

***crowd out***

**Participant Cheat Sheet**

I draw deep breaths

I feel more confident and calm

I lost it all

I do not waste my words

I hate for all eyes to be on me

I start to panic

I feel so alone I could cry

I start to sweat

I can fully submerge myself

I don't want people to know

I push, I shove, I glare, I mutter

I am always alone

I am alone

I am most alone

I feel so alone

I feel like rushing into tears

I feel anxiety

I feel awful and I wish to be alone

I feel energy

I feel I want to be alone

I feel like rushing into tears

I feel like rushing into tears

I feel more confident and calm

I feel no one understands

I feel so alone I could cry

I feel so disrupted

I feel surreal

I am nourished by the pure spring

I am nowhere to be seen

I am obsessed with being at the center of attention

I am silent, and I keep to myself

I am obsessed with being at the center of attention

I am obsessed with being at the center of attention

I like people

I lost it all

I feel left out

I start to panic

I start to sweat

I think of you

I lose control

**Part 1 – I draw deep breaths – OCEANIC, UNSTABLE, BECOMING MORE INTENSE. It should feel as if the performance is emerging from the general buzz of the audience. This opening may take a very long time.**

each person independently, speak in a whisper at first and gradually move to normal voice, at a normal pace, repeating sentences in order, with varying lengths of silence between each sentence.

I draw deep breaths. I feel more confident and calm. I lost it all. I do not waste my words. I hate for all eyes to be on me. I start to panic. I feel so alone I could cry. I start to sweat. I can fully submerge myself. I don't want people to know. I push, I shove, I glare, I mutter.

**CONDUCTOR CUE** – get louder and softer, on cue

**CONDUCTOR CUE** – accent the “I” in each sentence, while speaking the rest of each sentence in a normal voice, at a normal pace, repeating as above.

**CONDUCTOR CUE** – keep accenting the “I” in each sentence, while making the rest of the sentences completely silent, mouthing noiselessly the unspoken words, still at a normal pace, as above.

**CONDUCTOR CUE** – get louder and softer, on cue, on the erratic, accented “I”

**Part 2 – I am always alone – STRONG, ANIMAL**

**CONDUCTOR CUE** – yell each word, together, as conducted.

I...am...always...alone. I...am...alone. I...am...most...alone. I...feel...so...alone.

**GROUP LEADER CUE** – group leader yells each word separately, and group repeats.

**Part 3 – I feel like rushing into tears – BECOMING MORE FULL AND SATURATED**

**GROUP LEADER CUE** – sing these 4 phrases, repeating as cued.

1. I feel.
2. I feel like. I feel.
3. I feel like rushing into tears.
4. I feel like rushing into tears. I feel like rushing into tears.

**Part 4 – I feel anxiety (part 1) – LOSING ENERGY BUT NOT BECOMING CALM**

**GROUP LEADER CUE** – group leader yells the following sentences and group claps the rhythms back.

I feel anxiety. I feel awful and I wish to be alone. I feel energy. I feel I want to be alone. I feel like rushing into tears. I feel like rushing into tears. I feel more confident and calm. I feel no one understands. I feel so alone I could cry. I feel so disrupted. I feel surreal.

**Part 5 – I am nourished (part 1) – OCEANIC, UNSTABLE**

**GROUP LEADER CUE** – speak in normal voice, at a normal pace, independently, repeating over and over, as at the beginning

I am nourished by the pure spring. I am nowhere to be seen. I am obsessed with being at the center of attention. I am silent, and I keep to myself. I am obsessed with being at the center of attention. I am obsessed with being at the center of attention.

**CONDUCTOR CUE** – get louder and softer, on cue

**Part 6 – I am nourished (part 2) – ETERNAL AND HEARTBREAKING**

**GROUP LEADER CUE** – sing together this song, and repeat as cued

I am nourished by the pure spring. I am nowhere to be seen. I am obsessed with being at the center of attention. I am silent, and I keep to myself. I am obsessed with being at the center of attention. I am obsessed with being at the center of attention.

**Part 7 – I feel anxiety (part 3) – MORE PLAINTIVE THAN AGGRESSIVE, BECOMING MORE EMOTIONAL AS THE WORDS DISAPPEAR**

**GROUP LEADER CUE** – call and response. yell each sentence back.

I feel anxiety. I feel awful and I wish to be alone. I feel energy. I feel I want to be alone. I feel like rushing into tears. I feel like rushing into tears. I feel more confident and calm. I feel no one understands. I feel so alone I could cry. I feel so disrupted. I feel surreal.

**GROUP LEADER CUE** – answer each sentence yelled by the group leader with a wordless yell: HA! This should be the loudest, most violent section of the entire piece.

**Part 8 – I like people – LIKE A MANTRA**

**CONDUCTOR CUE** – speaking the following sentences together, when cued, in a normal voice, not yelled. This should be simple, fragile, plainspoken. Conductor cues each sentence individually. Repeat sentences in order until the end.

I like people. I lost it all. I feel left out. I start to panic. I start to sweat. I think of you. I lose control.

**CONDUCTOR CUE** – sentences get farther and farther apart