



concept

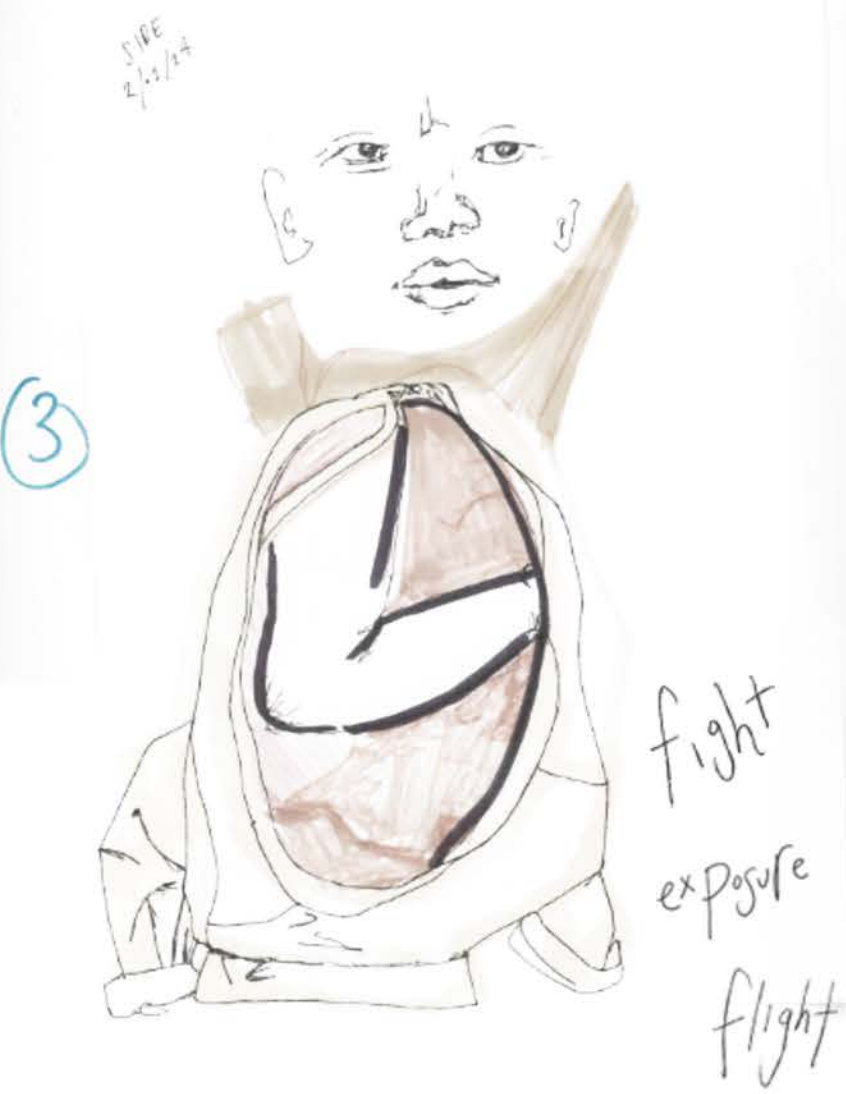




freeze



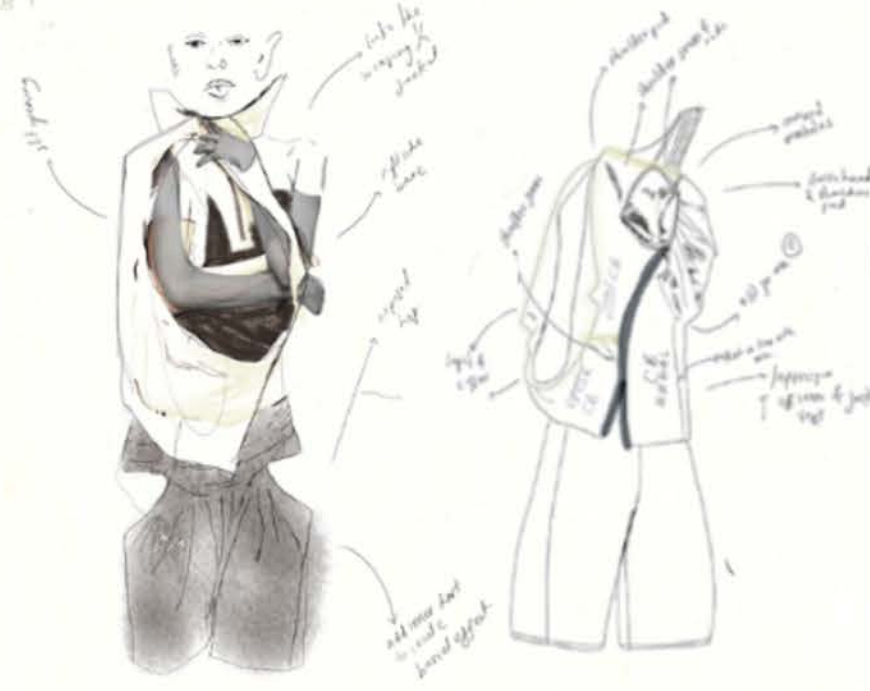
HOW DOES YOUR BODY WANT TO REACT WHEN YOU FEEL SHAME?



