

化身入实

From Avatar to Reality

Z世代自画像手册

A Gen Z Self-Portrait Handbook

第一单元

公教活动手册

Unit One

Public Education Handbook

献给所有寻找真实自我的你

For everyone searching for their true self

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当无数个真实的我们彼此看见，这一代人的光，就不会熄灭。

When countless real selves see one another, the light of this generation will never go out.

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你好，这是写给 Z 世代的一封信



你可曾感到在现实与虚拟中徘徊，却仿佛身处两个世界的夹缝？
你是否塑造过属于另一个时空的角色，却难以言说为何它如此贴近内心？
你有没有在忙碌与焦虑中偶尔渴望停驻，却不知如何与自己对话？

我们与你一样

我究竟是谁？

社交媒体上完美的生活切片、虚拟角色中寄托的理想人格，总与现实中的我们形成微妙的落差，这种“自我差异”悄然成为我们内心压力的来源之一。

艺术从未远离我们

从美术史中的无数自画像，到今天我们笔下充满个性的原创角色——艺术始终是一种柔软而有力的语言，它超越文字，让我们得以表达那些难以言说的情绪、渴望与困惑。

我们相信

每一幅自画像都是一次心灵的映照；
每一次创作都是自我觉察的重要探索；
每一种表达都可以成为被倾听、被理解的起点。

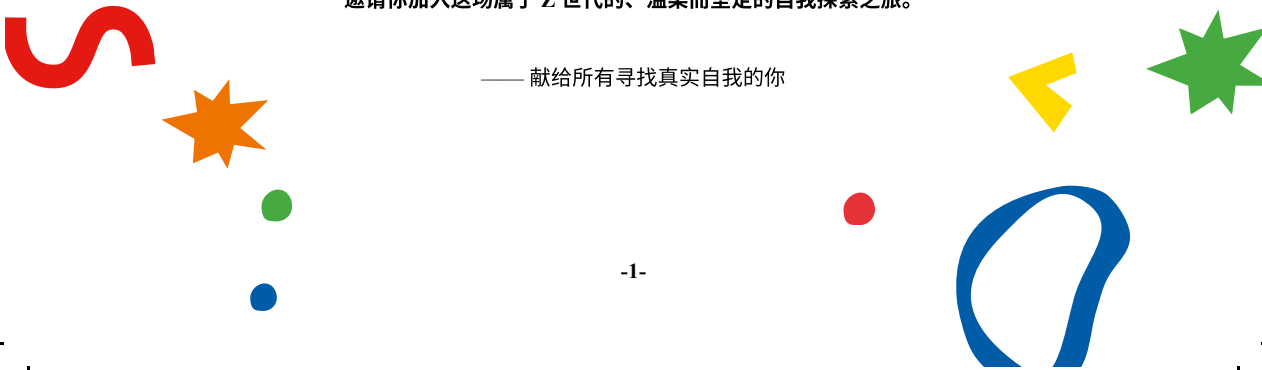
翻开手册，你将看到

来自全国各地 Z 世代创作者投稿的自画像作品和作者们真诚的自我解读；
“化身入实”计划在北京市某高中开展艺术疗愈工作坊的学生作品和他们的心声；
实用的自我对话指南与练习，一起来书写、涂鸦吧！

这不仅仅是一本手册，更是一份邀请：

邀请你提笔，画出你的故事；
邀请你驻足，听见内心的声音；
邀请你加入这场属于 Z 世代的、温柔而坚定的自我探索之旅。

—— 献给所有寻找真实自我的你



Hello, this is a letter to Gen Z.

Have you ever felt like you're wandering between reality and the virtual world,
as if caught in the gap between two dimensions?

Have you ever created a character from another time and space,
yet found it hard to explain why it feels so close to your heart?

Have you ever, in the midst of busyness and anxiety,
wished you could just pause for a moment, but didn't know how to talk to yourself?

We feel the same.

Who am I, really?

The perfect snapshots of life on social media, and the ideal selves we project onto our virtual characters
—they often create a subtle gap between who we are in reality.

This "self-discrepancy" quietly becomes one of the sources of our inner pressure.

Art has never been far from us.

From the countless self-portraits in art history to the unique original characters we create today
—art has always been a gentle yet powerful language.

It goes beyond words, allowing us to express every emotion, longing, and confusion.

We believe:

Every self-portrait is a reflection of the soul.

Every act of creation is an important step toward self-awareness.

Every form of expression can be a starting point for being heard and understood.

When you open this handbook, you will find:

Self-portraits submitted by Gen Z creators from across China, along with their honest interpretations;
Works and voices from students who took part in our art therapy workshop at a high school in Beijing;
Practical self-dialogue guides and exercises—let's write and doodle together!

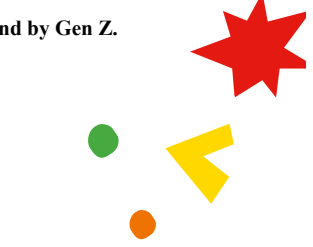
This is more than a handbook—it's an invitation:

An invitation to pick up a pen and draw your story.

An invitation to pause and listen to your inner voice.

An invitation to join this gentle yet courageous journey of self-discovery, made for and by Gen Z.

—Dedicated to everyone who is searching for their true self





第一章 映照

Chapter 1 Reflections

他们来自线上平台或央美校园；他们来自中国的五湖四海，有着不同的成长故事和灵感，却一同接受这封邀请函，在画纸上真诚地遇见自己。每一幅画都是一个灵魂的侧影，拼凑出这一代人的多元底色——温柔、锋利、孤独、勇敢……

这一章收录了通过公开招募（线上及校内）征集到的 Z 世代自画像作品。

They come from online platforms or the CAFA campus; they come from all corners of China, each with their own growth stories and inspirations. Yet together, they accepted this invitation and met themselves honestly on paper. Each artwork is a silhouette of a soul, piecing together the diverse foundation of this generation—gentle, sharp, lonely, brave...

This chapter features self-portraits by Gen Z collected through open recruitment (online and on-campus).





作者信息

昵称：双骨

性别：女

职业：学生

Artist Information

Nickname: Shuang Gu

Gender: Female

Occupation: Student

我创作的角色是梳背头棕发的医师弗里德里希·伯格，讲述了二十世纪中叶的一段悬疑航海故事，该角色登船的初衷是向权贵筹集医疗资金。

My creation is Dr. Friedrich Berg, a physician with a pompadour and brown hair, This narrative delves into a suspenseful maritime tale set in the mid-20th century, with Friedrich's initial motive for boarding being to raise funds for medical treatment from the elite.



弗里德里希1910年出生于朝鲜半岛，母亲为朝鲜裔、父亲是德裔，幼时跟随家人迁居美国。优越的家境、良好的教育、优雅谈吐与得体着装，让旁人大多先将他看作受过高等教育的富裕绅士，而非简单贴上东方人的标签。深陷身份认同的挣扎，也让他坚定投身于故乡解放事业，画作节选描绘了他在船上遭遇反派袭击、亲历意外现场等种种波折。

Born in 1910 on the Korean Peninsula to a Korean mother and German father, Friedrich relocated to the United States with his family during his childhood. His privileged upbringing, excellent education, refined demeanor, and impeccable attire led most observers to perceive him as a highly educated and affluent gentleman, rather than simply labeling him as "Asian." Grappling with his identity, he became steadfastly committed to his homeland's liberation. Excerpts from his artwork depict his various trials aboard the ship, including encounters with antagonists and witnessing unexpected events firsthand.

我最偏爱弗里德里希内在知行合一的特质，他是身处乱世仍心怀世界和平的务实理想主义者。在外在形象上，我没有刻意设计标志性的记忆点，只是在二十世纪初主流男性发型与服饰基础上稍作修饰组合，想借此表达他不过是那个时代里无数心怀和平的理想主义者中的一员。外在细节上，他右眼皮的痣和我右眼的痣完全相同。内在处事状态上，他面临重大抉择时表面从容镇定，内心却充满焦虑与不安，这一点和我极为相似：即便已经下定决心并着手行动，过程里也总会被过度的顾虑与焦虑困住思绪。目前，我个人还无法做到像弗里德里希那样知行合一、踏实笃定，也羡慕他拥有试错的勇气与底气，这些都是我努力想要靠近、慢慢修炼的方向。

What I appreciate most about Friedrich is his integrated approach to knowledge and action; he is a pragmatic idealist who, despite living in tumultuous times, cherishes world peace. In terms of his external appearance, I deliberately avoided designing any iconic distinguishing features. Instead, I made minor adjustments to the mainstream male hairstyles and attire of the early 20th century, intending to convey that he is but one of many idealists of that era who yearned for peace. His physical details include a mole on his right eyelid, identical to mine. Internally, when faced with significant decisions, he outwardly maintains composure and calmness, yet is inwardly fraught with anxiety and unease—a trait I share deeply. Even after making a decision and initiating action, I find my thoughts constantly ensnared by excessive worries and anxieties. Currently, I personally cannot achieve Friedrich's level of integrated knowledge and action or his grounded determination, and I envy his courage and confidence to take risks. These are aspects I am striving towards and diligently working to cultivate.

我的作品难免契合当下某些固有标签，常会被归为欧美系、伪厚涂、高饱和、微恐、海报风格这一类。抛开角色剧情单看画面创作，我更在意带给观者的视觉冲击力和画面自带的故事感，就像图中配文“你能永远遮住这一切吗？”，画面与文案相融，烘托出角色心底藏有不愿被外人知晓隐秘心事的氛围。我希望观众初见作品时，能直观感受到畅快与刺激的观感。

My work inevitably aligns with certain prevailing labels, often categorized as European/American style, pseudo-thick coat, high saturation, micro-horror, and poster-like. Beyond the character and plot, when creating visuals, I prioritize the visual impact on the viewer and the inherent narrative quality of the image. This is akin to the caption in the illustration, "Can you always hide all of this?" The image and text merge, creating an atmosphere that hints at the character's hidden secrets, things he wishes to conceal from others. My hope is that viewers will experience a sense of exhilaration and excitement upon their initial encounter with my work.

画中投射的自我与现实中的我有着很大差距。画中人格外冷峻锐利，但现实里的我性格温和随和，向来习惯主动避开矛盾与冲突。因此，于我而言，画中角色就像我的赛博化身，替我完成现实里不敢尝试、无法去做的事，也让我能够将现实中不便流露、无处安放的情绪，尽数在绘画创作中安放与宣泄。

There is a considerable disparity between the self projected in my paintings and my real-life persona. The character in my art is exceptionally cold, sharp, and incisive, whereas in reality, I possess a gentle and easygoing nature, habitually avoiding conflict and confrontation. Therefore, to me, the character in my art functions as a cybernetic avatar, enabling me to undertake actions in the virtual realm that I would not dare or be able to attempt in reality. It also allows me to channel and release emotions that are inconvenient or cannot be expressed in my daily life, finding solace and catharsis entirely within my artistic creation.



作者信息

昵称: Rye

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职业: 学生

Artist Information

Nickname: Rye

Gender: Female

Occupation: Student

这幅画叫《Per aspera ad astra》。它整体想要传达的意象，是“无限循环的痛苦和梦境般的坠落以及人生、命运的循环”。我选用大众常见的杂志装饰插画形式进行创作，画中主人公正身处人生至暗时刻，生活与命运于他而言充满了未知的挑战，但背景的星空与繁花则蕴含了他不息的生命力与心中希望。生活与命运满是未知的挑战；而背景里的星空与繁花，又暗藏着生生不息的生命力与心底不曾熄灭的希望，也暗合了拉丁谚语“Per aspera ad astra”（循此苦旅，以达星辰）的深意。

The painting *Per aspera ad astra* aims to convey the imagery of "endless cycles of suffering, dreamlike falls, and the cyclical nature of life and destiny." I adopted a popular magazine illustration style for this creation. The protagonist finds themselves at the darkest point in their life, facing a future filled with unknown challenges from both life and fate. However, the celestial backdrop and abundant blossoms symbolize their enduring vitality and the hope within their heart. This

symbolizes that although life and destiny are fraught with unforeseen challenges, the starry sky and blooming flowers in the background secretly harbor an inextinguishable vitality and unwavering hope, resonating with the profound meaning of the Latin proverb "Per aspera ad astra" – through hardship to the stars.

我很喜欢这幅画一目了然的构图形式，也尽量在平衡对称的元素中加入了不对称的元素，以冲突来提供一些不和谐的结构，且这幅作品的配色和元素设计我也非常喜欢。而关于人物，他最令我喜欢的特定是他的乐观精神，不论面对任何人生逆境和挫折永远都能怀以笑对人生的态度。另一点在于他本人对永恒和个体之间哲学关系的探讨和思考，我觉得他永远能以一种非主观的客体视角审视自己，是件非常难以做到且让我渴望拥有的能力。

I appreciate the composition of this piece for its immediate impact. While incorporating elements of balance and symmetry, I also introduced asymmetry to create a sense of discord through contrast. I am particularly pleased with the color palette and the design of the elements in this work. Regarding the character, what I admire most is their optimism, their ability to face life's adversities and setbacks with a smile. Another aspect is their philosophical exploration of the relationship between eternity and the individual. I believe their capacity to view themselves from an objective, non-subjective perspective is a remarkable and desirable trait.

主人公不懈的追求和永不言弃的性格，或许是最贴合、最能代表我自身的特质。生活中我也是个乐天派，但其实总是喜欢把事情做最糟糕的假设，这样如果失败的话也不会难过。我也很羡慕角色身上的高情商，那是我尚有欠缺的特质。

The protagonist's relentless pursuit and unyielding spirit perhaps best represent my own characteristics. I am generally an optimist in life, yet I tend to prepare for the worst-case scenario. This way, failure doesn't bring me undue sadness. I also admire the character's high emotional intelligence, a quality I feel I am still developing.

我对人物形象的设计可能契合一些对当今LGBTQ的刻板印象，但在绘制类似这幅画的插画作品时，又会具有一种冷硬的上世纪复古风格。很多观众评价我的作品像复古杂志插画和连环画。如果一定要说标签的话，我认为它们并不算大众喜欢的画风和题材，算是小众风格。在作品中，我真正想传递的并非是画面中的“坠落”，而是一种“平静”。这幅画的人物动作虽然是大幅度的，但整体的运动趋势却偏向于静态，我希望能够借助这种有些反差的对比来表达我渴望追求和某种人生阶段的平静。

My design for the character might align with some current LGBTQ stereotypes, yet the illustration style itself evokes a cool, retro aesthetic from the last century. Many viewers have commented that my work resembles vintage magazine illustrations and comic strips. If I had to categorize them, I'd say they represent a niche style and subject matter, not typically favored by the mainstream audience. What I truly aim to

convey in my work is not the "fall" depicted, but a sense of "calm." Although the character's movements are dynamic, the overall trend of motion leans towards stillness. I hope to use this contrast to express my yearning for a certain stage of peacefulness in life.

