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## The Burden of Conformity

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*The Burden of Conformity*  
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*Independent Submission, Sculpture*



This sculpture, entitled “The Burden of Conformity,” was created with the intention of capturing the anguish, anxiety, and hardship that comes from being expected to conform or assimilate to a culture or identity that you do not feel that you belong to. This piece fits into the theme of *Voices of Diversity* because it directly portrays the struggles that people inherently endure in the face of expected assimilation, which is what the conversation relating to diversity and inclusion is attempting to expose and reshape. In regards to communication, the curved form of the piece is meant to signify the inevitable and undeniable pull into conformity that individuals face due to societal and cultural expectations and norms; the words we communicate with others and the stories we tell are always shaped by these expectations and norms and cannot be separated or freed from them.

Now the questions are:

How are we victims of the cycle? How are we contributors to the cycle?

And how can we become cycle-breakers in an effort to stand for freedom for those who may not systemically have the ground to stand on in order to break free? 