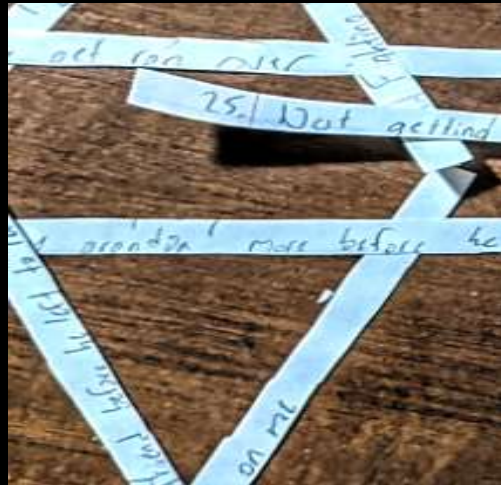




Austin Kraft
Collection #1
Spring 2020

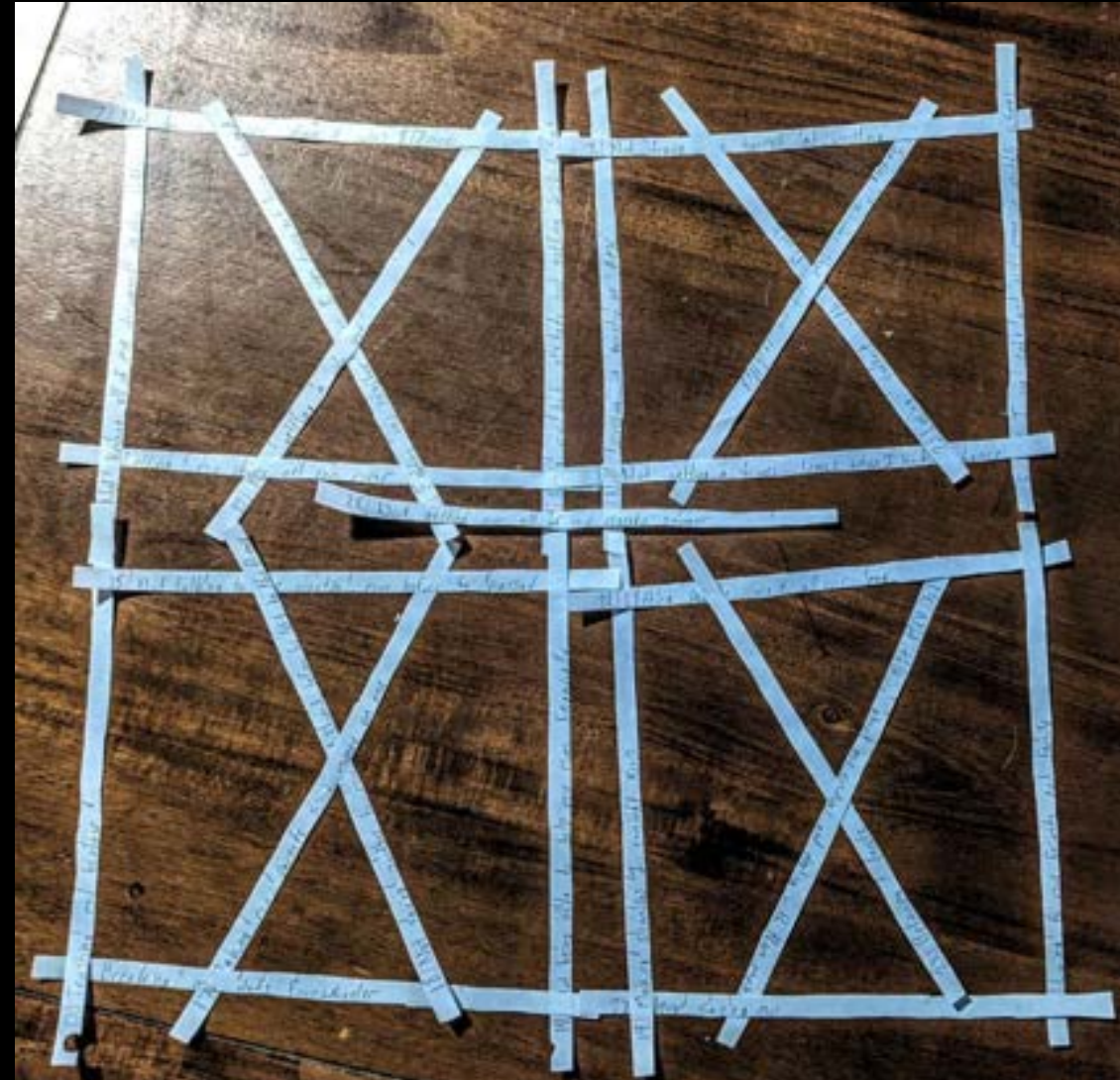
Regret: The stages of regret.



Realization

1. Not getting a drivers license when I had a chance
2. Losing contact with my friends
3. Not trying my hardest at wrestling
4. Saying a joke that got me expelled
5. Not investing in gonstop or AMC
6. How I was rude and just mean in middle school
7. Not buying bitcoin when it was \$17,000
8. Letting my phone get ran over
9. Giving my dad attitude and getting kicked out
10. Not keeping all of my documents in one folder
11. Fighting my neighbor when I was young and losing a friend
12. Not getting a job yet
13. Trusting my brother
14. Not being able to help my mom financially
15. Not talking to my grandpa more before he passed
16. Breaking my dad's fourwheeler
17. Making my parents spend money on me
18. Not saying goodbye to my best friend before he left to the Army
19. Making promises I couldn't keep
20. Lying to my friends and family
21. Letting people walk all over me
22. Never saying no
23. Believing people
24. Not talking about my emotions and dealing with them myself
25. Not getting over all of my regrets sooner

Anxiety pursues,
walls are formed





Weight piling on your chest



Bottle up the feelings

Reflect



Closure



Contentedness





Regret
still
remains

10 Composition Tips for Taking Better Photos

2 composition tips:

In the pictures below I used both tips at once. I made sure to center my subject on a 1/3 line and get down low, to not only make it more dramatic but to make it a better picture overall.



- Shoot from a lower angle
- Rule of thirds



I decided to make my theme and pictures about regret because I think it is a very universal thing for humans to feel regret. Although what we regret may come in different shapes and sizes, the impact on our psyche and daily lives are the same in most cases. I just wanted to make something people could connect to and relate themselves to. I wrote some of my regrets down on lined paper and used those regrets as the basis and structure of my project. I liked the idea of using the paper to show regrets because you can do so many things with paper just as you can do so many things with your regrets, as you saw by the way I manipulated the paper in different ways in each picture. I think that my last picture is very true because no matter how hard you try to get rid of your regrets and console yourself, your regrets are still there. People who say they live without regrets are liars, I have many regrets that I am thankful for because the outcome was me learning something, but I still regret that I did those things in the first place. Although my "items" are now burned and turned into ash, the meaning of my photos are still in this powerpoint and I can expand on that when we do collection #2.