当然，这些理想化的角色与现实中的我是有差距的。我在创作中想表达的是一种对自由和真理不顾后果的追寻，可现实生活中，我比这些主人公胆小太多，对于社会规训和不合理的要求并不敢说“不”。介于各种各样的原因，我选择了屈服和视而不见。这种差距时刻提醒我要勇敢面对社会所谓的“结构不公平”，希望未来有勇敢面对人生、遵从本心的那一天吧！

Naturally, these idealized characters differ from my reality. In my creative process, I strive to express an uninhibited pursuit of freedom and truth. However, in real life, I am far more timid than these protagonists and hesitate to refuse societal norms or unreasonable demands. For various reasons, I have chosen to yield and turn a blind eye. This discrepancy constantly reminds me to bravely confront societal "structural inequalities," and I hope for a future where I can face life head-on and follow my true heart.



作者信息

昵称: Rye

性别: 女

职业: 学生

Artist Information

Nickname: Rye

Gender: Female

Occupation: Student

《Time flows toward where you are》的主人公是我另一个原创人物：他是天文学家，同时也是无神论者。我选择了复古美式杂志插画风格，画面中元素的灵感来自于毛姆《人生的枷锁》、荣格《红书》、托马斯·曼《魔山》。其中，最常见的元素是“7”：7只鸟、7颗星...这也正是映照了《魔山》中的“7”向上帝七天创世纪的致敬。画面左边是天文钟、右边燃烧的挂毯意向则来源于《人性的枷锁》。

The piece, titled *Time Flows Toward Where You Are*, features another original character of mine: an astronomer and an atheist. I opted for a vintage American magazine illustration style, drawing inspiration from W. Somerset Maugham's *Of Human Bondage*, C.G. Jung's *The Red Book*, and Thomas Mann's *The Magic Mountain*. A recurring motif is the number "7," manifesting as seven birds, seven stars, and so on. This subtly nods to *The Magic Mountain*'s seven days of creation, a tribute to the biblical genesis. On the left of the painting, an astronomical clock, and on the right, a burning tapestry, are visual cues drawn from *Of Human Bondage*.

这个角色与书中的主人公一样，始终在追寻人生的意义和自我的价值，以至于有时忽视了身边显而易见的幸福、摒弃了人生的安稳。他的一生不算一帆风顺，是一个很传奇的人物。我想表达的是，在我们人生的终点，倘若回过头审视我们的一生，是否会后悔还是会对这一路的经历感到满意？在人生的苦难和岔路面前，我们又会以何种心态做出何种选择。

This character, much like the protagonists in literature, relentlessly pursues the meaning of life and his own self-worth, sometimes to the detriment of readily apparent happiness and stability. His life, far from being smooth, is a legendary narrative. I aim to explore a crucial question: as we reach the end of our lives, if we look back, will we harbor regrets or find satisfaction in our experiences? Faced with life's hardships and crossroads, what mindset will guide our choices?

我最喜欢他身上的坚韧与理性的逻辑。朋友曾经评价，这人是“即使一切从头再来也未尝不可的男人”，他与我其他的原创人物相比会有些不近人情、有些过于理性，但他其实是个很博爱的人，或许不会对个体产生善意，他的思考总是停留在宏大叙事之上，但他的所作所为体现了他对人类文明的思考和对自我的反思。他懂得调整自己被社会道德定义为错误的行为，这是我认为最难得可贵的一点。

What I most admire in him is his resilience and logical rationality. A friend once described him as "a man for whom starting over from scratch would be perfectly acceptable." Compared to my other original characters, he can seem somewhat detached and overly rational, yet he possesses a profound capacity for love. While he might not show affection towards individuals, his thoughts operate on a grand, overarching narrative. His actions, however, reflect his contemplation of human civilization and self-reflection. His ability to adjust behaviors that society deems morally incorrect is, in my view, his most commendable trait.

他与我相像的一点就是“心直口笨”。对他人的安慰与关心不知道如何说出口，且因为单线思维大多数时间会伤害到自己所爱之人。其实这个形象是我创作的第一个人物，大概在2011年左右我设计出了他的人格雏形，后续一直在完善和更改，最终定型。他是与我最像的人，也可以说是陪伴我长大的朋友。

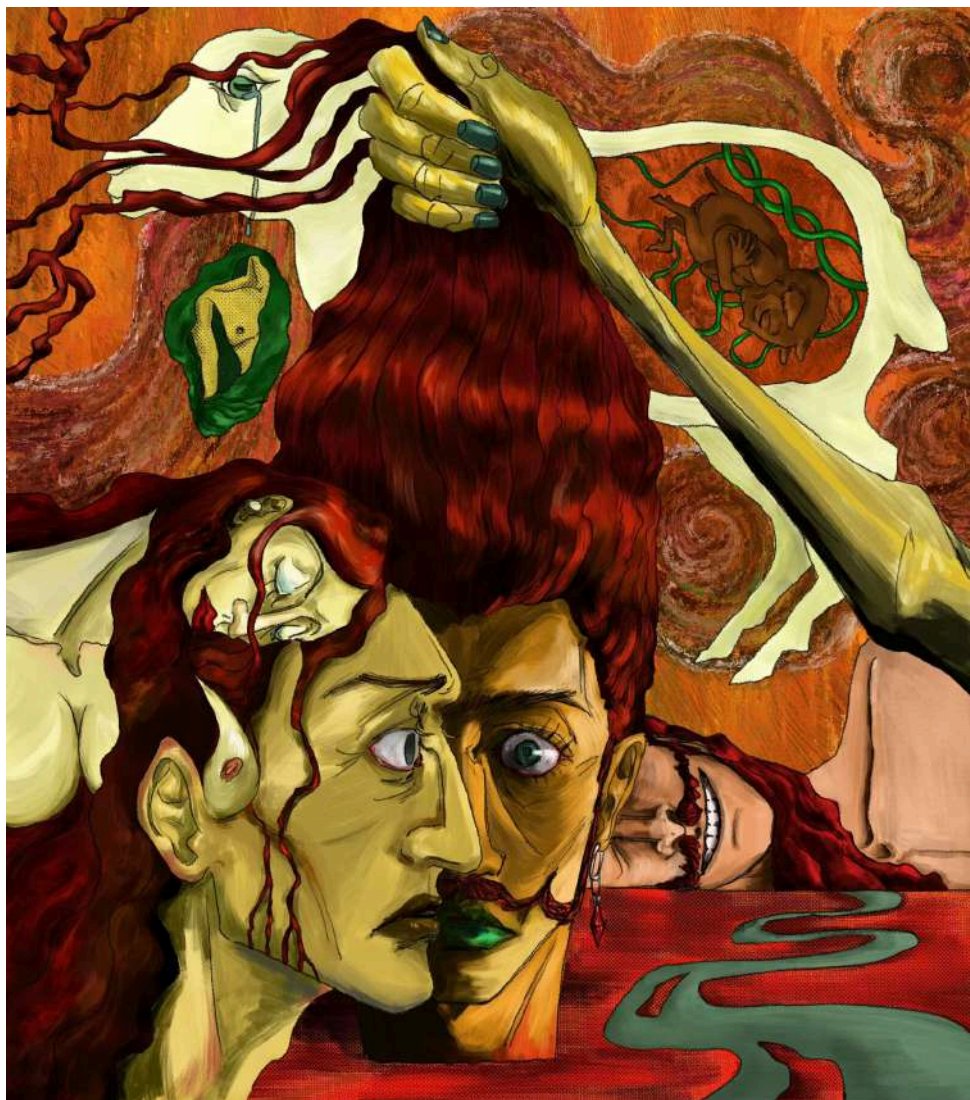
His most significant resemblance to me lies in being "blunt and straightforward." He struggles to articulate comfort and care for others, and his linear thinking often leads him to inadvertently hurt those he loves. This character was actually the first I created, with the basic outline of his personality forming around 2011. I've continuously refined and altered him since then, eventually solidifying his current form. He is the character most like me, and in many ways, a companion who has accompanied my growth.

他几乎是基于我自身创作的形象，因而我们并无太大不同，我为他设定了我梦想中的职业，以此弥补高中选科时的遗憾。我最渴望拥有的是他逆境中的抗压能力，他比我更坚强也更柔韧，像是竹子。我希望借这幅画传递对人生的思考和对自我的探索：我是谁？我从哪里来？我要去哪里？这也许是所有人永恒的生命课题。就像尼采哲学中的三种形象一样：狮子、骆驼和婴儿。我希望能够通过这种艺术形式的探索来认识我自己。

He is almost entirely based on my own experiences, so the differences between us are minimal. I've imbued him with my dream career, compensating for my regrets regarding my high school subject choices. My greatest aspiration for him is his resilience under adversity; he is tougher and more flexible than I am, much like bamboo. Through this artwork, I hope to convey reflections on life and the exploration of self: Who am I? Where do I come from? Where am I going? These are perhaps the eternal questions of human existence, akin to Nietzsche's three metamorphoses—the camel, the lion, and the child. I seek to understand myself through this artistic exploration.

画中角色与现实中的我当然存在差距，但这种差距对我而言，其实是艺术和现实的距离感，只有艺术世界与现实生活具有一定距离感的时候，或许我才能继续我的创作。当这种距离消失，我反而会变得焦虑和不知所措了。或许对大多数人来说，差距是必要的。

While there are distinctions between the character in the painting and my real-life self, this gap, for me, represents the necessary distance between art and reality. It is only when this distance exists that I can continue my creative process. When this distance dissolves, I find myself becoming anxious and disoriented. Perhaps, for most individuals, such a gap is essential.



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Gender: Female
Occupation: Student

《Mam's gun》的主人公是我另一个原创人物。他是个传统的绅士，具有旧时代的激情和礼仪，尽管他的人格底色带有几分精英主义，但总体而言是个不错的人，且一直致力于为少数和弱势群体争取权益。正如这幅作品的名字，我的灵感来源是Glass Animal的Mam's gun，在画面表达上选择了超现实主义，有意在画面构成中模仿了达利，而在人物形象塑造上则借鉴了弗里达。这幅画探讨的是“母亲、自我和回忆”，亲子问题似乎存在于每个人的潜意识中，我选用了一些典型的意向来表达个人思考。

The protagonist of the *Mam's Gun*, is another original character of mine. He embodies the passion and etiquette of a traditional gentleman from a bygone era. While possessing a somewhat elitist undercurrent in his personality, he is fundamentally a good person who consistently advocates for the rights of minorities and the vulnerable. As the title suggests, my inspiration for this piece comes from Glass Animals' *Mam's Gun*. In its visual expression, I've opted for Surrealism, consciously emulating Dali's compositional style while drawing inspiration from Frida Kahlo for the character's portrayal. This painting delves into themes of "motherhood, self, and memory," as the complexities of parent-child relationships seem to reside in everyone's subconscious. I've employed several archetypal symbols to articulate my personal reflections.

我很喜欢这幅画的风格以及它所呈现的柔软流动性，这种特质也恰好契合主角形象：表面看似态度强硬，但内在是具有柔软流动性的，他的形象代表了我对自我潜意识中最柔软部分的探索——母亲和自我爱。我认为人总要通过这些思考，才能不断地更迭自己的人格设定，慢慢前进并且达到自己的期望。

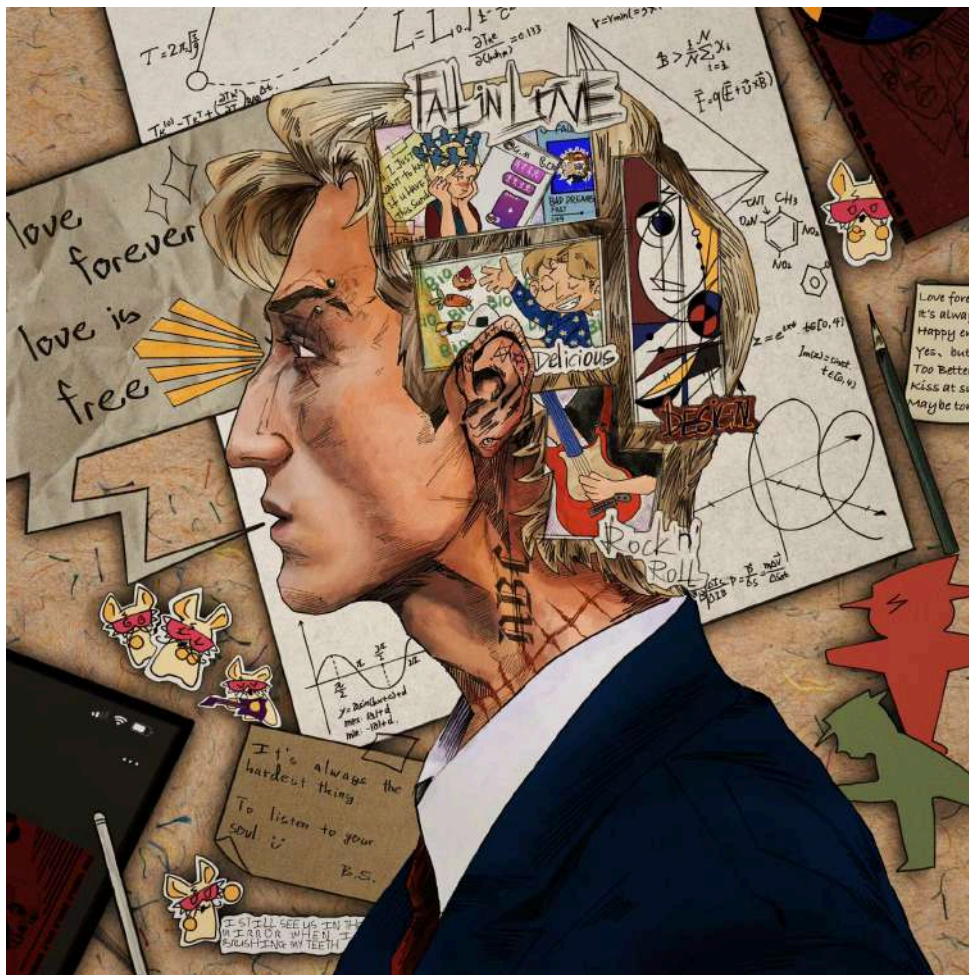
I am particularly drawn to the painting's style and its depiction of soft fluidity, a quality that resonates with the protagonist's character. On the surface, he may appear assertive, yet internally, he possesses a supple and yielding nature. His persona represents my exploration of the most tender aspects of my subconscious – motherhood and self-love. I believe that through such introspection, individuals can continually evolve their personality frameworks, progressing steadily toward their aspirations.

