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Title: True to yourself

Words

Façade

Self-worth

truthfulness

During this essay I will be reasearching the three words façade, self-worth and truthfulness this is to move forward to create my ideal question for my disatation I will be looking at different information for key ideas like platos etc, then artists who look at body confidence to help with the idea of self worth as I hate the fact that people do not like them selves because of the views and belives others have set upon them. I belive no matter the view of others you need to be true to yourself and that is a main thing I will be talking about and not to hide behind a facarde.

Word 1- **Façade**

Using a facade to hide behind when people judge you is never the way forward to hide who and what you are would ruin your own mind of yourself. You will lose the person you are and meant to be if you stay hidden behind a lie that you created the fake version would then become what you are and that's not being true to yourself. Even for me I felt like I was never able to be myself at home in the valleys because everyone around you is so judgmental and made me feel like I should hide then the first lockdown happened and with no body around I started to open up, after the first lockdown summer came and I started to revert to hide myself but upon studying at university I have become what I now believe to be my true self.

“The first word I have decided to research is Facade. The definition is a false appearance that makes someone or something seem more pleasant or better than they really are” (Cambridge dictionary , 2022)For Example, when someone pretends to be something they are not when hanging around certain people just to make friends with them as they believe that is the only way they can move forward. Not to being themselves, being scared to portray yourself to people is not a way anybody should live. In fact, a facade is not a good thing as how will people ever know the truth about yourself or even after time you may alter yourself and become what you have been pretending to be.



Fig.1: *Multiple versions*

This is one of the first pictures I created for university was me showing multiple versions of myself to show how even I change myself around different people and hide behind a

facade but now I have grown into a version of myself that is the real me and I stay the same with everyone and does not change .

"Facade" explores the fluidity between the real and the ideal. (Sunpil ,2005).With this in mind it brings up questions and changes your view on life , what is real , what is not and occasionally what is hiding behind the facade.

Looking at facade from a historical perspective the invention of photography in 1839 enabled people to be able to see 3 dimensional objects in a 2 dimensional way which enabled them to see a fixed image but they were never real but a mirror of what you see in life.(Supil , 2005) even though people got to see these image of everything all over the world they were only seeing a still life never the true form of the places they might not see for themselves in life.



Fig .2: *Pyramids*

Looking at this image realising the photographer is forcing this image upon us with the way he has captured the image showing us a viewing point that will not be a reality for anyone else and the only way to see it is captured in these 2 dimensional images. Seeing it this way

will be a facade as we are shown an angle of the pyramids we will not see. (CNN travel, 2103)

Increasingly in digital photography looking even at an Instagram feed all you see is one after the other of fake people with filters on filters never even seeing a slight hit of reality in an image or even themselves as people change so much by the time from taking an image to getting to the uploading the image. I used to not be able to tell with some images but now it has become a trend for me spotting a fake jaw line to even people adding smoothness to the image to hide what they see as flaws but in my opinion what we have is what makes us who we are and we should not have to change it.

We live for the approval of others rather than ourselves. Since when did it become the norm to present your new haircut to your followers with a dramatic presentation and a well thought out caption? (Clayton, 2014)

Further research I might well investigate Plato's and the allegory of the cave, then I might investigate Guy DeBore with the way people become what they buy and wear by doing so show a version of their selves just though show off while hiding behind a facade.

Word 2- Self-worth

The definition of self-worth is:” The value you give to your life and achievements

.Many people derive their self-worth from their work.(Cambridge dictionary ,2022)

What goes hand in hand really would be the way my artist life and normal collide as when making my work .I take inspiration from things that happen in my daily life and make work using those ideas. That has always been the way i have worked from when I was in school up to now. That is why I believe while looking at others work it is not something to be jealous of but to actually inspire ideas on what you are doing

and see how it works never to feel down about your own work. (Artwork Archive, 2022)

Self-worth is crucial for everyone,

You should know that your value doesn't just revolve around what you can do for other people and showing up for them the way you think they want you to show up. (Shorten, 2022)

I love this quote because this is something I really believe in too that no matter the opinion of others and yourself when it comes to certain ideas on yourself even then you are using the thought and feelings of theirs and not yourself, I believe this because when listening I was not myself cause I thought what people thought around me was the truth but I believe now that I can produce my own thought to be myself and not trapped in my own head.

Growing up is when we should build our self-esteem and confidence but, instead of being told you were worth something, that your opinion and your presence mattered, you were ignored and belittled: the very antithesis to growing self-esteem. (Barbieri, 2017)

That's the issue I always remember getting belittled for the person I am for the way I act, my weaknesses like my dyslexia stopping me as until now I didn't have the strategies to fight through it now, in the past I would just mess around in school hoping no body would notice but sadly a lot did and would call me names like stupid. I believe this might have been one of the issues in my life stopping me from becoming someone with self worth and my esteem was very low.

