Abtract

Abuse or commonly referred to a bully is a disruptive treatment that is often

done even though we are unaware. This treatment often makes it

uncomfortable even to cause resentment if the same treatment is

continuously carried out. In this work, the author uses the self-healing

method to be able to feel a calmness in oneself or cleansing emotions such

as katharsis.

Keywords: Self-healing, Emotion, Painting