

Bora Durrsi

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Upon evaluating Frida Kahlo, *The Two Fridas*, the first observation I made of the painting were the bright red hearts at the center of the painting. I noticed that one heart, on the left, was severed in half and didn't look quite as healthy as the heart on the right. In addition, the Frida on the left is holding a pair of scissors that are splitting a vessel attached to the left heart. The second noticeable color details are the contrast in the dresses worn by the two Fridas. The Frida on the left is in a white embroidered and lace dress with floral details on the hem. The white dress has very intricate details on the bust that look very delicate. The Frida on the right is wearing a much darker color, the dress has a brown skirt with a blue and gold pattern on the bust. The stark difference in the color and appearance of the dress suggest that the Two Fridas come from very different backgrounds and are not the same. Although the Two Fridas are not the same, they do share a bond through their connected hearts, and they are holding hands, which is very intimate. Another quality about the painting that stands out is the dark background. The background behind *The Two Fridas* is very dark, scary, and almost unpleasant because it resembles, to me, a thunderstorm. The black and grey shadows in the background contrast the colors of the dresses worn by the two Fridas in the painting. The lighting in the painting is evenly distributed, no one Frida is more highlighted than the other and I find myself trying to assess them simultaneously.

Some of the feelings that come up as I look at *The Two Fridas* are hurt, despair, and anguish. The feelings evoked by the painting coincide with heart that belongs to the Frida on the left because it is very raw and candid. The heart on the left is cut in half and it feels painful- I can

imagine it is painful, both physical and emotionally for Frida, and it makes me sympathize with her. The historical background of the painting suggests that Frida Kahlo was referring to her heartache and divorce from Diego Rivera (Frida Kahlo Artist Overview and Analysis).

The background history of the painting, coupled with the details of the two hearts on the painting, suggests that the medical issue is the struggle between emotional suffering, or depression and the healing process. The heart on the left is severely damaged, open and vulnerable to attack, and bleeding. The pain experienced on one half of the painting is contrasted by the lively and healthy looking heart on the right side. Given the historical background of the painting that suggests it was in response to a significant event in Frida Kahlo's life, the painting is a representation of emotional trauma and possibly depression. *The Two Fridas* is possibly a therapeutic response from Frida Kahlo after dealing with divorce, and a way to express her own feelings the best way she knows how which is a healing mechanism in and of itself. In addition, two Fridas in the painting are holding hands, and this symbolizes that often we have to rely on ourselves for comfort when we are faced with difficult and emotional situations.

## WORKS CITED

"Frida Kahlo Artist Overview and Analysis". [Internet]. 2018. TheArtStory.org. Content compiled and written by Katlyn Beaver Edited and revised, with Synopsis and Key Ideas added by Dr. Rebecca Baillie.  
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