

ABSTRACT

In general, adolescence is a phase where individuals shape their personality, behavior, and emotions in preparation for adulthood. However, it is not uncommon for adolescents to become trapped in mental health issues that hinder them from living their lives fully, one of which is self sabotage, the inability to face discomfort, often manifested through avoidance or withdrawal behaviors. This issue is particularly crucial, as every individual will inevitably encounter discomfort in life. A key indicator of good mental well being is the ability to function and live well despite facing discomfort. Therefore, recognizing self sabotaging behavior and learning how to regulate it is essential. One medium that can be used to address this is the graphic novel. This design project aims to serve as an alternative medium to invite readers, especially the younger generation, to recognize the internal fears that haunt them, and to build new awareness toward making peace with themselves and moving toward sustainable recovery. This research uses a descriptive qualitative method through interviews, observation, and documentation. The analysis method applied is SWOT analysis to identify the strengths and weaknesses of the designed graphic novel. This project is a collaboration with Biro Psikologi Metafora and MyndfulAct Mindfulness Ecosystem, with the main output being a graphic novel and supporting media such as a reflection journal book, postcards, posters, affirmation cards, and stickers.

Keywords: Graphic novel, self-sabotage, mindfulness, reflective media, Generation Z