**I NEEDED COLOUR!!!**

Jim Carrey, once known as the king of movie comedies, has been largely absent from film in recent years. His last high-visibility role was in 2014’s  [Dumb and Dumber To](https://www.imdb.com/title/tt2096672/). Carrey has been in the news lately for a different role: the inspiration for a fellow comedian to recognize his own depression. Carrey opened up about his [struggles with depression](https://www.cbsnews.com/news/carrey-life-is-too-beautiful/) in a 2004 60 Minutes interview in which indicated he was “on Prozac for a long time.”

“There are peaks, there are valleys,” he said. “But they’re all kind of carved and smoothed out, and it feels like a low level of despair you live in. Where you’re not getting any answers, but you’re living okay. And you can smile at the office. You know? But it’s a low level of despair?”

So, what has he been doing in recent years?

The surprising answer is painting and sculpting, and participating in a micro-documentary about it. “[I Needed Color](https://vimeo.com/226379658)” is a six-minute film narrated by Carrey and directed/produced by David Bushell.  It has been viewed more than 5 million times since it was first posted online in July.

Throughout much of his life, [he struggled with depression](http://www.sharecareinspire.com/inspiring-story-of-jim-carreys-battle-with-adhd-and-depression/). There has been speculation that his difficulties in childhood increased his vulnerability to experiencing major depression. In addition to having depression, Jim Carrey was also diagnosed with ADHD. a diagnosis that often co-occurs with depression. He was always a restless child and shared that in school he would finish his assignments quickly and then start disrupting the other kids. Carrey has been open about his ADHD and uses his celebrity status to bring attention to the problem. He has undergone treatment since childhood. As an adult, he has also used some of his ADHD symptoms to his advantage — becoming famous, in part, through his creativity and high energy level as a comedian.

One was that Carrey found to cope with his depression and leverage his creativity was with painting and sculpture. It is a side of the actor that many people are not aware of.

“You can tell what I love by the color of the paintings,” he says in the video. “You can tell my inner life by the darkness in some of them and you can tell what I want from the brightness in some of them.”

Carrey is hardly the first artist to struggle with depression – consider Jackson Pollock, Michelangelo, Paul Gauguin, Vincent Van Gogh and Edvard Munch.

Some studies have shown that creativity and depression are linked, but correlation doesn’t equal cause. We know depression and creativity co-exist, but it’s like this: If you have severe depression, you have to get pretty damn creative to survive it.

Carrey says he has always loved art, and has been sketching since he was young. But when he took up painting in earnest six years ago, in an attempt to “heal a broken heart,” he became “obsessed.”

He explains, “I like the independence of it. I love the freedom of it. No one else tells you what you can or can’t do, most of the time. And there’s an immediacy to it.”

“Something inside you is always telling a story. I believe every single thing you see and hear is talking to you.”

Carrey’s art is challenging. He incorporates religion in Jesus-like faces, along with brightly colored portraits, abstracts and sculpted clay figures.

“I don’t know what painting teaches me,” Carrey says in the film, “I know that it just frees me — free from the future, free from the past, free from regret, free from worry.”

Art therapy shifts the focus to creating, enjoying, and sharing positive external stimuli. Patients choose colors and textures they enjoy.

“The bottom line with all of this, whether its performance or art or sculpture, is love,” says Carrey in the documentary. “We want to show ourselves and have that be accepted. I love being alive and the art is the evidence of that.

**A** 1 Jim Carrey has not participated in films

A his last film Dumb and the Dumber did not make him highly visible

B He worked in an office for a while

C he had to struggle with depression

2 the phrase *correlation does not equal cause*  means

A we can strongly relate art and depression

B we are unable to legitimately deduce a cause and effect relationship between art and depression

C we can use cause and effect to explain the daunting condition of depression

3 "in earnest " means in this writing

A to a greater extent , more intently B sincerely C not fooling

4 Carrey enjoys : A teaching the challenge of art B the fact that he is alive thus able to demonstrate this via his art C choosing colors that are related to religion

5 Jim Carrey would finish his assignments quickly at school

A to disrupt the other students and cause trouble in class

B because he was a conscientious , bright hardworking student

C due to his ADHD condition which rendered him a restless child

**B** Use the following words of the text to fill in the gaps.

**peak carve despair speculate disrupt undergo leverage correlation obsessed abstract**

1 When another bill arrived that she couldn't pay, she began to.................

2 The sculptor uses a chisel to ...............the marble

3 She used the situation to gain .......... in the negotiations.

4 She had to ............... a lot of criticism when the deal fell apart

5 Gloria and Jason reached the .......... breathless but happy.

6 She's constantly ............. about her weight.

7 A new study has found a ............... between diet and sleep patterns.

8 The war .................. millions of people's lives.

9 The three women in this painting depict the ............ideas of faith,hope and love.

10 At this point in the investigation we can only ............. about the suspect's motives.

**C** Fill in the following gaps with one word only.

**STREET ART**

Street art is an original (1)............. of art that we can find only in the streets. Many people don’t (2)..................this artwork like art and sometimes people relate this art with vandalism. STREET ART includes different kinds of terms, for(3)................., graffiti artwork, stencil graffiti, sticker art, wheat pasting and street poster art…

The artist usually tries to leave the same kind of (4)............like political issues, feelings, their emotions … And these expressions are exposed in the street where all the people can enjoy and valuate(5)................ Usually the people who do it, are anonymous and we can refer (6)............any person when we admire one of their works of art.

Street artists will often work in studios, hold gallery exhibitions or work in other creative areas: they are(7)............. anti-art, they simply enjoy the freedom (8)............working in public without (9)..............to worry about what other people think. With the (10)...............of the Internet and the development of various graphic software and technologies, street artists now have a multitude of tools at their fingertips to assist in the creation and dissemination of their works.

**D Complete the collocation groups with words from the box**

demanding modern dramatic fine unexceptional arresting responsive abstract performing sizeable

art (s) audience

performance

1................ art incorporates distinct shapes and patterns in thought-provoking designs.

2 Despite the fact her exhibition was not advertised, she still managed to draw a fairly ............. audience.

3 Stand-up comics rely on a ------------audience to make their routine a success.

4 This year ,the ............. arts department has decided to stage a production of King Lear.

5 The ..........Arts Museum on Baker Ave, houses a large collection of impressionistic paintings.

6 My father detests ..........art ,but he would talk about the Old Masters for hours on end.

7 Many actors claim that a ............... audience brings out the best in their performing ability.

8The veteran actor's ................performance held his audience spellbound.

9 She plans on getting a degree in the ............. arts but is still uncertain whether to major in dance or music.

10 His ............. performance was unanimously condemned by the critics.

