



C O N T R A S T O F B L U E

7 types, not that hard, right? Well, I'm finding it increasingly hard to understand. I can immediately feel frustration starting. I have begun reading the rules and ideas around contrast, and I'm having difficulty seeing the connection. Every page trying to explain it uses different examples. Some use examples for complementary contrast, while others use the same example for hue. I am also seeing a lot of people use different ways of naming the 7 contrasts and change the wording and how they differ. It feels like this system is more of a suggestion on how color can work.

I used to love the word contrast. I would use it quite regularly to describe my work: contrast in form, texture, color. But after diving into it, it feels diluted. By the rules of color theory, literally any change in hue, value, or chroma is contrast. Warm a red up a touch—contrast. Cool an ice blue off a little more—contrast. There's a category of contrast that is literally any two random colors.

I began this project with a question of why. Why does color work the way it works, and how can I use it for my practice? It seems when whoever started categorizing contrast just wanted to make sure they had literally every single contrast possible categorized just to flex their mind off to others.

I needed to take a break from contrast and rather focus on creating a contrast category that I would use in my own work. Colors that would work for me. That make sense for me. That catch my eye so I can answer why. Why it works, and build a body of work around that.