主角的人生经历与性格，很大程度上脱胎于我自身，其中最和我相符的特质，或许是那种面对他人和自己所渴望之物时的自卑。而他身上最让我渴望拥有的特质，是对陌生人的善意与耐心——因为很多人生经历，他的性格算不上软弱，但绝非一个拥有“有毒男子气概”的人。而我有时会对陌生人无端散发恶意、失去耐心，甚至生毫无理由的自大等等。我希望自己能成长为一个尊重他人、谦逊的人。

The protagonist's life experiences and disposition are largely derived from my own. Perhaps the trait that most closely mirrors mine is a sense of inadequacy when confronted with what others and I desire. Conversely, the quality I most aspire to possess is kindness and patience towards strangers, as his life experiences have shaped him. While not inherently weak, he is certainly not a man defined by "toxic masculinity." In contrast, I sometimes find myself projecting unwarranted animosity towards strangers, losing patience, or exhibiting baseless arrogance. My hope is to mature into a person who is respectful and humble.

创作过程中，我实际上带着一种恐惧感，一种无法面对自己也无法面对童年的抗拒感。其实我的童年已经比大多数人幸福平稳，但当这些回忆左右个人的深层次恐惧后，就变得让人难以接受和抗拒。但我确实发现，在经历对这一形象长达两年缝缝补补建设之后，我似乎与原生家庭达成了和解，曾经令我觉得遗憾的亲子关系也不再尖锐，我学会了与父母家人沟通，也放下很多毫无必要执念和赌气。

During the creation of this painting, I was actually accompanied by a sense of apprehension, a resistance to confronting both myself and my childhood. Though my own upbringing was more fortunate and stable than that of many, these memories, when they began to influence my deeper fears, became difficult to accept and resist. However, after approximately two years of refining and constructing this character, I feel I have achieved a reconciliation with my origins. The parent-child relationships that once caused me regret no longer feel sharp, and I have learned to communicate with my family, letting go of many unnecessary obsessions and stubborn grievances.



作者信息
 昵称: Rye
 性别: 女
 职业: 学生

Artist Information
 Nickname: Rye
 Gender: Female
 Occupation: Student

《Love is Free》中的人物与《Per aspera ad astra》的主人公是同一个人，他既是建筑设计师，也是一支摇滚弦乐队的贝斯手与制作人。这幅画其实是我为他的乐队专辑绘制的封面，其风格是数学摇滚和另类摇滚，但这张专辑却打破了大众对乐队的风格定位，彻底转向浪漫抒情与流行文化的表达。我尝试了拼贴风格和构成主义，也是为了尽可能符合他“钟情于现代主义的建筑师”这一设定。这幅作品所表达的正是我对人生中不同兴趣的探索和尝试，有时打破别人对我的刻板印象，进行一些新探索、新尝试也未尝不可。

The figure in *Love is Free*, is the same individual as the protagonist in *Per aspera ad astra*. He is both an architectural designer and the bassist and producer for a rock string band. This painting actually served as the album cover art I created for his band. Its style is math rock and alternative rock, yet the album itself defied the band's established genre, shifting entirely towards romantic lyricism and pop culture expression. I experimented with collage and constructivism to align with his persona as an "architect who favors modernism." This artwork embodies my own exploration and experimentation with life's diverse interests, suggesting that breaking free from preconceived notions and venturing into new territory is not only permissible but often rewarding.

我喜欢主人公身上的乐观心态，也佩服他对职业的责任心与热爱，能始终对自己的爱好保持热爱、并承担责任是件及其困难的事情。他对人生不同路径的大胆尝试也令我尊敬。就像罗伯特·弗罗斯特诗中所说，“可我深知，此路连着彼路，恐怕我将不会再折返”和“我选择了那条少有人走的路，所有的一切皆因此而变得不同”。他作出与诗中文字相同的选择，是我所渴望却因种种原因不得不放弃的梦想，我希望能借此来告诫自己，在面临人生选择时更坚强一些。

I admire the protagonist's optimism, his professional dedication, and his passion. Maintaining genuine enthusiasm and responsibility for one's pursuits is exceptionally challenging. His bold embrace of life's varied paths earns my deep respect. It reminds me of Robert Frost's lines: "But I have promises to keep, And miles to go before I sleep" and "I took

the one less traveled by, And that has made all the difference." His choices, mirroring the poem's sentiment, represent a dream I aspire to but have had to forgo for various reasons. Through this piece, I aim to remind myself to be stronger when facing life's decisions.

其实他是所有原创角色里与我最不像的一个人，是我对自己心目中理想自我与完人的形象塑造。我们之间相像的点，大概是对自我的探索和对艺术的想象力，思维都比较抽象。我渴望能像他一样，永远对生活充满希望。这幅画表达的是角色人生中的小确信与失而复得的喜悦，它所传达的情感也非常简单，没有那么多宏大主题和深层的思考，只是我个人生活中情绪和想法的投射。创作这幅画的时候，也是我人生中比较轻松和愉快的阶段。

In reality, he is the most dissimilar character to myself among all my original creations; he is a projection of my ideal self, an embodiment of perfection. Our shared traits likely lie in our exploration of self and our artistic imagination, both possessing abstract modes of thinking. I long to possess his unwavering hope for life. This painting conveys the character's small certainties and the joy of rediscovery. Its emotional resonance is straightforward, devoid of grand themes or profound contemplation, acting instead as a reflection of my personal emotions and thoughts during a period of ease and contentment in my life. The creation of this piece coincided with a relatively relaxed and joyful phase of my life.



作者信息

昵称：隼集

性别：女

职业：学生

在创作角色时，我将棘冠海星——个人特别喜欢的动物融入画面。我的画作始终带着尖锐、不稳定的特质，搭配着略显古怪的场景，这与我长久以来“不稳定”的创作倾向有关：我一直有意让眼前的事物，如同人躺下时床板倾斜、血液不受控制涌向头部那样转起来，营造出一种挥之不去的眩晕感。我的创作想要传递一种氛围，某种令人不安的东西。这种不安区别于传统的恐惧，是知晓某种可能性存在时，心底滋生的不适感。我想让观者产生这种“不舒服”的感觉。当然，画中所勾勒的一切，与真实的我必然存在差距。那些从未出现的景象，是我对现实之外世界的一份隐秘的幻想。

Artist Information

Nickname: Sun Ji

Gender: Female

Occupation: Student

When developing characters, I integrated the crown-of-thorns starfish, an animal I particularly admire, into the artwork. My pieces consistently exhibit a sharp, unsettled quality, set against somewhat peculiar backdrops. This stems from a long-standing creative inclination toward instability; I intentionally manipulate my subjects, much like a mattress tilting when one lies down and blood rushes to the head, to evoke a persistent sense of vertigo. My creations convey an atmosphere—a certain disquiet. This unease differs from conventional fear; it's a subtle discomfort born from the awareness of a potential reality. My aim is for viewers to experience this "uncomfortable" sensation. Naturally, the imagery I depict diverges from my actual self. These scenes, which never manifest in reality, represent a hidden fantasy of worlds beyond the tangible.



作者信息

昵称：大威

性别：男

职业：自由插画师

Artist Information

Nickname: Da Wei

Gender: Male

Occupation: Freelance Illustrator

与其称之为“画”，我更愿意将自己的创作视为真实自我与理想自我相融后的内心投射，是一个少年在他心中的“少年”模样。我很喜欢这个角色刚柔并济的特质，虽然敏感但不失韧性，既知天地辽阔，也懂得笃定自我价值，以多元包容的方式待人待己，在不断思辨与自我创造的过程中圆满自身。

由于文字本身自带二元与对立性，许多能量与情感难以用语言精准描摹，于是绘画便成了我表达的途径。我想借作品传递我的情绪与心境本身，传递什么是“我”，这也是我画画的目的。

我认为画中形象与现实中的我并不割裂。画中的我是我，现实中的我也是我。一个人只要活在世界上，随时随地都在发生改变，无论外貌还是内心——而改变恰恰才能证明我是不变的。因为我始终在改变，而画只是定格某一个瞬间的自我记录。如果二者还有差异，那就证明我还活着，我还是我。

Rather than calling them "artworks", I prefer to view my creations as inner projections resulting from the fusion of my real and ideal selves, embodying the image of a youth within their heart. I am drawn to the character's blend of strength and gentleness – sensitive yet resilient, aware of the world's vastness while affirming their self-worth. They approach themselves and others with diverse inclusivity, perfecting their being through continuous introspection and self-creation.

Given the inherent duality and oppositional nature of language, many energies and emotions are difficult to articulate precisely. Thus, painting becomes my chosen medium. Through my art, I aim to transmit my emotions and inner state, to express what "I" am – this is the purpose of my painting.

I see no disconnect between the figures in my art and my real-life self. The person in my paintings is me, and the person in reality is also me. Anyone living in the world is constantly changing, both externally and internally – and it is precisely this change that proves my constancy. Because I am always evolving, my paintings are merely snapshots capturing a particular moment of self-record. If there is any difference between them, it simply proves I am alive and still myself.



作者信息

昵称: 小J

性别: 女

职业: 游戏原画师

Artist Information

Nickname: Little J

Gender: Female

Occupation: Game Concept Artist

我当下正在创作的「霁州」，是一套完全架空的独立世界观，涵盖物理、地理、神话体系、战争体系与科技发展脉络，同时隶属于我所构建的一个更大的世界观「镜子」之下。故事剧情目前聚焦于“两夏战国”时期，前夏和前夏末年的战国争霸，以及昭夏即后夏王朝的建立与覆灭历程。

The world I'm currently crafting, "Jizhou," is an entirely original, self-contained universe. It encompasses its own physics, geography, mythology, warfare systems, and technological progression, all while existing under the umbrella of a larger cosmology I've developed, known as "The Mirror." The narrative currently centers on the "Warring States of the Two Xias" period, specifically the power struggles between the pre-Xia and late pre-Xia states, as well as the rise and fall of the Zhao Xia, later known as the Hou Xia Dynasty.

在人物塑造上，我的笔下没有扁平、脸谱化的配角，每位角色都是都拥有各自立场与行事目标的原型人物。同时，我也是国内较早一批系统性复原全装札甲、六花阵营地、游牧轻骑兵装备，以及汉代超长枪马其顿方阵形制的创作者。

In terms of character development, I avoid creating flat, stereotypical supporting characters. Each individual is a fully realized archetype with their own distinct motivations and objectives. Furthermore, I was among the early creators in China to systematically reconstruct fully armored "zajia", the Six Flower camp formation, nomadic cavalry equipment, and the Macedonian phalanx formation utilizing Han Dynasty-era long spears.





这些角色身上始终奋力向前的特质，或许是我与他们的最大的共同特质。而令我向往却尚欠缺的，是更为全面且拔尖的专业能力。我想传达的观点，是一种目标导向的思维逻辑：何为道德，何为博弈，为何要斗争。即使不能全然物化敌人，也要果决下手的觉悟。画中角色与现实的我差距并不大，且始终处在动态变化之中。如果我不思考，那角色也就无法进步。

The persistent drive and ambition of these characters may be my most significant shared trait with them. What I aspire to but still lack is more comprehensive and exceptional professional expertise. The perspective I aim to convey is one of goal-oriented thinking: exploring the nature of morality, the dynamics of strategy, and the reasons for conflict, advocating for decisive action even when complete objectification of the opponent isn't possible. The characters in my work bear a strong resemblance to my real-life self, and they are in a constant state of evolution. If I cease to ponder and grow, so too will my characters stagnate.

**作者信息**

昵称：霓夢子

性别：女

职业：学生

Artist Information

Nickname: Ni Mengzi

Gender: Female

Occupation: Student

作品名为《蒂恩夢黎花园》。“Karalena”来自我原创架空世界观里最古老的罗库语，本意即是花园。

在我的原创故事中，关于这座花园，流传着这样的传说：孩童的梦境之中，藏着这样一方花园。彩虹、溪流、繁花，珠宝、星辰与世间一切极尽璀璨的事物，共同构筑了这座梦幻花园。一艘华美的船载着满舟的星光，驶向远方——星落河中，流向大地，于是生命与文明依水而生。亡魂会坠入柔软的溪水，再度回到花园的夜空。它驱散人们的噩梦，存在于宇宙之外，梦幻的永恒里。

画面上半部分包括了黑夜与白昼，下半部分的方格内分别绘有“春山”“夏水”“秋木”“冬雪”“雨”“风”“夜”七张图像，意在“包罗万象”。这个概念从我很小的时候就已初具雏形；绘制它的动力来源之一，也是我对童年的眷恋。我格外怀念儿时的夏天，那时会和表妹在下雨天坐在窗前，用各式各样的零食自创新的料理，再用水彩笔画出当天的专属菜单。桌子底下是我们搭建的城堡，两个坐垫放在地上就是田野，想象力在木地板上建起了梦幻的花园。我们在词句间住进了华美的城堡，又在嬉笑中坠入一片花海。因此，蒂恩夢黎花园是无限辽阔的。有山有海，有溪流也有长河。馋嘴的孩子来到这里，会拥有一片棉花糖田地；好学的孩子踏入此间，便能住进一座藏书万千的图书馆。

The work is titled Dneamiry Karalena. The name "Karalena" originates from the ancient Lokru language of my original fictional world, meaning "garden." In my original story, the legend surrounding this garden is as follows: within children's dreams lies this garden, a dreamlike paradise constructed from rainbows, streams, blooming flowers, jewels, stars, and all the most brilliant things in the world. A magnificent ship, laden with starlight, sails into the distance—falling into the River of Stars, it flows to the earth, giving rise to life and civilization along its waters. Lost souls descend into the gentle stream, only to return to the garden's night sky. It dispels nightmares, exists beyond the universe, in eternal fantasy. The upper half of the artwork

depicts both night and day, while the lower half features a grid containing seven images: "Spring Mountain," "Summer Water," "Autumn Wood," "Winter Snow," "Rain," "Wind," and "Night," intended to represent "all-encompassing." The concept of the "Dneamiry Karalena" began to take shape when I was very young, and my fondness for childhood is one of the driving forces behind its creation. I particularly cherish the summers of my childhood. My cousin and I would sit by the window on rainy days, concocting new dishes with various snacks, and then painting our exclusive "menu" for the day with watercolors. Beneath the table, we built castles; two cushions on the floor became fields. Our imagination constructed a dream garden on the wooden floor. We inhabited magnificent castles within our words and plunged into seas of flowers amidst laughter. Therefore, the "Dneamiry Karalena" is infinitely vast, containing mountains and seas, streams and great rivers. A gluttonous child who comes here will find a field of cotton candy, while a studious child will reside in a library with countless books.

