

INSIDE

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A journey into mood swings and contrasting emotions.
Personal but universal experiences. A visual representation of
different shades of mental breakdown.



THE

STORY

My portfolio photography tells the story of a girl in her 20s and portrays her while she experiences moments of mental breakdown.

It all happens inside the girl's apartment - where she lives by herself. Each photo communicates the different feelings the girl experiences during particular moments of her life - when she is alone inside her house. The emotions she goes through ranges from when she is simply exhausted after an infinite day at university to when she is angry and disappointed for the end of a friendship.

The protagonist of the story has been captured from different angles and in the different rooms of her small apartment to communicate the different “shades” of mental breakdown, contrasting experiences that do never taste the same.

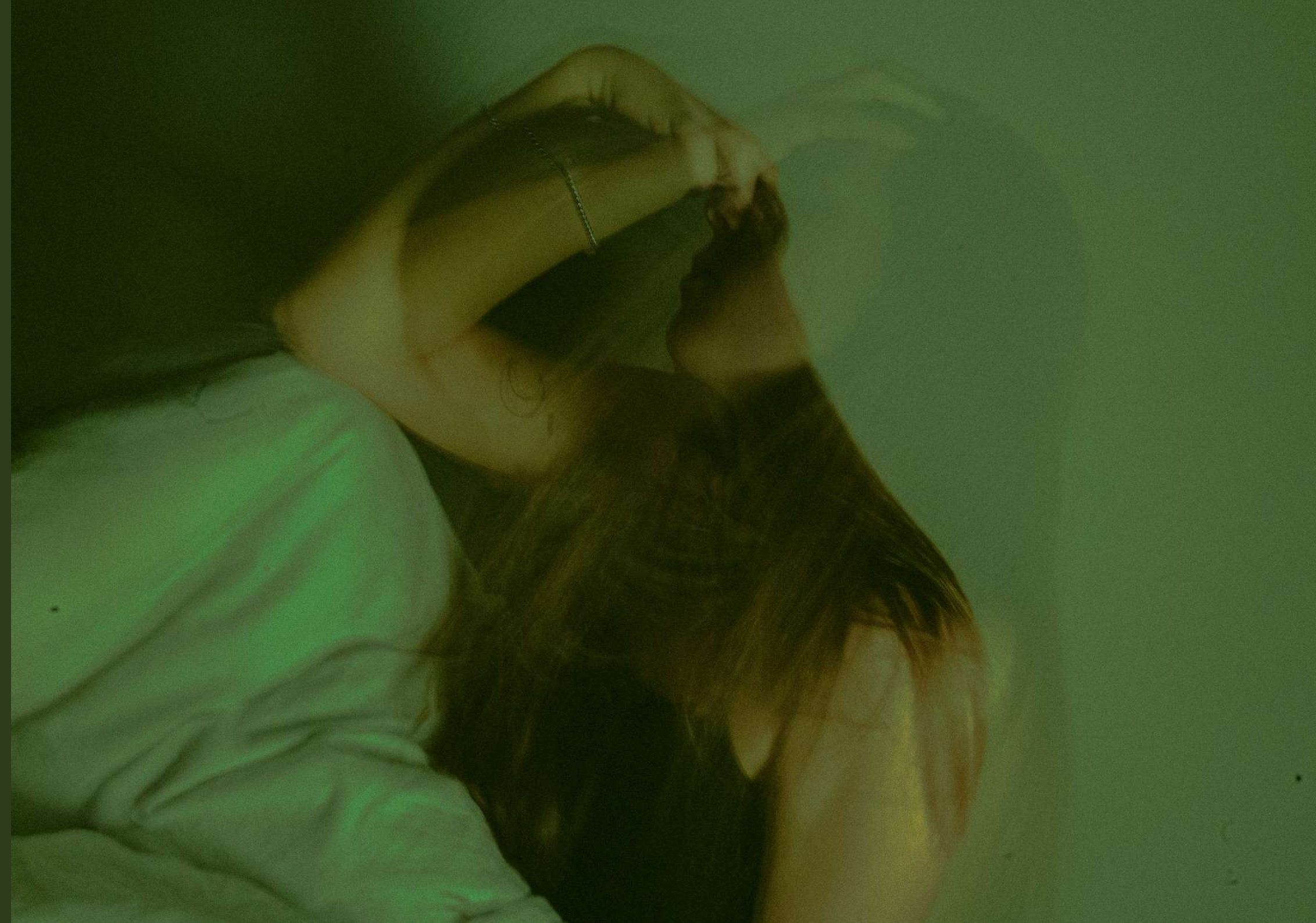
The choice of keeping the photoshoot in an interior and personal location has been specifically made to confer the whole story a sense of intimacy. The colours that characterise each photo have been chosen to re-create a cinematic look and make the story more powerful and deeper.

These photographs can be read as being part of a personal story; but, in the end, they communicate a universal message: we all experience moments of a mental breakdown at least once and we should not be ashamed of it.

The feeling of being exhausted and overwhelmed at the end of an intense day.



The frustration felt
when things don't go as planned.



The melancholic
sensation of living alone.



The feeling of
not doing enough.



The delusion of an
important friendship.



The need of
a break.



The feeling of not
being enough.



The anxiety of having
too many things in mind.

