

BAD ARTIST HABITS TO AVOID



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Being an artist is hard. It requires an immense amount of patience and determination and sometimes we develop bad habits which make it even harder. A few of these have been discussed below.

POINTLESS PERFECTIONISM

Trying to make things perfect will only result in frustration and be a huge waste of time. You will probably never get that line or shape to be exactly how you want it to be. It's easy to spiral down that rabbit hole and start obsessing over every little detail which will hinder the creative process. It's better to make mistakes than to try to control everything. Remember, Bob Ross said, "There are no mistakes, only happy accidents."

BEING IRREGULAR/ PROCRASTINATING

We've all done it. Putting work off for later in hopes of suddenly getting struck by the lightning of motivation. But being irregular will drastically slow down your learning process. If you take huge gaps in between art sessions, you'll start forgetting what you learned the last time and will have to start all over again. You'll eventually get frustrated and start thinking you're just a "bad" artist when in reality, all you need to do is get off your lazy behind and get to work.

NEVER GIVING THE NEW A CHANCE

Specialising in one or two mediums is completely fine, no one is good at EVERYTHING, but a lot of artists get stuck in their comfort zones. They get used to

using certain materials/mediums and stick to them exclusively. This makes the art (and the process) a lot less diverse and sometimes repetitive. Exploring other mediums and art forms expands the horizon, gives you more ideas and helps you look at your art from a different perspective.

PURSUING SKILL OVER GROWTH

Skill is inevitable. The more time you put in, the better you'll eventually get. But running after only the artistic skills will prevent you from focusing on the bigger picture. A lot of artists obsess over technical skills like getting the proportions right but forget to check if their work has depth/quality or not. Putting thought into the subject and the idea behind the artwork you create will help you grow as an

artist. Skill is sure to follow.

BEING ALL ABOUT THE BUSINESS

For professional artists, creating artwork sometimes turns into just another job. They usually don't have time for personal exploration. Learning to take time off of work related projects and doing something just for yourself will prevent you from getting burnt out and will also provide motivation for future projects.

We can't really get over these bad habits at once but we sure can try. If you love creating art, no matter what form it maybe, you're sure to excel at it sooner or later and overcoming these hurdles will get you the victory you're longing for.

Afsara has a lot on her plate right now. Send her help at [fb.com/afsaraakhan](https://www.facebook.com/afsaraakhan)

Phobias you don't know you have

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Were you one of those kids in school who bragged about not having any fears? Smirked at people and shamed them for being afraid of heights or spiders? Well, chances are you're not exactly Braveheart yourself. Here's a list of uncommon phobias you may actually have but aren't aware of yet.

TRYPOPHOBIA

Trypophobia is the aversion or disgust to the sight of irregular patterns or clusters of small holes or bumps, and it's almost impossible not to have. Be it a zoomed in picture of a lotus pod or infected skin, it is bound to make you uncomfortable, or even nauseous depending on the severity of the condition.

ARACHIBUTYROPHOBIA

This phobia is a very particular fear of having peanut butter stuck on the roof of one's mouth. While it might be annoying to most people, if you find yourself dreading the idea of it or getting so uncomfortable that it makes you sweat profusely or short of breath, you might just be arachibutyrophobic.

TRISKAIDEKAPHOBIA

If you are intensely afraid of the number "13" and have to exclude it from any plans or events, you definitely have triskaidekaphobia. Though very specific, it is much more common than most of us comprehend with former US President



Franklin Roosevelt avoiding travel plans on such dates and famous horror writer Stephen King using it to frighten his readers on multiple occasions.

SCRIPTOPHOBIA

If the thought of writing in front of people makes you shudder, you might just be scriptophobic. This is defined as the fear of writing in public and may even be the reason some celebrities refuse to give

out autographs. Whether you have it or not, this could serve as a good excuse to avoid going up to the board in class and writing the answer to the question your teacher just asked.

DEIPNOPHOBIA

While most of us dread having meals with families as they usually lead to a series of uncomfortable questions, we cannot call ourselves deipnophobic.

Deipnophobia, defined as the fear of dinner conversations causes people experiencing this to usually prefer eating alone or in silence to overcome the fear.

ANATIDAEPHOBIA

Otherwise rendered cute, ducks could actually cause quite the hassle with anatidaephobics. It is defined as the pervasive fear that a duck, goose, or swan somewhere in the world is watching you. Not necessarily to attack or harm, just the idea that one maybe watching them causes them to feel uneasy and unsettled.

GENUPHOBIA

Deriving from the Latin word *genu* meaning knee, genuphobia is basically the fear of knees, whether it be their own or someone else's. It could even be triggered by the act of kneeling. This makes you think, is this why some people are so offended by articles of clothing that allow the exposure of knees? I guess some of us genuinely owe them an apology for misunderstanding their fear for judgement.

By now, you should have been able to relate to at least one of these phobias, if not more. However if you didn't, I must ask you one question. Are you okay, friend?

Syeda Afrin Tarannum would choose 'The Script' over 'G-Eazy' any day. Continue ignoring her taste in music on: afrintara@gmail.com