

## **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