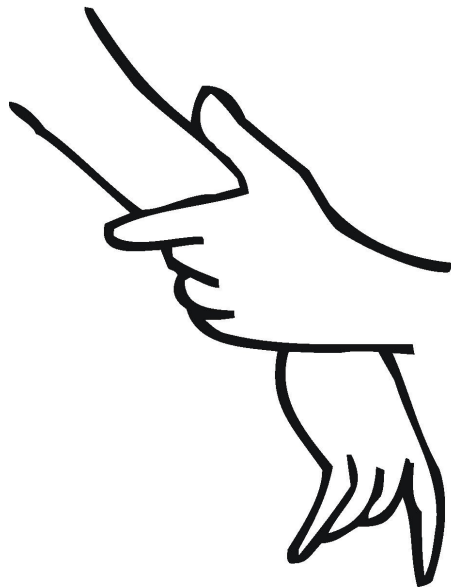


A HOW-TO GUIDE TO SELF HELP



A How to Guide to Self Help by Suzanne (Shuran) Wu

[A degree project report submitted in accordance with the requirements for the
Degree of Bachelor of Fine Arts in Furniture Design]

[1.1] everything in its right place

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non-manipulable object space becomes environment space, everything is quite out of your control but you do what you can in the manipulable object space, your movement can be a powerful thing, switch up the visuals, adopt god's view high above where you suddenly see everything and everything is no longer so overwhelming. switch the perspective. you feel powerful. things make sense on a level that it doesn't really all have to matter the same, weigh the same on your mind when you were at its horizon, playing the intimidation game with your bed, full of the paper, notebooks, chewed-out pens, clothes you've worn once and have become one pile of history, a pollution trail that followed your body as it slowly gave out bits and pieces of living, so visible and raw. the pile, made of pieces with names, is nameless together, it's just a "misc pile". there's no ownership as you did when you spoke the name of your Poland Spring water bottle.

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The room has dictated areas of full and empty; each understood bloc has their own accountable capacity. no loose clothing and miscellaneous items without some version of housing unit. the boundaries are drawn in colored tape mapping each function of the spaces. the ecosystem is a quiet humming infrastructure, the background ritual to the human living inside. strictly decor items are avoided; only functional decorations are allowed - i.e.: rug, curtains, bedspread etc

the room is lived in and formed to be this way because you've arrange it so the walls should look like a james turrell installation; colors slide into each other, objects peek through transparencies, you can see beyond parts like gazing upon the distance. the room feels spatially big while maintaining modest dimensions - you know every corner but that's not a limitation the furniture is industrial in the sense that material is metal and pvc and has less material preciousness. the colors a palette of DeWalt orange and fluorescent neons associated with safety and industrial equipment.

things read with a certain contour - marked with the outline, just enough to communicate it's role

you pull out a drawer and levels sharpen into focus

do _____ and activate _____ autofocus

everything is archived, pictured in a range of grays, when you're looking to remember - keeps the neon tab on the most recent, most exciting, most relevant.

wayfinding is easy when you're given a map that's not always bird eye view

all the parts of the room say "You Are Here" when you engage with it

activity is practiced and aligned on a queue ; all works-in-progress lives chronologically with it's half-finished brethrens. they get dedicated a spot in the room where you can't see from every vantage point. the buzz of their potentiality is kept at a low frequency

the trash is everything that is expired and “useless”, recycling happens every _____. trash disposal is important because not everything needs to live forever in our instant database; alike items camouflage each other but also compare and contrast. critical information is only urgent when it's in ALL-CAPS, and ALL-CAPS only stands out in a sea of lowercase letters.

[2.1] when _____ help

[2.2] when **objects** help

2

“Our memories are poor; we are subject to a range of biases; we can focus our attention on only one or two things at a time. We don’t have a pedometer in our feet, or a breathalyzer in our lungs, or a glucose monitor installed into our veins. We lack both the physical and the mental apparatus to take stock of ourselves. We need help from machines.”

[2.3] when **spaces** help

[2.4] when societies help

3

“Self-help always suggests that it is you and not society that needs to change.”

[2.5] when we self help

The problem with self help as a genre is that they come from a place where you're called to action on some part of your inherent discipline. You play a masochistic game with Future You to see who can put off the most consequences. In the Self Help issue of The New Inquiry there is a because there is an assumed normal.

The mythology of the early risers - self-disciplined artists who wake at 7am everyday and live an hour-by-hour play of event-based schedule

[3.1] instructionals

[4.1] SYNTAX ERROR

a failsafe system

[5.1]