

## WHAT IS DRAGGING ME?

I am unhappy because I am not perfect. I want to be better than everyone else. I want to be unique and I do not know that I am unique! I want to be unique by being "better"—this is a false premise. This feeling keeps me in a state of tension which I seem to enjoy. As long as I enjoy this tension, I cannot be creative. Use the tension instead of enjoying it. Go through the pain rather than sitting on it for truly creative productivity.

I have to make a greater effort to take better care of myself beginning with my body and my eating habits.

\* I don't like where I'm at now (that I'm not perfect) and instead I want to be there (God State) now. I don't want to work for this because I know deep down inside that I never can be God-like, so, though I don't give up, I never work really for what I can do—namely MY BEST. And this way I get into the comparing state which is Death because as soon as I start to compare myself I lose my uniqueness. I can only do mine and what is in me and the more I know myself, this self will then come out in my work.

# JONATHAN BOROFSKY

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GEMINI G.E.L. AT JONI MOISANT WEYL

375 West Broadway

2nd Floor

New York, New York 10012

212·219·1446 Telephone

212·334·3109 Facsimile

Jonathan Borofsky

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