这幅画中有两个人物，还有一位动物朋友。人们总会把创造万物的契机拟人化，这两位人物便是这般化身：站在船上的是Celestincy（赛乐斯汀茜）。她是传说里赠予世人美梦的巫师，有着一半黑白、一半彩虹的杂乱卷发。她像一位古灵精怪的探险家，走遍世间各地搜集有趣素材，制作各种各样奇妙的东西。骑在龙背上的是Oclarvis（奥卡拉蕊斯），她是伸张正义、斩除罪恶的骑士。和勇猛的传说形象截然相反，她实则是一位性情温和的老好人。画面右上角的“龙”是世界诞生的第一只动物，Celestincy与Oclarvis的好朋友，Yflinca（伊福林卡）。因为她每次在人间现身，都会为世人带来好运，因此被称作“湮墨大人”，意为“福泽降临，庇护八方海土明空”。

This painting features two figures and an animal companion. It's common to personify the genesis of creation, and these two figures are such embodiments. Celestincy, standing on the ship, is the sorceress from the legend who bestows pleasant dreams upon the world. She has messy, curly hair that is half black and white, half rainbow. She resembles a quirky explorer, traveling the world to gather interesting materials and craft all sorts of wondrous things. Riding on the dragon's back is Oclarvis, a knight who upholds justice and vanquishes evil. Contrary to the brave legendary image, Oclarvis is actually a gentle and kind-hearted soul. The "dragon" in the upper right corner is the world's first animal, a dear friend to both Celestincy and Oclarvis, named Yflinca. Because Yflinca brings good fortune every time it appears in the human world, it is referred to as "Lord Hai Zhao", signifying "blessings descend, protecting the seas, lands, and skies of all directions."

Celestincy&Oclarvis他们二人都采用了黑白加彩虹的撞色配色，这也很贴合我自身的状态。我时常觉得自己内心很割裂，自信又自卑，外向又内向，外向又内向，想要极简又想要极繁。不过没关系，无数的点组成了线，它们也组成了一个独一无二的我，我所有的情绪与喜恶融洽地存在于这个大脑里，我本就是一个万花筒。

我一直希望自己能像我所绘制的作品一样，有平和稳定的构图，天马行空的内容，还有缤纷的色彩——在内核稳定的同时，去保持想象力，用孩子的眼光去朴实地记录自己眼中的世界。

Celestincy and Oclarvis, both rendered in a striking contrast of black and white with rainbow accents, resonate with my own inner state. I often feel a sense of duality: confident yet insecure, extroverted yet introverted. I crave both simplicity and complexity. Yet, I find solace in the understanding that countless individual points coalesce to form a line, just as all my emotions and preferences blend to create a unique self. My mind is a kaleidoscope, holding all these facets harmoniously. I aspire for my creations to embody the qualities I strive for in myself: a balanced and stable composition, boundless imagination, and vibrant colors. My aim is to maintain an inner stability while fostering creativity, documenting the world through an unadulterated, childlike lens.

很多人初次见我的画，第一印象都是“神圣”，并猜测我是否有宗教信仰。我并没有特定的宗教信仰，对一切文化与宗教都保持尊重态度，只是原意相信科学与某些人类科学还未证实的未知。并且，我的原创世界观的故事系列，并不是以“神圣”为基调的，而是人文主义。人类用认知去创造了神与辉煌的

神话，灿烂的文明。我不喜欢描绘“神”的高贵与不可一世，甚至残忍或冷血。我是人类，我的先祖写下了神话，创造了真实的历史。我喜欢描绘人的复杂性，我喜欢描绘人民。

Many viewers perceive my art as "sacred" upon first encounter, often inquiring about my religious beliefs. While I hold a deep respect for all cultures and religions, I don't adhere to any specific faith. My convictions lie in science and the mysteries that human understanding has yet to unravel. Furthermore, the narrative series underpinning my original world-building is not centered on the "sacred" but on humanism. Humanity, through its perception, has created deities and magnificent myths, birthing brilliant civilizations. I eschew depicting deities as haughty or tyrannical, even cruel or cold-blooded. As a human, my ancestors penned myths and forged tangible history. I prefer to explore the complexities of people, the essence of humanity.

我想借这幅画传递包容与和平的理念。世界上的一切都是如此不同，可又都来源于地球这一个蓝色的点。花朵因色彩缤纷而动人，世界也因我们的多元而美丽。卡尔·萨根在《暗淡蓝点》里这样写道：“再看看这个点吧。它就在那里。那就是我们的家，我们的一切。在它上面，有你爱的、认识的和听说过的每一个人。历史上的每一个人，都在它上面度过了自己的一生。所有的欢乐和痛苦，所有言之凿凿的宗教、意识形态和经济思想，所有的猎人和强盗，所有的英雄和懦夫，所有文明的创造者和毁灭者，所有的皇帝和农夫，所有热恋中的情侣，所有的父母、孩子、发明者和探索者，所有的精神导师，所有的政治家，所有的超级明星，所有的最高领导人，所有的圣徒和罪人，从人类这个种族存在的第一天起——全都在这粒悬浮在太阳光中的尘埃上。”

My intention with this artwork is to convey a message of inclusivity and peace. The world is a tapestry of differences, yet all originate from this single blue planet. Just as flowers are captivating for their diverse colors, the world is beautiful because of our multifaceted nature. In *Pale Blue Dot*, Carl Sagan wrote, "Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and farmer, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every superstar, every supreme leader, every saint and sinner in the history of our species lived there—on a mote of dust suspended in a sunbeam."

我们都只是短暂地拔地而生，又在几十年后落叶入土。放眼宇宙，你我的情绪与喜恶、乃至人生，都只是渺小不过的存在。局限化的落后思想在千年后依然存在，让人去伤害另一个人，去影响一段其他的人生。世界因不同而精彩，因包容而和谐。河流不会嘲笑山的立而不动。我们可以在短暂的人生中，活出各自的灿烂。

We all briefly rise from the earth only to return to it decades later. When viewed against the vastness of the cosmos, our emotions, preferences, and indeed our entire lives are utterly insignificant. Confined and backward thinking persists, leading to harm inflicted upon others and the disruption of other lives. The world is vibrant because of its diversity and harmonious due to its inclusivity. A river does not mock a mountain for standing still. Within our fleeting existence, we can each shine brilliantly.

当然，画中与现实里的我在外形和能力上都存在差距，但我拥有创作的能力，所以这份差距对我来说并不算什么。只需要动动笔，就能在另一个世界里，奔赴一场色彩缤纷的冒险。

Naturally, there are disparities between my depicted self and my real-world appearance and capabilities. However, I possess the gift of creation, rendering such differences inconsequential. With a simple stroke of a pen, I can embark on a colorful adventure in another realm.



作者信息

昵称：波可以泛

性别：女

职业：学生

Artist Information

Nickname: Bo Keyifan

Gender: Female

Occupation: Student

在这幅作品里，我将原创人物Melona和希腊神话中的复仇女神Nemesis形象相行结合，创作Melona故事的缘起始于“复仇”与“对不公命运的抗争”。我希望在作品中依旧保留她性格底色里的野心与狠心的一面。她绝对不是一个正面角色，但在作品中，我更想呈现她在复仇同时蔑视命运的高傲姿态。

In this piece, I've fused my original character, Melona, with the Greek mythological figure of Nemesis, the goddess of retribution. The genesis of Melona's story stems from themes of "revenge" and "struggle against unjust fate." I aimed to retain her inherent ambition and ruthlessness. She is by no means a protagonist, but within this narrative, I sought to portray her haughty defiance of destiny even as she exacts vengeance.

整幅作品全部由排线完成，创作上借鉴了个人十分喜爱的画家Franklin Booth。我喜欢用古典画法来进行表达，以此展现一种“回望历史发生”的陈旧感，仿佛是一个来自未来的人，回看我创作角色们所经历的一切宿命与故事。

我向来偏爱规整有序的画面构图，这也与我日常规划、整理私人空间的习惯非常契合。也许其中符合我性格特点的正是：用形式秩序表达画面构成，用反叛与热烈表达故事。我也始终渴望拥有更多创作上的精进，尤其希望自己笔下的人物面孔可以更加生动。

我希望借由作品传递的或许是愤怒与不甘。我的现实生活其实挺快乐的，但总觉得最能表达我深层情感和人格底色的感情是愤怒与悲伤，而我创作的大部分角色都是在抗争他们不想接受的命运。我觉得人们需要经常思考：我们会因为什么而愤怒，又会因为什么而悲伤，如果一个人什么都能淡然接受，我会觉得ta缺少了属于人的存在感，愤怒与悲伤我认为是最汹涌的感情，我们生活着，不能逆来顺受，思考我们喜欢什么，讨厌什么，是一种感知生命的方式，同样的，我们需要去理解和感受伤痛，去体会这种感觉，以此证明我们还热烈地活着。而我创作的很多角色也是如此。

画中角色与我存在差距，也应该存在差距。我的每个原创角色都延伸自我的一小份性格缩影，但我希望他们在他们的故事中能够更像一个真实存在的人，他们终究不能只是我的延伸。

The entire artwork is rendered through cross-hatching, a technique inspired by the work of Franklin Booth, a painter I deeply admire. I favor classical artistic methods to evoke a sense of historical retrospect, as if someone from the future is looking back at the predestined narratives and stories of my created characters.

I consistently gravitate towards structured and orderly compositions, a preference that aligns with my personal habits of planning and organizing my living space. Perhaps what truly reflects my personality is this dichotomy: expressing formal order through composition while conveying rebellion and passion through narrative. I am perpetually striving for greater artistic refinement, particularly in making the facial expressions of my characters more lifelike.

What I hope to convey through this work is a sense of anger and unwillingness to yield. While my actual life is quite content, I find that anger and sorrow are the emotions that best articulate my deeper feelings and core personality. A majority of my characters are engaged in a struggle against destinies they refuse to accept. I believe people need to frequently contemplate: what makes us angry, and what makes us sorrowful? If someone can calmly accept everything, I feel they lack a certain human essence. Anger and sorrow, in my view, are the most potent emotions. We live, and we cannot passively endure. Reflecting on what we love and what we dislike is a way of perceiving life. Similarly, we must understand and experience pain to truly feel alive. Many of my characters embody this very sentiment.

There is, and should be, a divergence between my characters and myself. Each of my original characters is an extension of a small facet of my personality, yet I aspire for them to be more like autonomous individuals within their own narratives. Ultimately, they cannot merely be extensions of me.



作者信息
昵称：郭婉钰
性别：女
职业：学生

Artist Information
Nickname: Iris
Gender: Female
Occupation: Student

我的自画像是一场以超现实主义手法呈现的自我对话：沉静坚定的自我形象与半遮面的紫鸢尾交织缠绕，打破现实与想象的边界，既以鸢尾象征智慧与信仰，又借紫雾晕染、暖黄朦胧的背景营造出静谧氛围，在深浅层次的紫调中，细腻描摹出向内探索的笃定、蓬勃生长的生命力，以及艺术创作中沉淀的温柔力量，是自我身份、内心感知与艺术审美深度融合的赤诚表达。

My self-portrait, dominated by rich purples, employs surrealist techniques to depict a profound internal dialogue. My tranquil yet resolute self-image intertwines with veiled irises, blurring the lines between reality and imagination. The irises symbolize wisdom and faith, echoing my penchant for purple hues and botanical themes. The hazy purple mist and soft yellow background create a serene atmosphere, with varying shades of purple delicately illustrating introspective certainty, vibrant vitality, and the gentle power cultivated through artistic creation. It is a sincere expression of the deep fusion of self-identity, inner perception, and artistic aesthetics.

作品中我最喜欢的，是紫鸢尾与自我共生的意象——外在是花瓣半遮面的超现实构图，打破了人与花的边界，让鸢尾成为自我的延伸；内在是这份设计里藏着的、向内探索的笃定与温柔，既呼应了我对紫色的偏爱，也精准传递出与自我和解、在艺术中生长的状态，是外在审美与内在精神的完美契合。或许最能代表我本身的特质，是向内生长的温柔力量，以及自我与世界的诗意共生。而角色身上我目前虽未完全拥有、但内心极其渴望的特质，是一种破茧的松弛感。

What I cherish most in this piece is the symbiosis of the irises and my self-representation. Externally, the surreal composition, with petals half-veiling the blossoms, dissolves the boundaries between person and flower, extending the self into the iris. Internally, it encapsulates the steadfast introspection and gentleness embedded in this design. It resonates with my affinity for purple and accurately conveys a state of reconciliation with myself and growth within art, achieving a perfect harmony between external aesthetics and inner spirit. Perhaps the trait that most defines me is this gentle, inward-growing strength and the poetic coexistence of self and the world. As for qualities I aspire to, though not yet fully embodying, is a sense of liberation, a "breaking free" kind of ease.

作品也许会落入一些大众对于女性的刻板印象，但我恰恰想借此跳出固有标签，诠释女性也可以是内省、坚定、勇敢的。因此，我想通过这幅自画像传递的，是对自我的接纳与和解，是在喧嚣世界里坚持向内探索的温柔与坚定。画面看似贴合大众对女性创作者柔美、内敛、偏爱花卉与紫色的刻板印象，却意在打破这些标签，证明女性的自我表达可以安静却有力量，内敛却有态度。我希望观者能感受到，不必迎合外界期待，不必被标签定义，与自己共生、在艺术中生长，本身就是一种最真实、最珍贵的力量。

While the work might touch upon certain popular stereotypes of femininity, my intention is precisely to transcend these clichés, illustrating that women can be introspective, firm, and courageous. Therefore, what I aim to convey through this self-portrait is self-acceptance and reconciliation, a gentle yet unwavering commitment to inner exploration amidst a noisy world. The imagery appears to align with conventional perceptions of female artists as delicate, reserved, and fond of flowers and purple, yet it seeks to dismantle these labels, proving that a woman's self-expression can be quiet yet powerful, reserved yet assertive. I hope viewers will feel empowered to disregard external expectations, to resist being defined by labels, and to recognize that coexisting with oneself and growing through art is inherently a most authentic and precious strength.

画中的自我与现实中的我确实存在差距。画里的我更沉静、笃定、松弛，与鸢尾花温柔共生，不被外界打扰，始终保持着向内探索的从容与完整；而现实中的我，会有焦虑、迷茫、疲惫，会被外界评价、生活压力与各种标签所影响，偶尔也会不够坚定、舒展。这份差距对我而言，不是遗憾，而是方向与希望。它是我内心渴望成为的样子，是我在现实里不断努力靠近的理想自我，提醒我要学会接纳自己、与自己和解，在纷繁的生活中守住内心的力量，慢慢活成画中那般温柔又坚定的模样。

There is indeed a divergence between the self depicted in the painting and my real-life self. The painted version of me is more serene, assured, and relaxed, existing in gentle symbiosis with the irises, undisturbed by the external world, consistently maintaining an unhurried and complete internal exploration. In contrast, my reality is marked by anxiety, confusion, and fatigue, susceptible to external judgments, life pressures, and various labels. Occasionally, I find myself lacking in steadfastness or ease. This disparity, for me, is not a regret but a direction and a hope. It represents the ideal self I yearn to become, the one I am constantly striving towards in reality. It serves as a reminder to embrace and reconcile with myself, to preserve inner strength amidst life's complexities, and to gradually cultivate the gentle yet firm presence captured in the artwork.



