

## ABSTRACT

*Trauma, depression and even stress often surround a person's mind to make a serious impact both physically and psychologically. There are many ways that are used so that negative emotions do not always accumulate and become a burden on the mind, one of which is catharsis, namely the channeling of emotions in a positive way. Catharsis can be done by working through various mediums. Various kinds of methods can be used in the work, including by thinking or making a design what the author wants to express to the medium of the work. One of the mediums of work is Video Art or the author's video art can visualize these negative emotions. And this is what the author did on the work of Video Art with the title Inner. And of course the benefit of this work is in the context of catharsis so that the soul or mental becomes more calm and stable. So art can be a means of catharsis when many people are confused about how to express negative emotions that haunt the mind.*

*Keyword: Catharsis, Art, Video, Negative Emotions, Visual.*