Hanna Kuisma and Tanja Roiha submitted this reflection on their artwork, which was shown in an exhibition in Finland.

Simply said, the name of the exhibition was 'Womb, Stone, Human Being', in Finnish 'Kohtu, Kivi, Ihminen'.

The process was a kind of journey that took almost a year. Paintings were made and therapy sessions held about once a month. The exhibition tells two stories about searching and finding, questions and mental growth. The main idea in the paintings is to portray the genuine feelings as they were when they emerged.

Our therapist also painted two works for both of us as feedback. These are not included in the photos. We wrote a few poems along the way, but they have gone missing.

Giving the paintings to the exhibition was not an easy decision but we were glad we did it. Feedback from the visitors was great. Many of them found something which moved them or gave them something to think about. But more than that, by putting something very intimate in the public space, it changed how we ourselves looked at the paintings: it gave new perspectives to the old issues.

We discovered that the exhibition made the private something social and shared, just by hanging paintings on the walls. Maybe this is not surprising, but now we have personally experienced how this transition feels and happens. We humans are very similar, and we need to share.