

MINI
READER

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This reader collects

TEXTS

Ways of Seeing
-John Berger

One might simplify this by saying: *men act and women appear*. Men look at women. Women watch themselves being looked at. This determines not only most relations between men and women but also the relation of women to themselves. The surveyor of woman in herself is male: the surveyed female. Thus she turns herself into an object - and most particularly an object of vision: a sight.

that influenced my project about male gaze, rumination, and women's psychological experiences after being looked at.

Men look at
Women

He looked
me up and down

WOMEN
WATCH
THEMSELVES
BEING LOOK AT

WHY
DID I CHECK MY DRESS
IMMEDIATELY

WHY
DID HIS STARE BECOME
MY PROBLEM

Visual Pleasure and Narrative Cinema

-Laura Mulvey

III Woman as Image, Man as Bearer of the Look

A. In a world ordered by sexual imbalance, pleasure in looking has been split between active/male and passive/female. The determining male gaze projects its phantasy on to the female figure which is styled accordingly. In their traditional exhibitionist role women are simultaneously looked at and displayed, with their appearance coded for strong visual and erotic impact so that they can be said to connote *to-be-looked-at-ness*. Woman displayed as sexual object is the leit-motif of erotic spectacle: from pin-ups to strip-tease, from Ziegfeld to Busby Berkeley, she holds the look, plays to and signifies male desire. Mainstream film neatly combined

Women as IMAGE

Man
as
Bearer
of
the

LOOK

Women are

SIMULTANEOUSLY
LOOKED AT
DISPLAYED

their appearance coded
for strong visual
and erotic impact

TO-BE-LOOKED-AT-NESS

WHY DID I SUDDENLY FEEL
TOO VISIBLE

AWARE OF MY OWN
BODY AGAIN

WHY DID I KEEP
ADJUSTING MYSELF
AFTER HE WAS
ALREADY GONE

Effects of Self-Focused Rumination on Negative Thinking and Interpersonal Problem Solving

-Lyubomirsky, S. & Nolen-Hoeksema, S

Ruminative responses increase the probability that the network of
NEGATIVELY BIASED

Thoughts
Thoughts
Thoughts
Thoughts

Memories
Memories
Memories

Schemas
Schemas
Schemas

As noted, the self-focusing theories argue that ruminative responses can potentiate negative thinking by augmenting the effects of negative mood on memory and information processing (Ingram & Smith, 1984; Lewinsohn et al., 1985; Nolen-Hoeksema, 1991; Pyszczynski & Greenberg, 1987; Smith & Greenberg, 1981). By drawing one's attention to dysphoria and depressive symptoms, ruminative responses increase the probability that the network of negatively biased thoughts, memories, and schemas will be activated. In support of this assertion, a recent study found that, relative to dysphorics induced to distract and nondysphorics, dysphoric individuals induced to ruminate spontaneously came up with more negative memories in a free-recall task and remembered negative events as having

will be activated.

WHY DID I KEEP
REPLAYING IT

AGAIN
AGAIN
AGAIN

MAYBE

HE GENUINELY THOUGHT I WAS
PRETTY AND WAS TRYING
TO COMPLIMENT ME

MAYBE

I AM TOO SENSITIVE

MAYBE

I SHOULD NOT HAVE WORN
THIS DRESS TODAY

MAYBE

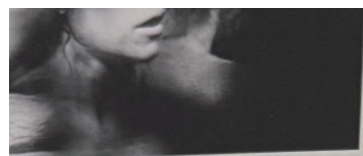
I BECAME AWARE OF MY
CHEST BECAUSE HE WAS
AWARE OF IT FIRST

House of psychotic women -Kier-La Janisse

A HAUNTING

IS VERY MUCH LIKE

A MEMORY



The notion of a haunting coming back intermittently is something that has always interested me, based on the fact that many of the traumatic events of my own life have patterns of reappearance. A haunting is very much like a memory, as Barry Curtis noted in his book *Dark Places: The Haunted House in Film* (2008): "The experience of being haunted is accompanied by a

subjectivity and demands a process supplementing unreliable vision with other kinds of knowledge." As I grew older, my mother would wrestle with unwanted memories and delusional visions, just as I struggled with recurring nightmares for most of my childhood, followed by a hysterically violent adolescence that mirrored much of what my stepsister had gone through before. No one in that house was okay. We mistrusted each other, creating an epic drama in which the unreal became real, the foundation of which has been lost over time.

OVER THINKING

IS VERY MUCH LIKE

RETURNING