define Jackson Pollock as an artist who was constantly making himself since he was immersed on a sphere of continuous renewal. This individualism present in each of his paintings can be regarded as his main subject. For this reason, it is of extreme importance to state that any attempt of assigning meaning to each of Pollock’s works—no matter the period—would not be more than mere speculations since Abstract Expressionist paintings do not provide any clue being so remote to make it readable. Finally, from Pollock’s works we can appreciate how the artist recovers the Romantic ideas dealing with the expression of emotions triggered by the necessity of self-discovery.

In order to conclude with the dissertation, I will describe Abstract Expressionism as dual self-discovery. On the one hand, Abstract Expressionism not only implied the United States’ discovery of a new way of expressing their national identity, but also the artists’ inner self discovery due to an instinctive performance based on the impulse of emotions, at least it was the case of Jackson Pollock. Further research would be required in order to prove this affirmation when dealing with other famous Abstract Expressionists such as Mark Rothko, Robert Motherwell or Willem De Kooning whose works and, consequently, their techniques considerably differ from those of Pollock.

**Bibliografía**