作者信息

昵称：樱花鱼

性别：女

职业：平面设计师

Artist Information

Nickname: Ying Huayu

Gender: Female

Occupation: Graphic Designer

我设想了作为主角的OC，在遇见平行世界中另一个自己时候的场景。另一个时空的他似乎很痛苦，但是没关系，毕竟这只是一场梦，对吧？角色造型参考了许多少数民族的服饰与纹样。角色身上话痨的特质和我本人很相像，但其他方面和现实中的我则是天差地别。

I've envisioned a scene where my original character, who I've cast as the protagonist, encounters their alternate self from a parallel universe. This other-dimensional version of them appears to be in distress, but it's of no consequence, as this is merely a dream, isn't it? The character's design draws inspiration from the attire and patterns of various ethnic minorities. The character's verbose nature mirrors my own personality closely, yet other aspects of them stand in stark contrast to my real-life self.



作者信息

昵称：张平方

性别：女

职业：学生

Artist Information

Nickname: Zhang

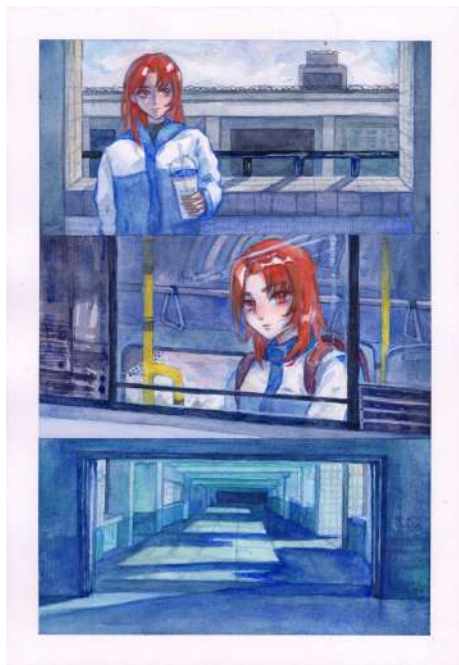
Pingfang

Gender: Female

Occupation: Student

我创作的OC名为张千里，设定是生活在四川成都重点高中的一名文科生。这个角色诞生于我的中学时代，最初仅有红发红瞳这类模糊的元素特征，其完整固定的面容形象是近年来才慢慢打磨成型的。长久以来，张千里于我而言，如同平行时空里的另一个自己。因此我最偏爱、也最能映射自身特质的外在表征，便是她红色系的发色与瞳色。红色的设定在此处象征着永不熄灭的心火，即某种理想主义与对世界的探索欲，以及始终奔赴生活的热忱本心。

My original character (OC), Zhang Qianli, is conceptualized as a liberal arts student attending a key high school in Chengdu, Sichuan. She originated during my own middle school years, initially possessing only vague traits like red hair and red eyes. Her fully realized, fixed facial appearance has only recently taken shape over the past few years. For a long time, Zhang Qianli has been like an alternate version of myself existing in a parallel universe. Consequently, my most cherished and indicative external feature, mirroring my own essence, is her red hair and eye color. The red motif here symbolizes an unquenchable inner fire—an idealistic spirit, a drive for exploration, and an enduring passion for life.



作为OC的概念而言，张千里的成长轨迹与我的中学岁月紧密相连。因此在现实生活中，我向往却尚未拥有的特质，也随着人生阶段不断发生变化。前些年，我怀念她诞生时身上独属于高中生的那份桀骜意气，是少年对未来满怀无限遐想的“狂妄”；近年来，我则将一份无拘无束的“自由”寄托在她身上，那是一种尚未被社会规训的勇气，这正是我一直想要再度得到的灵性。

As a concept, Zhang Qianli's developmental arc is intrinsically linked to my own adolescent experiences. Therefore, the qualities I yearned for but hadn't yet attained in my personal life have evolved with each life stage. In earlier years, I reminisced about the defiant spirit she embodied as a high schooler, a youthful "arrogance" brimming with infinite aspirations for the future. More recently, I've imbued her with a sense of unrestrained "freedom," a courage unshaped by societal norms—a spiritual essence I've longed to reclaim.

起初，张千里是一个非常私人化的精神寄托，我并不愿将她置于公共视野中。但如今，我的观念有些许转变：其一，是想纪念那段再也回不去的、对我而言意气风发的时光；其二，如果能传递出那种中学时代的自由与畅想的情感，就达到了我创作的最初目的。她从过去到现在的任何时刻里，都是被理想化的另一个我，是许多我的过错或遗憾的弥补，是我设想的“另一个选择”之下的世界。因此我将这个“差距”称之为“遗憾”。那是我畅想的，怀念的，纪念着的，回不去的过去和未来。

Initially, Zhang Qianli served as a deeply personal emotional anchor, and I was reluctant to expose her to public view. However, my perspective has shifted somewhat. Firstly, I wish to commemorate those irrecoverable days of youthful spirit that were so significant to me. Secondly, if I can convey the sense of freedom and aspiration characteristic of the middle school era, then my initial creative objective has been met. At every point in her existence, from past to present, she represents an idealized alter ego, a compensation for my errors or regrets, and a world shaped by an imagined "alternative choice." Thus, I refer to this divergence as "regret"—the past and future I envision, long for, commemorate, and can never return to.



作者信息
 昵称: 董潇忆
 性别: 女
 职业: 学生

Artist Information
 Nickname: Dong Xiaoyi
 Gender: Female
 Occupation: Student



我将“Maladaptive Daydream”翻译为“适应性不良的白日梦”，它是一种广泛的，吸收性的，富于幻想的解离形式。我时常觉得自己的视线是一种第三人称视角——上帝视角，即心理学概念上的“解离”，也被称为“思觉失调”，感官（身体）与自我（意识）两者成为了我系列作品的研究出发点，更多的身体经验开始被捕捉。

I translated "Maladaptive Daydream" as "maladaptive daydreaming," a pervasive, absorbing, and phantastical form of dissociation. I often perceive my gaze as a third-person, God-like

perspective, a psychological concept known as "dissociation," also referred to as "schizophrenia." The interplay between sensory experience (the body) and self-awareness (consciousness) has become the focal point of my artistic explorations, leading me to capture more bodily experiences.

我的身体图景系列创作用复古未来感的视觉氛围，重现灵肉状态。主角通常呈现失重、抽离的状态，像是漂浮在水中，且带有霓虹的、舞台般的色彩，来质问“是否是人工的有意为之”。

My "Body Image" series utilizes a retro-futuristic visual aesthetic to explore the state of mind and body. The protagonists are typically depicted in a state of weightlessness and detachment, as if floating in water, bathed in neon, stage-like colors. This is intended to question whether such an experience is "intentionally artificial."

我在拜读Sherry Turkle《第二自我：计算机与人类精神》后，思考作为Z世代在数字时代对虚拟与现实的体会、理解，基于体感哲学和屏幕逻辑。我希望我的画面中呈现不是被正视的现实，是构建的真实，更加本质的真实。

After reading Sherry Turkle's *Second Self: Computers and the Human Spirit*, I contemplated the Gen Z experience of virtuality and reality in the digital age, drawing upon somatic philosophy and screen logic. I aim for my artwork to present not a directly observed reality, but a constructed, more essential truth.

我的作品曾经被归为“不松弛”的一类里。然而，在那个空间中，我觉得她反而很自由，是我的内在本真，是我最看见的“自己”。我很喜欢她身上古希腊雕塑般的气质，像是在沉思，且拥有独属于那个时刻的渡性精神空间。我希望借由这一系列创作，向观者抛出诘问：“我们终其一生所看见的，究竟是哪一种真实？”

My work was once categorized as "not relaxed." However, within that space, I found a sense of freedom; it was my inner truth, the "self" I perceived. I particularly admire the classical Greek sculptural quality she embodies, exuding a contemplative presence and possessing a unique spiritual space of transcendence for that moment. Through this series, I wish to pose the question to the viewer: "Ultimately, what kind of reality do we perceive throughout our lives?"



作者信息

昵称: NYGT_muoyu

性别: 女

职业: 平面设计师

Artist Information

Nickname: NYGT_muoyu

Gender: Female

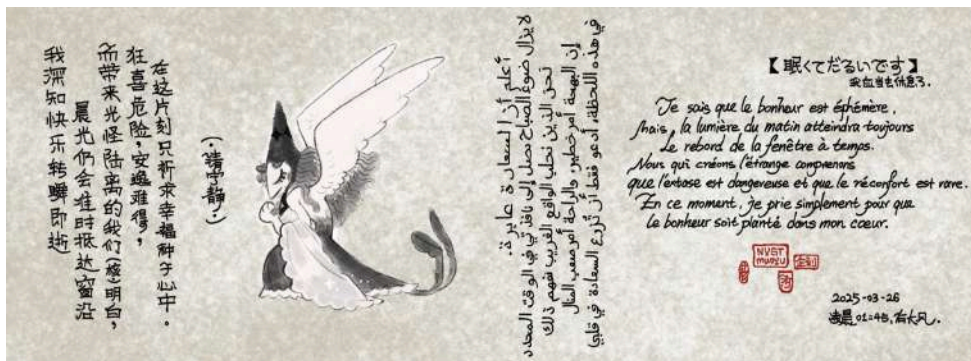
Occupation: Graphic Designer

画作描绘了我的原创角色与朋友笔下的角色，在赌场同一张赌桌上相遇的瞬间。他们都来自幻想的世界，各自拥有现实生活中无法实现的超能力。我在使用色彩时相对大胆激进，因而自身的性格特质也会投射其中。我最羡慕拥有翅膀的蓝头发角色，可以自由飞翔，这实在是很酷的一件事情。无论何时，大家都对美学拥有自己的见解和追求。我希望所有人在初次见到这张画的时候，首先能感受到一种美丽的感觉。我尝试通过绘制的幻想世界，构建一个无种族、无国界、无障碍的精神交流空间。通过主动剥离自己的主体性，进行更深层次、关于立场的友善思考。

我很少将OC看做自我的载体，而是习惯将困惑的问题从关于自我思考的混沌中剥离出来后，再加入适量的人格特质，以此来简化思考的流程。我想或许很多人在创作自画像时，都会去思考这一问题。

The first artwork depicts a pivotal moment: my original character encounters a friend's character at the same casino table. Both hail from fantasy realms, possessing superpowers unattainable in reality. My bold, expressive use of color mirrors my own personality. I particularly admire the blue-haired character with wings, a symbol of unrestricted flight and inherent coolness. Aesthetically, everyone has their unique perspective and desires. My hope is that upon first glance, viewers feel an immediate sense of beauty. Through this imagined world, I aim to establish a space for spiritual exchange, transcending race, borders, and barriers. By consciously setting aside my own subjectivity, I seek to foster deeper, more empathetic dialogue about one's stance.

I rarely view my original characters (OCs) as mere extensions of myself. Instead, I tend to distill complex questions about self-reflection from a state of mental ambiguity, then infuse them with select personality traits to simplify the cognitive process. I suspect many creators ponder this very question when developing self-portraits.



作者信息

昵称: NYGT_muoyu

性别: 女

职业: 平面设计师

作品描绘了我的角色在感受到强烈的欢乐之后，努力让自己平复下来的状态。我很爱这一种重复的虚无感，角色可以感知着当下正在经历的舒适感，并主动与这份情绪共处。这幅作品更多展现了图像媒介、跨越语言的交流能力。我时常觉得单一感官在表述上多有限制，更希望人们可以直达心灵的交流，因而将这份期许融入了作品中。

我最欣赏这个角色身上不受社会约束的纯洁。她在设定里拥有同化一切的能力，将万物化作羽毛。由于这张作品更多想表达一种宁静的感觉，因而在创作时，我选择了作为接触现代绘画方式的传统中国人的描绘方法，采用横幅构图与单色画面效果，这一旁观视角剥离了个人属性，也更加冷静、客观。我内心一直存有困惑：我们的人格该如何被定义，个人意识又从何而来？我相信伴随着新科技的到来，这类命题也值得每个人重新审视。而每一次提笔创作，都是我持续思考自我与存在意义的过程。

Artist Information

Nickname: NYGT_muoyu

Gender: Female

Occupation: Graphic Designer

The piece captures my character in a state of serene composure after experiencing intense joy. I'm drawn to this sense of recurring emptiness, where the character can acknowledge the present comfort and intentionally coexist with that emotion. This artwork primarily showcases the communicative power of visual media, transcending linguistic divides. I often find single senses to be limiting in their expressive capacity, and I yearn for a more direct, soul-to-soul connection, a sentiment I've woven into this creation.

What I most appreciate about this character is her purity, unburdened by societal constraints. Her established ability is to assimilate everything, transforming all matter into feathers. As this piece aims to convey a profound sense of tranquility, I adopted a traditional Chinese approach to modern painting, utilizing a horizontal scroll composition and a monochromatic palette. This detached, observational perspective strips away personal attributes, fostering a calmer, more objective presentation. Internally, I grapple with persistent questions: How should we categorize our personalities, and where does individual consciousness originate? I believe the advent of new technologies compels each of us to re-examine these very propositions. With every brushstroke, I engage in a continuous exploration of self and the meaning of existence.



第二章 回声

Chapter 2 Echoes

在北京一所高中的艺术治疗室里，我们用一周的时间开展了6次工作坊，邀请高二的学生画出他们的自画像，用画笔代替语言，进行一场与自我对话的旅程。
这一章呈现的是工作坊中诞生的部分作品与心声。

In an art therapy room at a high school in Beijing, we held six workshops over the course of one week, inviting second-year students to draw their self-portraits—using paintbrushes instead of words to embark on a journey of self-dialogue. This chapter presents some of the works and voices born in those workshops.





作者信息

昵称: QING

性别: 女

职业: 学生

Artist Information

Nickname: QING

Gender: Female

Occupation: Student

本次创作呈现的是为自己设计的形象。我最为偏爱角色标志性的罗马卷发型与绿色头发，这两种元素也源自我个人偏爱的色彩与发型风格。角色所具备的帅气洒脱的性格，是我内心向往却尚未完全拥有的特质。从大众审美视角来看，这一形象更贴近卡通人物的典型气质。我希望通过这一形象向观者传递友好的自我表达，同时展现出对理想自我的向往。画中所塑造的自我与现实中的我存在一定差距，而这份差距，正是我想要成为的模样，也是我在成长中不断趋近的方向。

This work is a self-created original character (OC). Visually, I am most fond of the character's signature ringlet curls and green hair, which reflect my personal favorite color and hairstyle. The handsome and free-spirited personality of the character is a quality I admire but do not yet fully possess. From a public aesthetic perspective, this image closely resembles the typical temperament of cartoon characters. Through this character, I wish to convey a friendly self-expression and show my yearning for an ideal self. There is a certain gap between the self depicted in the painting and my real self, and this gap is exactly who I want to become and the direction I keep moving toward as I grow.