Years before body positivity became an enshrined edict of the liberal agenda, British painter Jenny Saville was creating her now signature large-scale canvases of plus-size sitters. Since emerging in the early 90s after Charles Saatchi acquired several of Saville's nudes at her Glasgow School of Art grad show, the Cambridge-born artist has developed into one of this country's most celebrated painters while maintaining an acute interest in human flesh. (blythe, 2021)

Jenny Saville



fig .3 *prop*

Jenny's large scale imagery is a brilliant thing she created to show a real body and not the type of bodies we see usually while visiting any art gallery all over the world there is a type of body used during paintings and other types of work that I feel should be shown less as it does not give people self worth while showing a true body form will give others the confidence to love themselves and actually have a belief that they are worth something.

Stephanie Deangelis

I hope that is evident in my work. I aim to be inclusive, positive and relatable. In my teens and early 20's, I feel as though we were still being bombarded with unrealistic beauty standards across the board. Even if something was praised for being "unique" or a form of self expression, it was called out so much that in a way, it marginalized it even more rather than acknowledging it as normal. So, I hope that women and girls see my art and feel solidarity, and feel like they are being represented. (Dixon, 2017)



fig .4 confidence

I believe in these words very strongly I know as a man I do not struggle as hard as what has been set in people's minds where women should look and be a certain way but I believe these ideas set for people should not be looked upon as a way for people to look for someone and everything should be the way you believe it should not the way of the past.

Word 3- Truthfulness

Definition the quality of being honest and not containing or telling lies. (Cambridge dictionary ,2022)

looking at the part in this book where they have the headinging lies lies lies even this part talking about not being able to trust government where they hold back the truth and tell the public lies while people actually trust and believe this information. I believe that people need to even research what is fed to them over the internet or even the news as this has been proven wrong many of times. (HEARNS-BRANAMAN, 2018)

I feel that this was something I had to add during me speaking as if you can not believe the people you should trust the truth from why should you believe people in your life like friends, family or even the people who dislike you when the truth is never as one person sees, like something you do in life maybe seen as a good thing through your eyes and a bad thing through another's and told different to how you believe it to truly be.

Truth in social media.

the truth is not far from the reality that social media's intrusion is crafting a "perception error" in the way we look at our daily lives. Below, I have tried to outline a few of the rising concerns derived from published journals, conducted research, and from my own experiences over the years. (Faruque, 2017)

Even looking at social media it's such a twisted thing with the way of how this article says about it being a perception error, this is because of people being fake versions of themselves online and then never being a true version of themselves eventually in the real world with the facade they have created online and now in person. Then it comes down to people seeing how someone

looks and thinking they can never be like them but the truth can be they do not even look the same in person because of photoshop and even filters can change so much about someone now.

harm of social media is that it can become easily addictive taking away family and personal time as well as diminish interpersonal skills, leading to antisocial behavior.

Lastly, social media has become a tool for criminals, predators and terrorists enabling them to commit illegal acts (Amedie, 2015)

To even thinking of it this way nobody can be who they say they are or even pretend to be something they are not the truth is always hidden from you, maybe even when it comes to someone you have spoken multiple times even for years it could have been so far from the truth and a facarde or even a blatant lie. So I belive that hopefully one day the people around me can be truthful and maybe in the distant future people will stop lying over social media.

Platos the truth

These theories all attempt to directly answer the *nature question*: what is the nature of truth? They take this question at face value: there are truths, and the question to be answered concerns their nature. In answering this question, each theory makes the notion of truth part of a more thoroughgoing metaphysics or epistemology. Explaining the nature of truth becomes an application of some

metaphysical system, and truth inherits significant metaphysical presuppositions along the way.

I believe true in the same way that when it's looked at a normal way then it is always overlooked but looking into depth it changes your way of thinking like the truth is technically only ever with the person who first said it as it slowly twists and changes with different people causing a lie to then be believed to be a truth that is the issue in our society, where everything now has to be questioned because it's no longer ever the truth in reality because you never know the reality of a situation anymore.

Conclusion

Possible question or where I would like to focus my dissertation is the talk of how the truth in life causes so many problems because it's never the reality where we actually believe we should look a certain way and even act a certain way I believe this is wrong because you should actually be you and stand out that's why I believe the truth depends on people's version of reality and no body will actually be able to tell what is the truth.

Maybe even taking a further look into facades as I believe everyone is hiding something from someone like if you are around friends, family or colleagues you would act like a different person from the way you act or dress. I used to believe in hiding certain things from family but now I'm honest about everything because what is the point in hiding stuff and feeling pressured to do so when you can just be the one true version of yourself.

I feel the facarde is more the way forward but I included two options as a way for me to think it over the summer and decide then instead of rushing myself to oick now and having to change it then.

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