

Don't Think!

performance by Marilyn Arsem
at the Salt Lake City Performance Art Festival
10/5/18

This is what the audience wrote on the walls of the room, while I was speaking of my own worries, sitting in the center of the room, blindfolded.

I wake up in the night worrying about death – not so much my own – but of my loved ones. The longer I live, the more I say goodbye – to parents, partners, dogs, cats, dear friends. I fear, I worry how I shall even breathe when I lose my brother, my sister.

Have I given enough in life?
Have I disappointed my parents... and those who loved me?

...How to heal pain in 'mind' and body...
...in self and 'others'...

I'm worried that my parents are going to die sooner rather than later.

I worry that I won't reach my full potential because I'm afraid of failure.

me too (in another's handwriting)

I worry that I'm not good enough
and that my lack of confidence
will follow me or lead me to a
dark place. I worry about
the inability to see oneself clearly.
I worry that people won't tell
me what they honestly [are] thinking/
feeling.

I worry

I can't +
won't
be able to
keep up
with
technology

I worry that I will
be homeless in my 60's ---

I worry about
having to poop in a
social setting where
there is no near bathroom

Same :) (in another's handwriting)

I'm failing those I love.

(Above is circled with the comment) Boy!! That's a tough one!!

I worry about my bank
account at night.

I worry that you will dive so deep into worrying
that you will not [I think that 'not' should not be there] become saturated and that your
life force will not surge through and prevail. I
worry that your vocal folds will become raw then
calloused or have nodules that limit your voice
and speech.

I worry that so many things you've mentioned
(the environmental losses, the ~~accepted~~ sexism
and greed in this nation) have become accepted as
"well that's sadly just the way things are" and
that even though people to see, hear, and cry out,
that we feel helpless to change laws, sensibilities,
to truly evolve as human beings.

Worrier Warrior
want to be

Worrier-
- but more the

(with arrows pointing up on both)

I worry that I have
ignored my problems for
too long and now I've passed
the point of no return.

I'm worried I
don't understand
enough.

I'm worried about
all the forest fires.

I worry that
all these symptoms
are cancer.

I'm worried that I am not worried enough.

I worry about
failing myself
with my dreams.

me too (in other handwriting/color)

me too (in other handwriting/color)

I worry about my worries
and how they worry others.

I'm worried no
matter what I do
I'll never be enough

I'm worried that
all of my flights
will go smoothly and

I'll never have a chance
to prove myself in an
emergency

I worry that I am
not brave enough...

I worry about
worrying too much!

I worry I won't be
sad when my mother dies
someday.

I worry about our country.
Whether there will be a free
country for my grandson.

What Me Worry...

I worry about failing.

I worry about deadlines.

That elephants and giraffes will cease to exist in my lifetime...

I worry that I will cease to exist in my own lifetime...

I worry about passing
my mother's home on
to the right people.

I worry that I'm

worrying about the
wrong things.

I worry about nothing to worry ABOUT.

I wonder if I'm still ALIVE.
Thank you for sharing this beautiful piece.
I use your reading on Perf. Art in
my class at UVU. Thanks

the well being
of my children.

Is choosing a career that I love,
but provides no money ok?
Will I have enough?
Can I have a family?

I worry about how
Alzheimer's is affecting
my family.

I worry that spelling is gone!

I worry about getting
too full of myself.

I'm worried about
our children's
future.

& my grandchildren (in other handwriting/color)

the things
that need doing

in the next
day.

Sometimes think about what it would be like to have children and sometimes wonder what it would be like and every once in a while I think about what it might be like to raise children in the current political and social condition that is mine. That is ours. I wonder. And sometimes wonder what I would do if they came home w/ a question I wouldn't be able to answer and these are all these worries I have about children I don't have. [written across two sheets...]

I worry I won't
fulfill what
I was born
To be & live

I worry
about my
expanding
waistline

I worry about being
vulnerable. I'm not
sure if genuine
connection is
possible anymore.

We will forget
that love is really
all there is....

Rape

I'm worried
that I'll never
be held again.

Me, too... (in other handwriting/color)

I worry about the
loss of democracy & the
attacks on our Free Press, &
[can't decipher] enough American actually
allow themselves to be seduced
by the ugly corrupt immoral
& stupid authoritarianism that
Trump & Republicans are so
blatantly attacking our
country with.

I'm worried that
Judge Kavanaugh will be
confirmed & that Christine B. Ford
will believe it was all in vain...
(& that all the #MeToo survivors will
think they don't matter.)

I worry about isolating
myself & living w/o
working enough for
positive change.

I worry about money.

I'm worried
that my children
will grow up in a
terrible world.

I worry
about useless
things out of my control!

I worry about
PEOPLE
fucking shit up

. . .
.
.

I worry that I will
do the wrong things
at work.

I worry about the
Earth. Will we
survive?

I worry about not
working hard enough

I worry that I'm
too fucked up.

Same (in other handwriting/color)

I worry about the Sun looking at me.

I'm worried....
Will I ever be able
to not worry?

I worry about....

Never starting
that thing I forgot about.

I'm worried
that we have gone past
the tipping point of planetary health.

me too (in other handwriting/color)

I worry about life health family
mental physical spiritual health

I worry I'm not smart enough.

I worry about my interactions
from the day before.

Water