作者信息

昵称: 孙济恩

性别: 女

职业: 学生

Artist Information

Nickname: Sun Jien

Gender: Female

Occupation: Student

我所创作的形象是一位天使。在诸多设计特点中,我最为喜爱的是角色背后的翅膀,它象征着纯净与超脱。形象的面部样貌与我本人最为贴近,是自我特征在画面中的投射。我向往拥有冷淡、忧郁的气质,这一形象并未刻意迎合当下的刻板印象与标签。我希望通过作品传递一种超然物外、沉静疏离的心境。画中的自我与现实自我之间存在差距,而这份差距,正是我内心追求与精神向往的具象化体现。

The character I created is an angel. Among all the design features, I love the character's wings the most, as they symbolize purity and transcendence. The facial features of the character are the closest to my own, a projection of myself onto the canvas. I aspire to have an aloof and melancholic temperament. This image does not deliberately cater to current stereotypes or labels. I hope to convey a state of mind that is detached from the world, calm and distant, through my work. There is a gap between the self in the painting and my real self, and this gap is the concrete embodiment of my inner pursuit and spiritual yearning.



作者信息

昵称：彦雀

性别：女

职业：学生

Artist Information

Nickname: Yan Que

Gender: Female

Occupation: Student

本次作品呈现了我的原创角色沈鱼与自设形象彦雀。在视觉设计上，我最为偏爱角色的白狐狸耳朵与耳羽，这一元素赋予形象灵动而独特的气质。半扎发式与整体穿搭风格最能代表我本人的审美与特质，面部特征也与我高度相似。我渴望在现实中拥有更加舒适、自由、不受拘束的生活状态，这是我目前尚未完全实现却由衷向往的生活方式，我希望借此表达对理想生活的期许。画中的自我与现实存在明显差距，这意味着我可以在二次元的创作世界中，构建一个承载理想生活的角色，使其成为我的精神寄托。

This work presents my original character Shen Yu and my self-created OC Yan Que. Visually, I am most fond of the character's white fox ears and feather decorations, which endow the image with a lively and unique temperament. The half-up hairstyle and overall dressing style best represent my personal aesthetics and traits, and the facial features are also highly similar to mine. I long to live a more comfortable, free and unrestrained life in reality, a lifestyle I have not yet fully achieved but sincerely desire and I hope to express my expectation for an ideal life through it. There is a clear gap between the self in the painting and reality, which means I can build a character with an ideal life in the two-dimensional creative world and make it my spiritual sustenance.



作者信息

昵称：冱岛青鸟

性别：女

职业：学生

Artist Information

Nickname: Hu

Daoqingniao

Gender: Female

Occupation: Student

本次创作的是一位原创 OC 形象。我喜欢她和我一样喜欢“臭脸”。我向往拥有耳钉这类具有个性的装饰元素。我希望作品能够呈现出一种神圣而疏离的气质。

This is an original character (OC) I created. I like the character's "grumpy" expression, which is similar to my daily demeanor. I aspire to have personalized decorations such as earrings. I hope the work can present a sacred and distant temperament.



作者信息

昵称：Yying

性别：女

职业：学生

Artist Information

Nickname: Yying

Gender: Female

Occupation: Student

本次创作的是自设形象。我最为偏爱角色的外貌，我希望能和她长的一样漂亮。画中的自我与现实存在差距，形象补全了我在现实中认为不完美的地方。

This is a self-created character. I long to have a delicate, perfect appearance as she has. There is a gap between the painted self and reality; the character completes what I consider imperfect in real life.



作者信息

昵称：徐艺嘉

性别：女

职业：学生

这幅作品包含我的自设形象与两位原创角色。最左侧的自设以章鱼为原型，发型还原了我现实中修剪后的模样；中间形象为人形形态，整体融入我最喜爱的蓝、绿、黄三种色彩。我最为偏爱角色明快的色彩搭配与开朗活泼、略带跳脱的性格特质，乐观的性格与独特的发型是最能代表我本人的特征。现实中的我偏内向、略带自卑，仅在熟悉的人面前展露开朗；而作品中的我则外向乐观、与人相处从容自在，这是我渴望拥有的状态。这一形象易被赋予“搞笑女”的标签，我希望通过作品传递乐观向上的精神力量。画中的自我与现实存在差距，这份差距是我前进的方向，也是我希望成为的模样。

Artist Information

Nickname: Xu Yijia

Gender: Female

Occupation: Student

This work includes my self-created OC and two original characters. The leftmost OC is based on an octopus, with a hairstyle that replicates my real-life haircut; the middle one is in human form, integrated with my three favorite colors: blue, green and yellow. I am most fond of the character's bright color matching, cheerful, lively and slightly unrestrained personality. Optimism and the unique hairstyle are the features that best represent me. In reality, I am introverted and a little insecure, only being cheerful around people I know well; however, the self in the work is outgoing, optimistic and at ease with others, which is the state I long for. This image is easily labeled as a "funny girl". I hope to convey positive and uplifting spiritual power through my work. There is a gap between the self in the painting and reality, which is my direction forward and the person I wish to become.

作者信息
昵称：獭叶
性别：女
职业：学生

Artist Information
Nickname: Cha Ye
Gender: Female
Occupation: Student



本次创作的是我的自设 OC。我最为偏爱角色理想的发型与身高比例，色彩搭配是最能代表我个人审美的部分。我向往拥有更出色的才能、智慧与认知能力。这一形象并未迎合当下的刻板标签。该形象诞生于我童年时期，对它的不断完善，也是我在帮助童年的自己实现未曾完成的愿望。画中的自我与现实存在差距，这意味着我可以在另一个精神世界里，拥有不一样的人生与可能性。

This work portrays my original character (OC), a self-designed persona. I am most drawn to the character's ideal hairstyle and height proportion, while the color scheme best reflects my personal aesthetic. I aspire to possess greater talent, wisdom, and insight. This image does not conform to current stereotypes. The character was created in my childhood, and refining her over time has allowed me to fulfill the wishes of my younger self. There is a gap between the self in the painting and reality, meaning I can explore different life possibilities in another spiritual world.



作者信息
昵称：非鱼
性别：女
职业：学生

Artist Information
Nickname: Fei Yu
Gender: Female
Occupation: Student

这幅作品描绘的是我原创故事中的主角唐安。她习惯以不受控制的幻想逃避现实，喜爱甜美可爱的事物与机车文化；画面呈现的是她摆脱强迫性幻想困扰、步入新生活的状态，双马尾是她贯穿所有幻想世界的标志性特征，也是她区分现实与幻想的重要标识。

This work depicts Tang An, the protagonist of my original story. She tends to escape reality through uncontrollable fantasies and loves cute things and motorcycles. The painting shows her stepping into a new life after breaking free from compulsive fantasies. Pigtails are her signature feature across all fantasy worlds and help her distinguish reality from illusion.

我最为偏爱她头顶染发后新长出的黑发，这一细节既体现出她爱美却随性不刻意的性格，也便于在黑白画面中形成识别度，同时也契合我现实中的审美。唐安是我精神世界的投射，她与我一样充满想象力、思维跳脱、注意力易分散，是自我特质在角色中的高度还原。我向往拥有她甜美的外貌、高挑的身形、热爱的职业、绿色的眼眸，以及临海的校园与自由游泳的机会。因黄发造型，这一形象易被贴上“学习成绩不佳”的刻板标签，我希望通过作品传递：爱幻想、爱美、成绩普通的女孩，同样可以直面现实、走出困境、获得成长与新生。画中的自我与现实存在差距，我对角色的幻想症状进行了戏剧化夸张处理，而现实中的我并不具备此类困扰，这是叙事创作的必要表达。

I especially love the black hair regrowing at her roots after dyeing, a detail that reveals her casual yet beauty-loving personality and makes her recognizable in black-and-white art, matching my real-life aesthetic. Tang An is a projection of my inner world: imaginative, quick-witted, and easily distracted, just like me. I admire her sweet appearance, tall figure, dream job, green eyes, school by the sea, and the chance to swim freely. Because of her dyed blonde hair, she is easily stereotyped as a "poor student." Through this work, I want to convey that girls who love fantasy, beauty, and have ordinary grades can still face reality, overcome difficulties, and grow into a new self. There is a gap between the character and my real self: I have dramatized her fantasy symptoms, while I do not experience such struggles in real life, a necessary choice for narrative creation.



作者信息

昵称：骇绛

性别：女

职业：学生

Artist Information

Nickname: Hai Jiang

Gender: Female

Occupation: Student

这是与我高度关联的自设形象。我喜爱角色身上的全部特质，性别与个人喜好是最能代表我本人的部分。我向往拥有勇敢的品格，我希望通过作品传递爱与真诚的情感。画中的自我与现实中的我存在差距。

This work is a self-designed character closely connected to me. I love all her traits; my gender and personal preferences are most reflected in her. I aspire to be brave, I hope to convey love and sincerity through my work. There is a gap between the self in the painting and my real self.

作者信息

昵称：來大王

性别：女

职业：学生

Artist Information

Nickname: Lai Dawang

Gender: Female

Occupation: Student

本次创作的形象是对自我的直接投射。我最为偏爱角色可爱灵动的外貌，大大的脑袋是最能代表我本人的特征。我希望通过作品表达摆脱学业压力、拥有充足休憩时间的心愿。画中的自我与现实存在差距，我将形象塑造得十分可爱，而现实中的我对自身外貌并不自信。

This creation is a direct projection of myself. I love the character's cute and lively appearance; her big head best represents me. Through this work, I want to express my wish to escape academic pressure and have enough time to rest. There is a gap between the painted self and reality: I made the character very cute, but in real life, I lack confidence in my appearance.





作者信息
昵称：李卓凝
性别：女
职业：学生

Artist Information
Nickname: Li Zhuoning
Gender: Female
Occupation: Student

我所创作的形象是一颗西红柿，灵感源于我对小番茄的喜爱。我最为偏爱角色帅气、开朗、富足的特质，而全然接纳自我、热爱自我，是最能代表我本人的精神内核。我仍有希望提升与完善的部分。我崇尚自由，也热爱身边的每一个人。我希望通过作品传递忠于自我、勇敢做自己的理念，证明即使是红配绿这样的组合，也能拥有独特的美感。我与作品中的形象一样，全然接纳并热爱自己。

The character I created is a tomato, inspired by my love for cherry tomatoes. I admire her handsome, cheerful, and confident qualities. Accepting and loving myself fully is what best represents me. I still have room to grow. I value freedom and care for everyone around me. Through this work, I want to convey the idea of being true to oneself and bravely being who you are, proving that even combinations like red and green can have unique beauty. I fully accept and love myself just as the character does.



作者信息
 昵称：李乐然
 性别：女
 职业：学生

Artist Information
 Nickname: Li Leran
 Gender: Female
 Occupation: Student

这幅作品描绘的是我与我眼中的世界，呈现出阳光自我形象与缤纷多彩的世界。我最为偏爱角色丰富明亮的色彩搭配，外向开朗的性格是最能代表我本人的特质。我向往永远保持快乐、不陷入精神内耗的状态。这一形象给人温和无攻击性的感受。我希望通过作品传递对日常愉悦与幸福的追求。画中的自我与现实存在差距，而作品中的形象，也是真实自我的重要组成部分。

This painting depicts me and the world as I see it, showing a sunny self and a colorful world. I love the bright and rich color palette, and my outgoing personality is most reflected in the character. I long to stay happy and free from inner anxiety. The image feels gentle and harmless. I hope to convey the pursuit of daily joy and happiness. There is a gap between the painted self and reality, yet the character is still an important part of my true self.

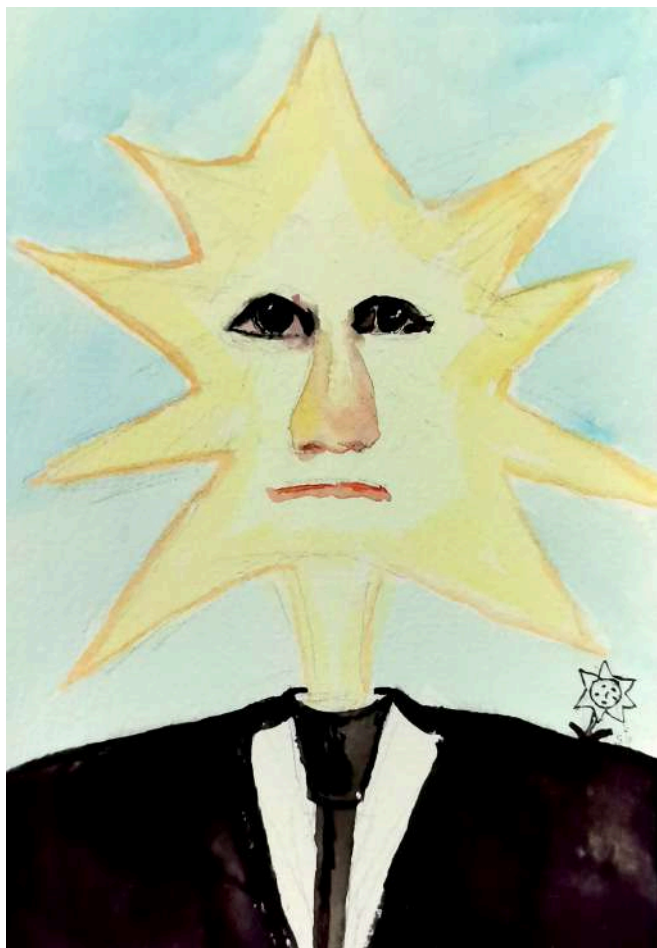


作者信息
昵称：韩梓璿
性别：女
职业：学生

Artist Information
Nickname: Han
Zifan
Gender: Female
Occupation: Student

这幅作品描绘了一位放学后看见火烧云，满心欢喜地与朋友分享的小女孩。我最为偏爱角色热情友善的特质，她如同火烧云一般温暖明亮，而热情本身也是最能代表我本人的性格。我向往拥有从容淡定、处事不惊的态度。我希望通过作品传递温暖、真诚与善意。画中的自我与现实存在差距，但我并不希望刻意消除这份差距，它是自我与理想之间的自然距离。

This painting shows a little girl who happily shares her joy with friends after seeing sunset glow. I love her warm and friendly nature, bright like burning clouds, and warmth best represents my own personality. I aspire to be calm and composed in any situation. I hope to convey warmth, sincerity, and kindness. There is a gap between the painted self and reality, but I do not wish to erase it—it is a natural distance between who I am and who I hope to be.



作者信息
昵称：林紫卿
性别：男
职业：学生

Artist Information
Nickname: Lin Ziqing
Gender: Male
Occupation: Student

我所创作的是“太阳人”形象。我最为偏爱角色所具备的创新精神，热爱生活是最能代表我本人的内核。我向往摆脱规则束缚、自由随心的生活状态。这一形象贴合“循环”的意象标签。我希望通过作品引发观者对生活本质与生命去向的思考。画中的自我与现实存在差距，这份差距承载着我儿时泛黄而珍贵的梦境。

I created an image called "Sun Man." I admire his innovative spirit, and love for life best represents my core. I long to live freely, unchained by rules. The image fits the theme of "cycle." Through this work, I hope to inspire viewers to reflect on the essence of life and where it leads. There is a gap between the painted self and reality, one that carries the faint, precious dreams of my childhood.



