

# TONGUE TIED



## AVALYN

(she/her)

After seeing my artwork that I had created for a separate project in my class my art teacher relentlessly encouraged me to join. My friends as well thought that sharing the reason behind the art might help people not feel alone in what they are thinking and feeling when struggling with mental disorders.

When I was a kid I named my anxiety Spike. And in the picture Spike looms behind grabbing and controlling my face and mouth. This is how I feel when I have a panic attack. There is an element of uncontrollable as Spike takes control of every part of my mind. This piece represents all the things that are said under the control of spike that might be hurtful but are not truly me because they are the anxiety.

