

## **ABSTRACT**

*Regret is an important part of the growth of anxiety, overthinking, and lack of confidence that eventually results in negative mindsets, where the main factors of regret are past mistakes made and past trauma resulting from parental upbringing that makes him a person who has low self-awareness of his value, existence, and confidence. This form of regret becomes part of the pressure and complexity of the mind that cannot be expressed and ultimately has its own impact on what the author has in himself. In this work, the author makes an installation artwork as a form of experience of the search for bonding in finding the existence of light that is owned until it gives rise to its own form of reasoning from the responses received by the self which is represented in the form of Sound, Mirror, and Sensor. The purpose of this artwork is to be able to know oneself and find the positive side and as a form of emotional release expressed through a form of catharsis represented in an installation artwork based on 'thread'.*

*Keywords: Regret, Anxiety, Knowing Yourself, Catharsis, Installation Art.*