Additionally, shame often causes a physical feeling of collapsing one's posture, a way of retreating into oneself or making oneself smaller. Many researchers see shame as an emotion that occurs in response to a perceived or actual threat to interpersonal connection or sense of belonging; and collapsing into yourself functions to withdraw from potentially threatening interactions or to signal to others that you are not open to interaction. In other words, impulses to cringe or make yourself feel smaller are bodily responses to shame feelings that allow you to "escape the painful gaze of others" (Lewis, 1992, p. 23). While shame occurs in response to

the inward sleeve

displacing shoulder pads



Introception is the experience of what is going on inside the body covering, shrinking inward, pulling back, down and inward, almost as if to weather a blow

placing a front 'inward' hole to replicate feeling of shame, the need to draw within



development



MOLLY LANCASTER



'SHAME'  
by MONIKA  
Czyżowska

'chronic shame is a constant internal struggle  
that results in non-action'

development

THE 'SINKING' FEELING



b. Stitch the t...  
Fold the re...  
its vertical

→ knots in  
your  
stomach

d. Align the sti...  
keeping in m...  
you will need...  
fabric to ma...

→ Stich all three circles together



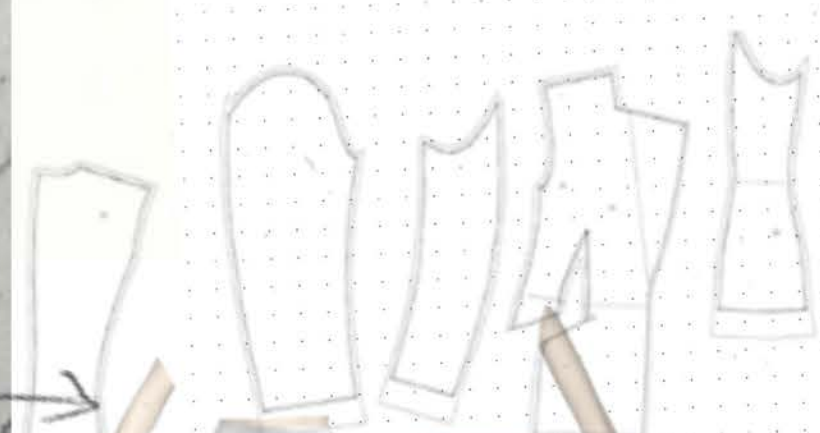
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to feel/shame  
is to  
want to hide