作者信息

昵称：王贺萱

性别：女

职业：学生

Artist Information

Nickname: Wang Hexuan

Gender: Female

Occupation: Student

我所创作的是一位男性角色，灵感源于我对蓝色的喜爱。我最为偏爱角色纹身师的身份设定，穿孔装饰是最能代表我本人的特征。我向往拥有修长的脸型。

I created a male character inspired by my love for blue. I love his identity as a tattoo artist; piercings best represent me. I long to have a slender face.



作者信息

昵称：孙紫治

性别：女

职业：学生

Artist Information

Nickname: Sun Zizhi

Gender: Female

Occupation: Student

这是我的自画像，我喜爱她身上的全部特征，随性自在的状态是最能代表我本人的特质。我希望通过作品传递接纳自我、与自我和解的理念。现实中的我是更真实、完整的。

This is a self-portrait. I love all the features of the character; my casual and free state is most reflected in her. I hope to convey the idea of accepting and reconciling with myself. I think the real me is more genuine and complete.



作者信息

昵称：何紫嫣

性别：女

职业：学生

Artist Information

Nickname: He Ziyan

Gender: Female

Occupation: Student

我所创作的是属于我的动漫风格自画像。我最为偏爱角色的发型设计，性格特质是最能代表我本人的部分，我并无格外渴望拥有的特质。这一形象融入当下流行元素，贴合相关潮流标签。我希望通过作品表达与朋友的二次元形象互动的乐趣。画中的自我与现实中的我存在差距。

This is my anime-style self-portrait. I love the character's hairstyle the most; my personality is most reflected in her. I do not long for any special traits. The image incorporates popular elements and fits current fashion labels. I hope to express the joy of interacting with friends' anime-style personas. There is a gap between the painted self and my real self.



作者信息

昵称：张馨媛

性别：女

职业：学生

Artist Information

Nickname: Zhang Xinyuan

Gender: Female

Occupation: Student

我最为偏爱作品形象所具备的美感，勇敢地表达自我、展现自我，是我向往拥有的品质，也是我希望通过作品传递的核心力量。

I love the beauty of the image most. Being brave enough to express and show myself is a quality I admire and the core strength I hope to convey through this work.



作者信息

昵称：刘星辰

性别：男

职业：学生

Artist Information

Nickname: Liu Xingchen

Gender: Male

Occupation: Student

本次创作的是“秃发”形象。我最为偏爱角色绵里藏针的气质与统一的色调，丰富多变的色彩是最能代表我本人的特征。我向往拥有速度感与强烈对比色带来的视觉冲击力。这一形象贴合“独特、创意”的标签。我希望通过作品传递个性力量与男性精神。画中的自我与现实存在差距，现实中我缺少一个可以真正创造、安放真实自我的空间。

This work is an image titled "Bald Portrait." I admire the character's sharp yet gentle aura and unified tone; rich and varied colors best represent me. I long for the visual impact of speed and strong contrast. This image fits the label of "unique and creative." I hope to convey personal strength and masculine spirit. There is a gap between the painted self and reality; in real life, I lack a space where I can truly create and be my authentic self.



作者信息
昵称：祁怀莹
性别：女
职业：学生

Artist Information
Nickname: Qi Huaiying
Gender: Female
Occupation: Student

这幅作品由一团乱麻中随机生成，如同我当下复杂而纷乱的生活状态。我最为偏爱角色圆滚滚的可爱形态，鲜活跳脱的色彩是最能代表我本人的特质，也象征着我热烈而丰富的生活。我向往一直保持纯粹快乐的状态，也渴望像鸟儿一样自由飞翔，远离生活中的纷扰。我希望通过作品表达心愿：让生活里的杂乱只作为背景存在，不再成为阻碍我前行的牵绊。画中的自我与现实存在差距，我没有形象那样圆润的体态，也无法真正飞翔，这份差距提醒我调整状态，并在梦境中追寻自由。

This work emerged randomly from a tangled mess, much like my complicated and chaotic life. I love the character's round, cute shape; bright and unrestrained colors best represent me and symbolize my passionate life. I long to stay purely happy and fly freely like a bird, away from life's troubles. Through this work, I wish to express my hope that chaos in life remains only in the background and does not hold me back. There is a gap between the painted self and reality: I am not as round and cannot fly, so this gap reminds me to adjust and pursue freedom in my dreams.



作者信息

昵称：孤月·寂

性别：男

职业：学生

Artist Information

Nickname: Gu Yue. Ji

Gender: Male

Occupation: Student

这幅作品描绘了在深夜楼顶，身着黑衣的角色与怪物交战、守护城市的场景。我最为偏爱角色所持有的两把武器——龙鸣与玄冰，对冷兵器的热爱是最能代表我本人的特质。我向往拥有异能、附魔、法术等超自然力量。我希望通过作品传递帅气、果敢、充满力量感的精神。画中的自我与现实存在差距，现实中并不存在如此科幻的世界观与能力体系。

This painting depicts a black-cloaked figure fighting monsters on a rooftop late at night to protect the city. I love his two weapons—Dragon Roar and Black Ice—and my love for cold weapons is most reflected in him. I long for supernatural powers such as special abilities, enchantments, and magic. I hope to convey a cool, brave, and powerful spirit. There is a gap between the painted self and reality; such a sci-fi world and power system do not exist in real life.



作者信息
昵称：刘明兮
性别：女
职业：学生

Artist Information
Nickname: Liu Mingxi
Gender: Female
Occupation: Student

这幅作品呈现的是纷乱星辰中的一个背影。我最为偏爱角色的色彩搭配，焦虑的内心状态是最能代表我本人的部分。我向往拥有安静、平和的内心世界。我希望通过作品传递内心的思绪与情绪。画中的自我与现实中的我存在差距。

This work shows a back view amid chaotic stars. I love the color scheme; my inner anxiety is most reflected in the character. I long for a quiet and peaceful inner world. I hope to convey my inner thoughts and emotions. There is a gap between the painted self and my real self.



作者信息

昵称：土毓欣

性别：女

职业：学生

Artist Information

Nickname: Tu Yuxin

Gender: Female

Occupation: Student

我所创作的是游戏《女神异闻录》中的角色汐见琴音，她以特殊方式发动超能力，成为世界的救世主。我最为偏爱她外表温柔安静、内心却拥有强烈自我意识与决绝勇气的特质；表面平静、内心敏感、习惯隐藏情绪，这是最贴近我本人的状态。我向往拥有她直面痛苦、绝不逃避的勇气。大众常对温柔安静的人赋予“胆小”的刻板印象，而她打破了这一标签，为拯救世人甘愿付出灵魂。我希望通过作品传递：即使身处绝望、背负沉重宿命，依然可以选择温柔与善良；微笑不代表没有痛苦，而是在痛苦中依然选择坚强。画中的自我与现实存在差距，她能够坦然面对痛苦与终结，而我更畏惧压力，这份差距正是我对温柔与勇气的向往。

This work depicts Shiori Kotone from the game *Persona*, who awakens special powers to become the world's savior. I love that she appears gentle and quiet but holds strong self-awareness and unyielding courage inside. I resemble her: calm on the surface, sensitive inside, and used to hiding emotions. I admire her bravery in facing pain without escape. People often stereotype gentle and quiet people as "timid," but she breaks this label by sacrificing her soul to save others. Through this work, I want to convey that even in despair and under heavy fate, one can still choose kindness and tenderness. A smile does not mean the absence of pain, but the choice to be strong despite it. There is a gap between the character and me: she faces pain and endings calmly, while I fear pressure. This gap represents my longing for tenderness and courage.



作者信息

昵称：无语

性别：女

职业：学生

Artist Information

Nickname: Wu Yu

Gender: Female

Occupation: Student

本次创作的是我喜爱的角色罗夏。我喜欢他阳光开朗的气质，我和他一样乐观向上。我向往拥有富足从容的生活，我希望通过作品传递积极、阳光、温暖的力量。画中的自我与现实存在差距，我的心态仍需不断磨炼与成长。

This work portrays my favorite character, Luo Xia. I love his sunny and cheerful temperament; optimism best represents my personality. I long for a wealthy and peaceful life. I hope to convey positive, sunny, and warm energy. There is a gap between the painted self and reality; my mindset still needs continuous growth and refinement.



作者信息

昵称：刘依萌

性别：女

职业：学生

Artist Information

Nickname: Liu Yimeng

Gender: Female

Occupation: Student

本次创作的是兔喵鸭、托米、太阳咪儿、布丁狗等可爱形象。我最为偏爱角色可爱灵动的特质，阳光开朗是最能代表我本人的性格。我向往拥有音乐天赋与从容松弛的处事态度。我希望通过作品传递快乐生活、积极向阳的理念。

This work features cute characters including Rabbit Meow Duck, Tommy, Sunny Mier, and Pudding Dog. I love their lovely and lively qualities; my sunny and cheerful personality is most reflected in them. I long to have musical talent and a relaxed attitude toward life. I hope to convey the idea of living happily and positively.



作者信息

昵称: Emo

性别: 女

职业: 学生

Artist Information

Nickname: Emo

Gender: Female

Occupation: Student

这幅作品呈现的是我为自己设计的穿搭风格与自我形象。我最为偏爱角色的外貌、身材与性格气质，看似风格凌厉、不易接近，实则内心温良；双马尾是我现实中也十分喜爱的发型，是自我特征在画面中的投射。除性别外，我向往拥有角色的五官、发型、身材、性格与人缘，这些都是我认为自身仍需提升的部分。这一形象易被贴上“情绪波动、精神状态不佳”的标签，而我认为这种风格十分可爱，并希望借此打破刻板印象，证明此类穿搭的女孩并非负面形象。我希望通过作品传递成为理想自我的愿望，并挑战固有标签。画中的自我与现实存在差距，角色是一位二十岁、脱离校园、无升学与就业压力的女性，这份差距承载着我轻松生活与更好自我的期待。

This work shows my self-designed style and self-image. I love her appearance, figure, and temperament: she looks sharp and unapproachable but is kind inside. Pigtails are my favorite hairstyle in real life and a reflection of myself. Besides gender, I admire her facial features, hairstyle, figure, personality, and popularity—all qualities I want to improve. This image is easily labeled as "emotionally unstable," but I find this style cute and hope to break stereotypes by showing that girls with this style are not negative. I want to express my wish to become my ideal self and challenge fixed labels. There is a gap between the painted self and reality: the character is a 20-year-old out of school, free from academic and employment pressure. This gap carries my hope for a lighter life and a better self.



作者信息

昵称：最美八宝粥

性别：女

职业：学生

Artist Information

Nickname: Beautiful Mixed Porridge

Gender: Female

Occupation: Student

本次创作包含我的 OC 与两位我喜爱的角色，OC 居于中央，喜爱的角色分列两侧，表达我对他们的信任与依赖，只有在他们面前，我才能真正放松。我最为偏爱角色的漫画质感感，细腻、有耐心是最能代表我本人的特质。我向往拥有勇敢的品格。我希望通过作品传递放松做自己、感受尊重与爱、勇敢追求所想的诉求。

This creation includes my OC and two beloved characters. The OC lies in the middle, with the beloved characters on both sides, expressing my trust and dependence—only with them can I truly relax. I love the comic-book style; my delicacy and patience are most reflected in the work. I long to be brave. I hope to convey the message of being relaxed, feeling respected and loved, and bravely pursuing what I want.



作者信息

昵称：几价雨

性别：女

职业：学生

Artist Information

Nickname: Ji Jiayu

Gender: Female

Occupation: Student

这幅作品的灵感来自我乘坐地铁时的瞬间感受，描绘了不同形态的我在地铁上的状态，记录了我十七岁前的重要人生阶段与当下的矛盾心理。我最为偏爱角色对真实情感的呈现——既有颓靡与迷茫，也有儿时天真的对比，神态是最能代表我本人的部分。我在创作中将肤色画得更为白皙。这一形象既希望摆脱标签化，又试图以鲜明方式展现矛盾个性。我希望通过作品传递对过往阶段的回忆，以及当下的迷茫心境，期许自己能够释怀烦恼、专注学业、不再为琐事焦虑。画中的自我与现实存在差距，这份差距是内心状态的真实映照。

This work was inspired by my feelings while riding the subway. It depicts different versions of myself on the subway, recording important life stages before age 17 and my current conflicting emotions. I love how the character shows true feelings—sluggishness, confusion, and contrast with childhood innocence. Her expression best represents me. I made her skin fairer in the painting. This image both rejects labels and boldly shows contradictory personality. I hope to convey memories of the past and present confusion, wishing to let go of worries, focus on studies, and stop overthinking trivial things. There is a gap between the painted self and reality, a true reflection of my inner state.



作者信息

昵称：炊犬

性别：女

职业：学生

Artist Information

Nickname: Chui Quan

Gender: Female

Occupation: Student

我所创作的是向人友好问好的蒙太古女孩 Selena。我喜爱她身上的全部特质，左眼下方的红痣、喜爱苹果的习惯、乐观的性格都与我高度一致，是自我在角色中的完整投射。我向往拥有蓝色眼睛、金棕色卷发，以及自由、快乐、不受拘束的生活状态。这一形象不被刻板标签束缚，是普通却鲜活、立体的存在。我希望通过作品传递对理想自我的向往。画中的自我与现实存在差距，这份差距是美好的幻想，是对自己的祝愿，也让我相信在某个平行时空里，真的有这样一个我在自由生活。

I created Selena, a Montague girl who greets others warmly. I love all her traits: the red mole under her left eye, her love for apples, and her optimistic personality—all highly consistent with me, a full projection of myself. I long to have blue eyes, golden-brown curly hair, and a free, joyful, unrestrained life. This image is not bound by stereotypes; she is ordinary but vivid and three-dimensional. I hope to convey my longing for an ideal self. There is a gap between the painted self and reality: this gap is a beautiful fantasy, a wish for myself, and makes me believe that in some parallel world, a version of me lives freely.



作者信息
昵称：石家熙
性别：女
职业：学生

Artist Information
Nickname: Shi Jiayi
Gender: Female
Occupation: Student

这幅作品描绘了一位紫色双马尾、佩戴眼镜的少女，被甜点、宠物、音乐等充满爱意的生活元素环绕。我最为偏爱少女的裙子与身边一切带来幸福感的元素。戴眼镜的设定、喜爱的事物、沉静内敛、沉浸于自我世界的性格都与我一致，也是我现实中的精神寄托。我向往拥有少女的外貌、被音乐与爱意包围的生活，以及象征守护与温柔的天翅膀，希望被人守护，也能守护身边的人。我认为穿搭与性格不应被定义，希望通过作品传递接纳全部自我、从热爱中汲取力量与爱意的理念。少女是我心中理想的模样。

This painting depicts a purple pigtailed, glasses-wearing girl surrounded by loving elements: desserts, pets, and music. I love her dress and all the joyful details around her. The glasses, my favorite things, quiet introversion, and immersion in my own world all match me and are my spiritual support in reality. I long to have her appearance, a life surrounded by music and love, and wings that symbolize protection and tenderness. I want to be cared for and care for others. I believe clothing and personality should not be defined. Through this work, I hope to convey accepting all of myself and drawing strength and love from what I cherish. She is my ideal version of myself.



