



Figuring it Out: Loving Yourself

Marie Dunkle

Abstract

The following will describe the show “Figuring it Out: Loving Yourself” by Marie Dunkle, as well as some background information on the artist and the project itself. Sources will be included as references to books or other artists that inspiration was pulled from. Consider it a comprehensive guide or artist’s statement. The series itself will be explained in detail as to what media was used, and how it came to be.

“Figuring it Out: Loving Yourself” is an exploration of how women can learn to love their own bodies, and become more appreciative of their uniqueness. The series consists of paintings depicting various women in situations where they are confronted with something that could cause them to have negative feelings about themselves. Instead of this negativity towards their bodies, the message of the paintings portrays a positive light on common issues that women face daily. I believed that making this work was important to not only myself, but other women who may be viewing it in the future. It took me on a journey of self-discovery and self love that I hope to share with other women.

I have not made anything like this before, with the exception of some cute positive food pun stickers in my undergraduate, and I think I wanted to take my work in this direction because it is something that is being struggled with every

single day. Previous projects I have done included issues involving the environment, which I also presented at the Made in Millersville conference. I wanted this series to be bright and cheery pastels and neons, so I chose some colors to try and help that along in the backgrounds of the paintings. Most of the ideas were formed organically in my sketchbook or from photos that I used as a reference for an idea I came up with. I often consulted some figure books as well to get the subjects the way I wanted them. I am not accustomed to drawing people as often as this, which was a great challenge for me to overcome.

I also included a creative journal from the year 2017 where a lot of my inspiration for these paintings came from. Creative journaling has been a great way for me to explore ideas especially concerning myself. Visitors at the Made in Millersville

conference were able to flip through the book at their leisure throughout the day.

The series is mostly acrylics and oil, but also features some mixed media elements such as ink. As far as artists who may have influenced me in my work, the list is always changing, so it is pretty hard to pinpoint just a few. I would say that my biggest influences

have been Tara Chickey, Jeri Robinson, and many other educators in the arts during my schooling. My hope is that people can walk away from this series feeling a little bit better about themselves, or start their own journey of finding out what makes them so special.

References

Hampton, Michael (2013) *Figure Drawing: Design and Invention*, Michael Hampton.

Mattesi, Michael (2017) *Force: Dynamic Life Drawing*, Boca Raton, FL, CRC Press.

Pinsker, Sharon (2008) *Figure: How to Draw and Paint the Figure With Impact*, Cincinnati, OH, F+W Publications Inc.

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