

## **ABSTRACT:**

This study is as an examination into the everyday experience of Freedom in our democracy as a traumatic one.

I outline my search as a Sartrean existential project, via the definitions of the key terms in the investigation: Race, Trauma, Freedom, Post-apartheid, South Africa, Black and Female. I make use of a practice-as-research mode of exploration through the methodology of Narrative Inquiry to discover the stories that give meaning to my being; as a free being. Through a critical reflection on the theatrical praxis, I draw meaning as to what it means to be a young Black woman in South Africa today.

Freedom as a conceptual fact and the awareness thereof is outlined as the cause of the distress that has been termed the -Trauma of Freedomø What this work reveals to me is the paradoxical optimism that is inherent within the -Trauma of Freedomø