The 3M Model: Mishaps, Misfortunes, & Making it through

Mishaps (Early Challenges & Trauma)

Use fragmented or distorted elements to signify prenatal exposure, child neglect, dog bite, and parents' illnesses. Broken or jagged surfaces can metaphorically depict the unpredictability and pain of childhood struggles.

A foggy or dim color scheme may illustrate the difficulty of these moments.



Misfortune (Major Life Hardships)

Public humiliation, police brutality, and loss of parents can be represented by sharp, heavy elements—walls, barriers, or oppressive shapes.

Darker tones or chaotic structures can portray instability and sorrow. Shadows or enclosed spaces can reflect feelings of isolation and distress.



Making it Through (Healing, Resilience, & Triumph)

Introduce brighter, uplifting imagery like bridges, ascending shapes, or waves of light to symbolize overcoming mental health struggles (adjustment disorder, PTSD, anxiety, depression). The transformative forces in your life—Nam-myoho-renge-kyo, Frequency Therapy, Christian faith, education, art, your doctorate, and family—can be illustrated as rising elements, foundational pillars, or flowing paths.

Vibrant, interconnected parts can show the joy, love, and validation that these components brought into your life.