作者信息

昵称：王瑞一

性别：女

职业：学生

Artist Information

Nickname: Wang Ruiyi

Gender: Female

Occupation: Student

本次创作的是想象中的自我形象。我最为偏爱角色的长相与积极向上的精神力量，神态是最能代表我本人的部分。我向往拥有阳光开朗、敢于表现自我的勇气。我希望通过作品传递积极表达自我、勇敢尝试一切的态度。画中的自我与现实存在差距，这份差距是我努力前进的方向，是我渴望活出的人生。

This work is an imagined self-image. I love the appearance and positive spirit; her expression best represents me. I long to be sunny, cheerful, and brave enough to express myself. I hope to convey the attitude of expressing myself positively and bravely trying everything. There is a gap between the painted self and reality, which is the direction I strive for and the life I long to live.



作者信息

昵称: Nango

性别: 女

职业: 学生

Artist Information

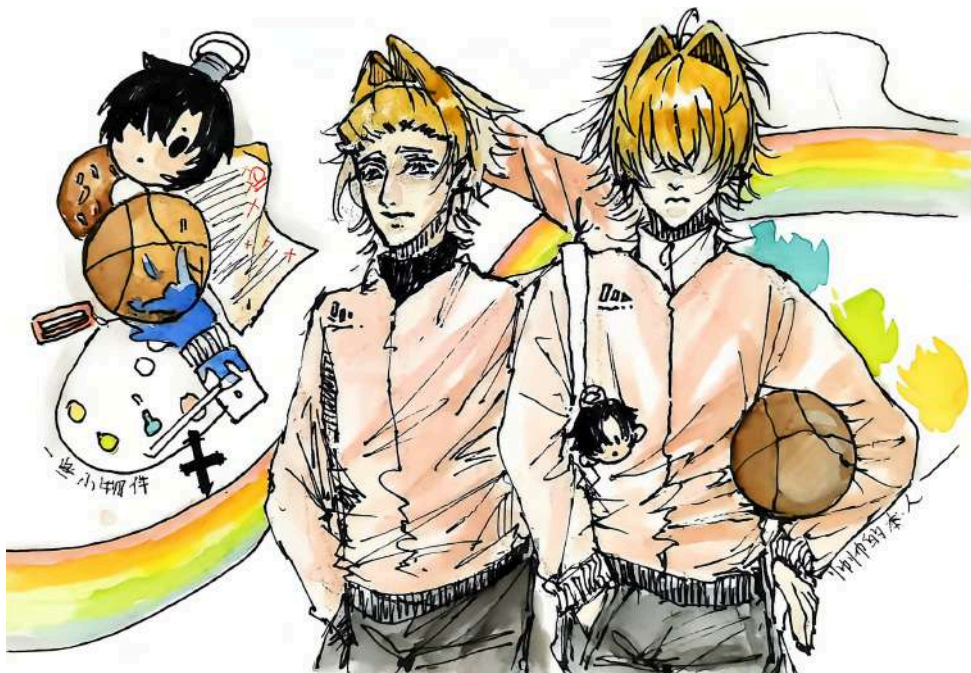
Nickname: Nango

Gender: Female

Occupation: Student

这幅作品呈现的是年轻时的自设，心怀伟大的创造志向，意志坚定、理性自持。我最为偏爱白狼耳、鸦羽般的盔甲与目视远方的坚定眼神，长相与神态都与我高度相似，仅发色与性别不同。我向往拥有狼的骁勇善战、乌鸦的机智灵敏、面对挫折不屈不挠的决心，以及强大的执行力。我希望通过作品传递不在苦痛中迷失、不在徘徊中迷茫的信念。画中的自我与现实存在差距，自设是我理想中傲慢、美丽、强大、不屈的模样。

This work shows my younger self-character: ambitious, determined, and rational. I love her white wolf ears, crow-feather armor, and firm gaze into the distance. Her face and expression are highly similar to mine, differing only in hair color and gender. I long to have the bravery of a wolf, the wit of a crow, perseverance in setbacks, and strong execution. There is a gap between the painted self and reality: this character is my ideal—proud, beautiful, strong, and unyielding.



作者信息

昵称：王惠伦

性别：女

职业：学生

我所创作的是我的 OC 吴敌帅，设定为一名成绩普通的高二男校霸。我最为偏爱他外表嚣张、内心脆弱的反差感，习惯用刘海遮挡流泪的眼睛，看似不在意他人看法，却会在无人处独自难过。他热爱篮球与绘画、外形帅气、偏爱特定穿搭，这些都是我向往的特质；我也希望能够不在乎他人眼光、勇敢地为自己而活。受刻板印象影响，我为他设计了黄发造型，这一形象贴合校霸标签。我希望通过作品传递为自己而活、勇敢坚定、不玻璃心的理念。画中的自我与现实存在差距，与我本人形成鲜明反差。

Artist Information

Nickname: Wang Huilun

Gender: Female

Occupation: Student

I created my OC Wu Disuai, a average-ranked 11th-grade male delinquent. I love his contrast: arrogant outside, fragile inside. He hides his teary eyes behind bangs, pretends not to care, but cries alone. He loves basketball and drawing, is handsome, and dresses stylishly—all traits I admire. I also want to live bravely for myself without caring about others' opinions. Influenced by stereotypes, I gave him blonde hair, fitting the delinquent label. Through this work, I hope to convey living for oneself, being brave, and not being overly sensitive. There is a gap between the painted self and reality, a sharp contrast to who I am.



作者信息

昵称：九漓

性别：女

职业：学生

Artist Information

Nickname: Jiu Li

Gender: Female

Occupation: Student

我所创作的是两株蒲公英。我喜欢这张作品的色彩搭配，随风飘荡、自由无拘的状态是最能代表我本人的特质。我向往拥有更多自由。这一形象贴合“自由”的标签。我希望通过作品传递对自由的向往。画中的自我与现实存在差距，这份差距承载着我的追求与向往。

I created two dandelions. I love the color scheme; the free, drifting state best represents me. I long for more freedom. This image fits the label of "freedom." I hope to convey my longing for freedom. There is a gap between the painted self and reality, which carries my pursuits and yearnings.

作者信息

昵称：柚子花

性别：女

职业：学生

Artist Information

Nickname: You Zihua

Gender: Female

Occupation: Student

这幅作品以柚子花为主题。我最为偏爱它淡淡的、清雅的气质，淡然温和也是最能代表我本人的状态。我向往变得更加淡然、平静。我希望通过作品传递爱与正能量。画中的自我与现实存在差距，这份差距能让我更加稳定、心胸更加宽广。

This work is themed around pomelo flowers. I love the light, elegant temperament; my calm and gentle nature is most reflected in her. I long to be more peaceful and calm. I hope to convey love and positive energy. There is a gap between the painted self and reality, which helps me become more stable and open-minded.





第三章 引线

Chapter 3 Threads

当你感到模糊、困惑、迷茫，或者只是不知该对自己说什么——翻到这里吧。这是一本小小的自我对话练习册：几句温柔的建议，几个轻松的涂鸦邀请。它们不是任务，而是引线，轻轻牵着你，走回自己身边。

When you feel blurred, confused, lost, or just don't know what to say to yourself—turn here. This is a little workbook for talking to yourself: a few gentle suggestions, a few easy doodling invitations. They are not tasks. They are threads, gently guiding you back to your own side.



觉察“化身”与“现实”的落差

Becoming aware of the gap between "avatar" and "reality"

在这里，每一幅自画像都是一面镜子——它映照的不仅是创作者的手笔，更是我们每一个人在“理想”与“现实”之间的隐秘距离。或许你也曾在某个虚拟身份里，寄存过自己不敢言说的渴望；或许你也曾在别人的作品里，读到过自己未曾被命名的情绪。

选一幅让你目光停留的作品，或者在心里对照你自己笔下的那个“化身”，试着回答这些问题吧。

Here, every self-portrait is a mirror — it reflects not only the creator's hand, but also the hidden distance each of us feels between the "ideal" and the "real." Perhaps you've placed a longing you dared not speak into some virtual identity. Perhaps you've come across feelings you never had words for in someone else's artwork.

Choose a piece that holds your gaze, or think of the avatar you yourself have created, and try answering these questions.

1. 如果凝视是对话的开端.....

请选择一幅最吸引你的自画像或OC作品。不要过多思考，说出那个形象给你的第一感觉是什么？这种感觉让你联想到了自己的哪一方面？

1. If gazing is the beginning of a conversation...

Pick a self-portrait or OC artwork that draws you in. Without overthinking it, say what your first feeling about that image is. What part of yourself does that feeling remind you of?

2. 世另我

作品中，是否有一个细节让你感到熟悉或共鸣？

选择一个打动你的细节，不用过度分析，写下第一反应。

注意到的细节：（例：它的脑袋上画了许多图案）

它在我身上的影子：（例：我的脑袋如此一般总是思考很多信息）

2. Another me in this world

Is there a detail in the artwork that feels familiar or relatable?

Choose one detail that touches you — no need to overanalyze. Just write down your first reaction.

Detail I noticed:(e.g., Its head is covered in drawn patterns)

How it mirrors me:(e.g., My head is always full of thoughts)

3. 理想躯壳的呐喊

你选中的这幅肖像（或者你的原创角色）最大的外貌特征是什么？如果这个特征会说话，它在帮你向世界呐喊什么你平时不敢说的渴望？

3. The cry of the ideal shell

What is the biggest physical feature of the portrait you chose (or your own original character)? If that feature could speak, what longing that you usually dare not express would it shout to the world for you?

4.“全有或全无”？

认知解离练习：

思考角色完美的证据：（例：它从不感到疲惫）

这在现实中哪里说不通：（例：人类就是需要休息）

浏览这些“不合逻辑”的部分，它们看起来完美，但拥有缺陷恰恰是真实活着的证据。

现在请问自己：如果我失去了所有“缺陷”，我还算是一个“人”吗？

4. "All or nothing"?

Cognitive defusion exercise:

Evidence that character is perfect:(e.g., It never gets tired)

What doesn't make sense about this in reality: (e.g., Human beings need rest)

Look at these "illogical" parts. They may seem perfect, but having flaws is exactly the proof of being truly alive.

Now ask yourself: If I lost all my "flaws," would I still be a "human being"?

5.双人沙发

闭上眼睛想象：“疲惫的现实自我”和“理想中的完美自我”坐在同一张沙发上。理想自我会做什么？如果她/他轻声说一句话，那句话是什么？

5. Two-seater sofa

Close your eyes and imagine: the "tired real self" and the "perfect ideal self" are sitting on the same sofa.

What would the ideal self do? If that ideal self whispered one sentence, what would it be?

6.实体化仪式

选一个你选择的画作里角色（或你自己的原创角色）身上的颜色或小装饰，明天把它真实地穿在身上或放在身边。这是一个被赋予了力量的象征物。告诉自己：“我无需变成它，我已经具备靠近它的特质。”

6. Ritual of embodiment

Pick a color or a small accessory from the character in the artwork you chose (or your own OC). Tomorrow, wear that color in real life or keep that accessory close to you. Let it be a symbol of strength. Tell yourself:

“I don't need to become it — I already have the qualities that bring me closer to it.”

7.改写标签

你曾用哪些粗鲁的、否定的词形容过自己？把这些词写下来划掉。想象如果它属于一个虚拟角色，是否也是一个可爱的、鲜活的特点？尝试用颜色表达这些词汇，并温和地改写这些描述。

7. Rewriting the labels

What harsh, negative words have you used to describe yourself? Write them down and cross them out.

Imagine if they belonged to a fictional character — wouldn't they also be cute, vivid traits? Try expressing those words with colors, and gently rewrite those descriptions.

8. 身体觉察扫描

闭眼从头到脚扫描你的身体。感受哪里紧绷，感受哪里有伤痕但已经愈合。这具身体承载着你走过所有的折腾与风雨。请拿出纸笔，快速画一个简单的身体轮廓，在里面不写任何评价，只标记出“这里有知觉”的地方。

8. Body awareness scan

Close your eyes and scan your body from head to toe. Notice where you feel tension. Notice where there are scars that have already healed. This body has carried you through all the struggles and storms. Take out paper and a pen. Quickly draw a simple body outline. Inside it, without any judgment, only mark the places where you can feel something.

9. 关闭次元壁的瞬间

“化身入实”的最后一步：请你在此时此刻，放下手中的手册，深呼吸，对着镜子里的自己微笑一下。此刻我们只去感受一件事：我的呼吸是温热的，我正在真实地存在着。

9. The moment the dimensional wall closes

The final step of "From Avatar to Reality": Right here, right now, put down this handbook. Take a deep breath. Smile at yourself in the mirror. At this moment, just notice one thing: my breath is warm. I am truly here.

写在最后

A Final Note

做完这些练习的你，已经勇敢地踏上了一场与自己的温柔对话。

请记得：你不需要变成那个完美的“化身”，也不需要急着修补所有“不完美”。

真实的你，本就值得被看见、被聆听、被拥抱。

艺术从来不是属于少数人的天赋——它是你愿意为自己停留的每一个瞬间。

往后的日子里，当你感到迷惘或疲惫，不妨再次拿起笔，画下或写下任何东西。

亲爱的你，亲爱的 Z 世代，我们并非陷入惶惑的一代，我们充满想象力、创造力，有独特的梦想。当无数个真实的我们彼此看见，这一代人的光，就不会熄灭。

Having completed these exercises, you have bravely embarked on a gentle conversation with yourself.

Remember: you don't need to become that perfect "avatar," nor do you need to rush to fix all your "imperfections."

Your real self, as you are, deserves to be seen, heard, and embraced.

Art has never been a gift for the few — it is every moment you choose to pause for yourself.

In the days ahead, when you feel lost or tired, just pick up a pen and draw or write anything.

Dear you, dear Gen Z — we are not a generation lost in confusion. We are full of imagination, creativity, and unique dreams.

When countless real selves see one another, the light of this generation will never go out.

《化身入实：Z世代自画像手册》

From Avatar to Reality——A Gen Z Self-Portrait Handbook

公教活动手册 · 《悬置的自我——心理图景与城市代码间的Z世代叙事》展览衍生实践

Public Education Handbook · *Extension of Suspended Self—Perspectives on Gen Z between Psychological Landscapes and Urban Code*

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