



## Am I stuck though?

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This piece is part of a larger body of work titled, Thought Patterns.

THOUGHT PATTERNS delves into my internal dialogue about productivity, growth, stagnation. The cycles of thought that shape my creative process expressed in this body of work. A sense of simplicity is created by stripping away the distractions of colour to focus on form, line, and composition. I've found that patterns emerge, intertwining to form a tapestry of connected thinking. The artworks reflect my exploration and witnessing of the evolving nature of recurring thoughts, the tension between movement and stillness, and how

moments of meditative flow can paradoxically fuel true progress and expression.

Taking a closer look at these small paintings (or series), they reflect my exploration and witnessing of the evolving nature of recurring thoughts. Each piece representing a thought that repeatedly pops up during the making process.

Frame	None
Medium	Oil on Canvas
Location	Cape Town, South Africa
Height	25.50 cm
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Artist	Simone Verfaillie
Year	2024

