

24 Hours of Thoughts

Over twenty-four hours, I documented my thoughts using beads to get a better understanding of my psyche. Formatted as a double-stacked bar graph the two strands represent different data. They both use the same categories with different sub-categories. The categories are myself (pink), friends (green), and family (blue). The top strand (1) represents indifferent, uplifting, or demoralizing thoughts with indifferent being the lightest value and demoralizing being the darkest. The second strand (2) represents past, future, and present thoughts that get darker in value with the past being the lightest and the present being darkest.