dropped  
shoulders



taking basic block  
& merging jacket  
patterns



creating an aesthetic  
of blazer & shorts



trapped  
movement



needle felting  
my mohair fibre  
ground the  
opening S

slashing  
the organza  
overlay to  
reveal fabric

development

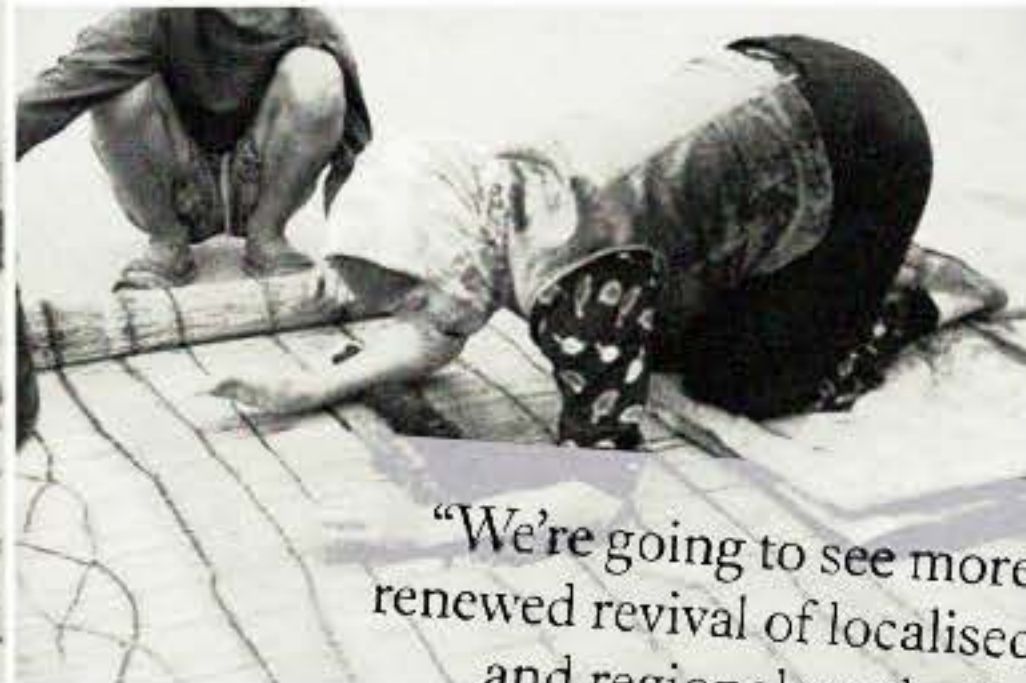


# FARM-FIBRE-FASHION

FASHION CAN SUPPORT NATURE RECOVERY  
IN LIGHT OF THE CLIMATE CRISIS



tradition / artisan



"We're going to see more of a renewed revival of localised tastes and regional aesthetics."

**JACK SELF,**  
Architect and Editor-in-Chief of Real Review,  
Dazed's Impermaculture Report, 2022



## BATH FARM HOUSE



using fibre from Angora & Boegora Goats from my family home: bath Farm, an organic and regenerative farm that operates through traditional farming methods. Looking into localism and the art of craftsmanship in couture to execute a more sustainable collection

**FRESH LOCAL PRODUCE**

### BENEFITS:

BETTERING ECOLOGY

LOWER ENVIRONMENTAL IMPACT

SELF SUFFICIENCY

SUPPORTING LOCALISATION

CREATING COMMUNITIES

QUALITY & PRODUCTION STORY = HIGHER VALUE

HERITAGE & CRAFT

Preparation & process of the fibre

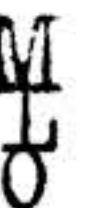


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To hear more follow this link:

