



David Takes on Smash Therapy at Smash PDX

There's something powerful about letting go—and for David, that release came in the most unexpected (and fun) way at Smash PDX.

Suit Up and Smash

Dressed head-to-toe in protective gear—a full face shield, gloves, and coveralls—David stepped into a space that looked like part art studio, part demolition zone. With a hammer in hand and a grin you could see even through the visor, he was ready.

Surrounded by walls layered in colorful graffiti and a floor scattered with breakables, the environment invited one thing: ****smash away****.

Pure Joy in the Chaos

From the first swing, it was clear—this wasn't just about breaking things. It was about:

- ❖ Letting go of stress
- ❖ Trying something new
- ❖ Having fun in a completely judgment-free space

David dove right in, laughing as glass shattered and objects gave way under each swing. There's something uniquely satisfying about safely destroying items that would normally be off-limits—and David fully embraced it.

More Than Just Destruction

What stood out most was how creative the space felt. Between the graffiti-covered walls and the freedom to move and explore, it became less about destruction and more about expression.

Experiences like this are a great reminder that recreation doesn't have to look traditional. It can be loud, messy, and a little unconventional—and still be incredibly meaningful.



*To visit
Smash PDX*

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