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45

It embarrasses me when I end up repeating myself. It probably shouldn't. I reread, use the same recipe to make bread, rewatch movies and listen to the same recordings because I like them. I'm sure my own writing and drawings are really just recombinations of ideas that I have consumed and internalized. Then I forget what I have already used and reuse the same

parts or the same process, so I get a familiar result. If I didn't keep everything, I might not notice my lack of originality. That might be worse. Other people might compare things I gave them and be dismayed to have slightly different versions of the same thing.

What I gave them might seem less special. "Oh, that track just keeps doing the same thing over and over..."

Drawing the skate comic, I used to repeat myself sometimes. No one ever complained, probably because I was always just rehashing ideas from other comics or funny things that other people had said, that I just thought were my own cultural observations. Maybe there is nothing new, just things that are new to each individual.

One could embrace the repetition. Pick a subject and allow the act of making each instance be the extent of its uniqueness.