELOG

[ ] BECOME A SUPPORTER

## Color palette



#F2EFE4    #FDB4B4    #DBBEB9    #AEAEB2

The colors I used came from photos that I visually edited. At first, I wasn't sure which colors would fit a very personal visual book. I started experimenting with gradients and tried designing the first page. That's when the colors started to feel right. To me, they're soft tones with a slightly ashy undertone, like the broken white and a powdered pink shade. I think I was aiming for a look that feels soft and sensitive, but also has some contrast through darker tones, like soft grey and black.

## Shapes and elements

As you can see on the pages, I use a lot of distorted and heavily edited photos. The drawings I included are also digitally altered. I added lines and geometric shapes over the images to create a playful, layered effect. Some of the text is placed directly on top of images, and I positioned it in different directions to make the layout more dynamic and expressive.

## Typefaces

### Titles & headings

**Druk Wide Bold Pixeloid Sans**

small text  
- Baby Doll

For the titles, I used a mix of two typefaces. They're quite different and a bit unusual together, but they actually worked really well for the title and heading sections. One is more like a bold poster font, while the other has a playful, retro pixel vibe. I wanted the result to feel fun, but still clear and a bit intense. For the smaller text, I chose Baby Doll, a soft, handwritten-style font that feels like something you'd find in a diary. I also used Helvetica Neue, but only for the research text on page 2 and the important information on page 1.

## Layout

As you can see on the pages, I use a lot of distorted and heavily edited photos. The drawings I included are also digitally altered. I added lines and geometric shapes over the images to create a playful, layered effect. Some of the text is placed directly on top of images, and I positioned it in different directions to make the layout more dynamic and expressive.





I'm happy with the results, although I did make a few changes that aren't mentioned in the original plan. I chose not to include AI-generated images, as they didn't really fit the aesthetic and would have taken away from the creative visuals. While the idea was interesting, the generated images didn't feel unique or special enough.

I also made some adjustments to the layout that differ from the original sketches. Overall, I think the final result fits the diary aesthetic well, it's intentionally a bit inconsistent, playful, and filled with unique pages. Still, everything feels cohesive and connected.

If I had more time, I might have added more visual elements or gone deeper into the research. All in all, it was a fun project, and I'd love to include it in my portfolio.