Rage Room 101

* What is female rage?

Female rage is the physological, ancestral, naked and embodied response to things gone wrong in the world

* Where does the problem stem from?

In a world created seemingly for men by men, girls and women face a range of restrictions on both our bodily autonomy and our expression of rage. Yet, when girls and women express our anger, [men call us words](https://www.forbes.com/sites/kathycaprino/2017/06/15/gender-bias-at-work-why-men-call-forceful-women-hysterical-and-try-to-silence-them/) like hysterical, crazy and bitch. Patriarchal society teaches us to suppress our anger and discourages us from expressing the full depth of our emotions. If women get angry then they’re being unreasonable or too emotional. On the other hand, that same patriarchal environment [calls men](https://hbr.org/2018/05/the-different-words-we-use-to-describe-male-and-female-leaders) passionate, assertive leaders for expressing the same emotions. Every characteristic that society praises in men it sees as a fault in women. Being loud is a positive quality in a man; he is remarkable and making his presence known. In a woman, loud is obnoxious, attention seeking and childish. The world uses women’s anger to discredit them and their intelligence, while viewing angry men as strong willed. (The stigma around female rage, Mahrukh S.M) <https://assembly.malala.org/stories/the-stigma-around-female-rage>

* Where does the problem stem from? (me)

My anger comes from certain situations I have experienced in which I was physically assaulted, sexualized as a minor or heavily bullied as a child/early teen because of my weight. I often still think about those people and those situations and when I do it makes me fucking pissed because in someway they have fucked up my life and that reflects with how I deal with certain things in the present. I also know certain type of systems are related to these situations/actions and the “why” and “thought process” of these people. Systems can include; fatphobia, homophobia, patriarchy etc

* What is the statement?

Be fucking angry. Embrace your anger. Don’t be afraid of it. Use it as a tool to help yourself get over certain situations or certain people.

* What is the intention?

This project is going to be a personal outlet for me and to share my story about my anger and how I channel it. And perhaps it could serve as an outlet for other people too. Using my anger as a form of revenge therapy

* Rage Room

Rage Room is a space created by me that serves as an outlet for my anger. It is a way for me to be judge, jury and executioner towards people that have negatively impacted my life that still bothers me today. Whenever my anger towards them and those situations gets triggered I can go tot his space, spin the wheel of misfortune and act out.

* What form would you present?

The end work is going to be an audiovisual piece that consists of a video of me in the rage room paired with audio that tells stories of these situations and my emotions. As a presentation form I will recreate the Rage Room as I left it after I was done raging and the audiovisual work will be presented on it

Benodigdheden;

-wegwerp overall gamma

-camera (geleend)

-watten/kussenvulling

-katoen (heb ik)

-naald draad (heb ik)

-lucifers

-masker van tricksters (karton/elastiek)

-wheel of misfortune

-karton (1 stevegire)

-splitpen