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project objective



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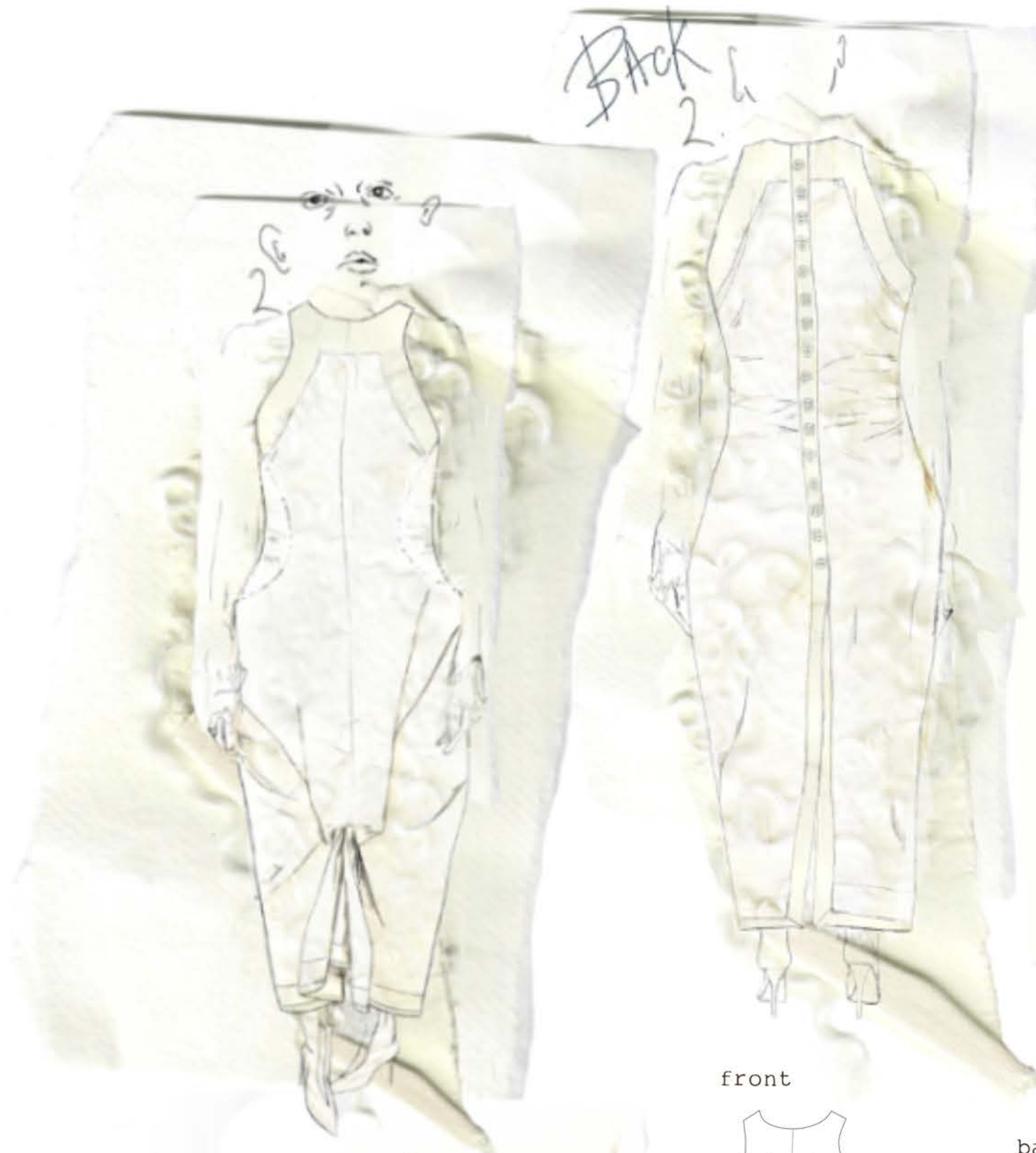


leftside

front

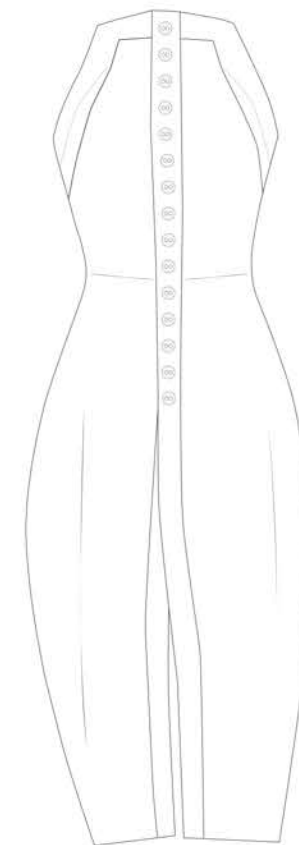
rightside

back



front

back

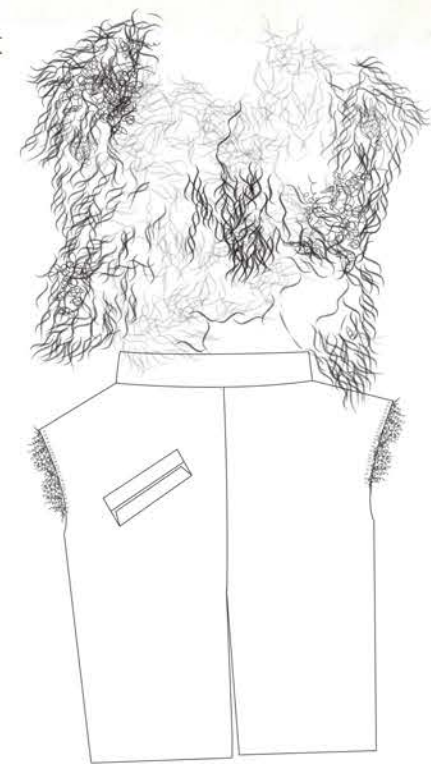


3.



front

back



final designs

MLO

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