This creative research in painting and sculpture explores bittersweet concerns specific to the human condition, which is an emotional struggle of love and loss, nostalgia and sadness, as well as hope and tragedy. My artwork simultaneously represents the beauty and ugliness that is an inherent part of life. I find old things both alluring and sad, so I seek to create a world that embraces comforting, romantic notions of nostalgia while at the same time exposes loss of innocence and childhood security. Processes of sanding, tearing, and applying layers of paint and stain physically destroy the surfaces. These are visual cues for an object’s vulnerability, which I use as a metaphor for mortality. The stuffed, toy-like objects and the nostalgic imagery of birds, flowers, and hand stitching applications serve as memorials for the immortality of embedded memory and personal experience. This work encourages us to conjure the memories and feelings that we associate with our own objects of affection. As a result, we are inspired to reclaim the awe and compassion for the material world that we forget with age. They are a source of reminiscence, help us cope with emotional struggles, and inspire us to care for them. When we step back from our fast-paced lives to appreciate what is simple, we can rekindle suppressed memories and feelings through the power of objects.