

Inward Broadcast/affirmations [2017]

During a recent winter, I became severely depressed for the first time in over a decade. As a part of the process of figuring out how to handle it, I decided to start recording conversations with my friends.

I interviewed them about their personal experiences with depression and ways they dealt with it, to reflections on the difficulties of being different, my personal hardships, our relationship, and I also requested a general message of support. The project also proved to be beneficial for fighting depression by keeping me busy and not isolating myself.

Since I'm an avid listener to American public radio and podcasts, and I also have an interest in radio production, producing my own personal "radio program" seemed like a natural thing to do. I wanted the ability to listen to my friends wherever I was by just turning on my iPod. Originally my intention wasn't to make these recordings public, but the more I listened to them, the more I wanted them exist outside my earbuds.

Inward Broadcast/affirmations is a collage of a selection of those recordings which I felt pertained to the topic of self-healing. Permission to use these recordings was granted by each interviewee.

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