



SHADOW

WHAT IS A SHADOW
AN EXTENSION OF ONE'S SELF
A REFLECTION PERHAPS
MORE THAN JUST A PART
BUT RATHER A WHOLE
MY SHADOW
MY SELF
YOUNG, VEHEMENT, ACIDIC, UNSURE
ONCE A PROTECTOR
AN ADVERSARY, SOMETIMES
BUT ALWAYS A WHOLE
NEVER A FRACTION
ALWAYS THE BEARER
OF BURDENS AND CRUCIBLES
I BARE IT, MY SHADOW
I BEAR HIM, MY SELF

"Shadow" by Jay Mendoza

The intention of “Shadow” was to capture the multiplicitous nature of human beings. As future providers of care to others in many different capacities, it is important to maintain cognizance of the complexities and nuances of a person’s identity, and their lived experiences that have led to the formation of those many layers. Using my own personal experiences with mental health challenges that stem from a childhood filled with physical and emotional abuse and a young adult life steeped in military service and combat, I chose to portray the “shadow” or “id” aspect of my identity as both a loved and integral part of my existence and as a tumultuous protector that was crucial to my survival during those difficult periods. I sought to honor the self-preservative base instincts of my shadow self; while also acknowledging the struggles those same base instincts have presented throughout my journey of healing and growth from my past traumas.