

Guilt-Free is a semi-fictional video diary concerning the process of experiencing a minor eating disorder as a young woman in Korea.

For a while, my body felt like a flat silhouette rather than a functioning organism. Feeling healthy didn't matter. Food which is supposed to work as a fuel and pleasure ended up creating ceaseless guilt.

Young women tend to feel strongly obligated to strive for one's outer beauty. It sometimes even feel lazy to not care about your looks. Numbers beeping on your scale never seem to satisfy you. You look for another way, another product, another diet. This specific desire is preyed upon by media and major companies which puts women in more and more vulnerable position. Although it's impossible to know whether the preference of your body type is entirely the consequence of external social pressure, the power it plays in women's life are undeniably detrimental.

However, Gult-Free is not precisely only about lookism or eating disorder. It doesn't take clear side when it comes to these matters. It rather observes a life-long haunting voice that is gradually permeated within woman's mind at a moment so ordinary that its immense influence is easily overlooked. It simply conveys the voice engrained inside you that eventually forms your own thought.