

Nights  
of the  
living  
#1



notes during  
nights of the living

I didn't meant to make these drawings and thoughts necessarily public. It's for people close to me.

It's more like meanderings on my present state of being and (sometimes) my experiences in the 'psychiatry'. If you want to read up on trauma I recommend the feminist account **Trauma and Recovery** by Judith Herman. **The Body Keeps the Score** by Bessel van der Kolk is also a good read (more on the biology of trauma in this one), but the author has been a controversial figure since some years...

I haven't followed up very well on the days, subjects, or drawings every day. So the result is *a zine that is assembled as loose chaotic thoughts on my personal experiences*.

Firstly the zine is made during Covid-19 lock-down. There is a lot to say on the measures that are being taken by governments worldwide and the political-economic crisis in which we are in. I will not be able to touch upon this profoundly in my intro. I have neither knowledge on the subject, nor have I been able to follow all the recent developments. I do want to highlight some critical points which I can maybe draw upon in some future project:

\***totalitarian** tendencies. Whether it is Lebanon, Iraq, Chili or the Gillets Jaunes (Yellow Vests) in France. The measures taken by authorities worldwide to combat a virus have successfully combatted social movements the world over. The inauguration into what seems to be a new era has not been criticised by broad movements. The Black Lives Matters movement clearly shows the anger about police brutality and white supremacist patriarchal capitalism.

\*the personal is political, **so is the body**. So little is talked about the body as a battleground. During capitalist history bodies have been hoarded, sold, commodified, traumatized, abused, stocked, monitored, enslaved,... Now there is a virus and a managerial tendency to control. The history of biological control has been lifted, or rather downscaled to a biological level and a degree that was never seen before.

\*techno-optimism. Contact-tracing is seen as a life-saving technology in a life-wasting political economy. The life-saving mission is not some-thing that is done for welfare but for **containing something that can't be controlled, but increasingly is**. The controlling tendencies that are put in place highlight the strategies that capital employs and the value-system that entails. Strategies are spinn-offs from the brains of epidimiologists of rich countries, scientists. But it is not value-free and without consequences for the people not living in the same conditions of these scientists. For example a lock-down is put in place based on a certain family-or social structure that is normalised. Acces to certain 'basics' are also assumptions (mouth masks, anti-bacterial soap, acces to technology, possibility for social distancing,...) which are based on 'givens' of more well-of people in the Global North. These issues can't be separated from an anti-imperialist critique.

Today I walked through a big railway station in Brussels. Camera's have been placed at every train stop. I didn't notice the military that was circulating since the attacks three years ago , but hell: what an amount of camera's they put in place. The Covid-19-times feels like a new era has arrived... And it isn't going to be a funny story. Catastrophy was already well under way with the ecological catastrophe we're in. You don't mess with Mother Earth.

-lef  
July '20



23<sup>th</sup> MAY

IK FIETSTE NAAR NINA  
VOELDE ALS JA.  
ALSWAT?

BACK AXIS  
BROKEN

EXPLAINS  
WOBBLY DRAW

AND SHITTY CYCLING

I OWE A BIG THX TO MY  
HOUSEMATES FOR  
BEING THERE FOR ME  
LOVE YOU ALL!



CHIPS!  
WITH VEGAN  
SAUSAGES &  
MAYONNAISE



TJA. VANDAAG  
UTEINDELIJK  
BLIJ OM: KOFFIE,  
COMPUTERWERK,  
FRIETEN BIJ THUIS-  
KOMST (HURAJ!) &  
TOFFE NAMIDDAG MET ZINAAA

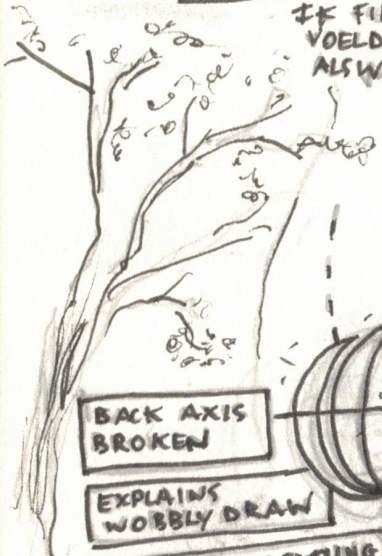
ZINA  
SHOWING  
THE BEER  
WE DRANK  
WHILST I AM  
TRYING TO  
SLEEP LIKE  
JESUS

OK. TOEGEGEVEN.  
IK ZAG ER NIET  
2000 ZO UIT.  
MAAR TOCH WAT  
BELABBERD  
ZACHT UITGEDRUKT.

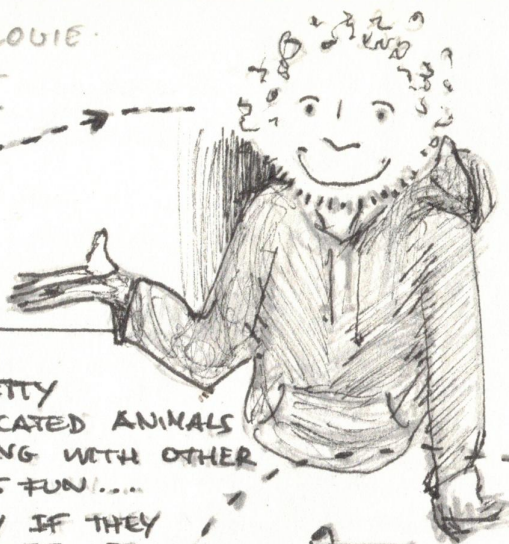


BLA BLA  
BLA  
SHOPPING

MIJN HOOFD:  
KOM NIET  
GOED OM MET  
DE MENSEN...  
OP STRAAT & AUTO



P. 251. LOOK OVER ECOLOGIE.  
note background -  
P. 255. state over exit.



ACTUALLY:  
I LOVE PRETTY  
UNDOMESTICATED ANIMALS  
AND RUNNING WITH OTHER  
SPECIES IS FUN....  
ESPECIALLY IF THEY  
HAVE A SENSE OF  
HUMOUR. THEY MAKE  
ME LAUGH ANYWAY



THE NEW NAME  
OF THE DOG

OK! I'LL CALL 'M IB  
I = ALSO ME

Ⓢ = THE DOG

FIRST Ⓢ DIDN'T WANT TO  
GO OUT. THEN WENT RUN-  
NING AND EVENTUALLY  
THE SMALLEST DOG IN THE  
PARK CREATED MAYHEM  
FOR ALL THE OTHER ONES

THE HAPPY IB IS QUITE  
WELL TRAINED. THIS ONE

JUST DID  
LIKE  
RUNNING CRAZY





I FOUND BACK A BOOK  
CRITICIZING THE CONCEPT  
OF ANTHROPOCENE AND READ  
THE INTRO UNDER THE IN-  
FLUENCE OF TOO MUCH COFFEE  
WELL... IT'S SUNDAY MORNING,  
SO I GIVE MYSELF THE LUXURY  
OF BEING REALLY ENTHUSIASTIC  
ABOUT THIS RE-DISCOVERY...  
NOT THE CAPITALOCENE!

24<sup>th</sup>  
MAY

COMPUTER  
REPLACED  
WITH...

A GREAT DISH!

CAPITALOCENE



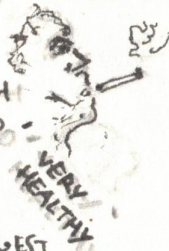
• CURRY  
QUINOA  
SANDWICH  
MAYO  
CHEESE  
HMMMM



ATTENTION: TOXIC  
SCREEN-STARING

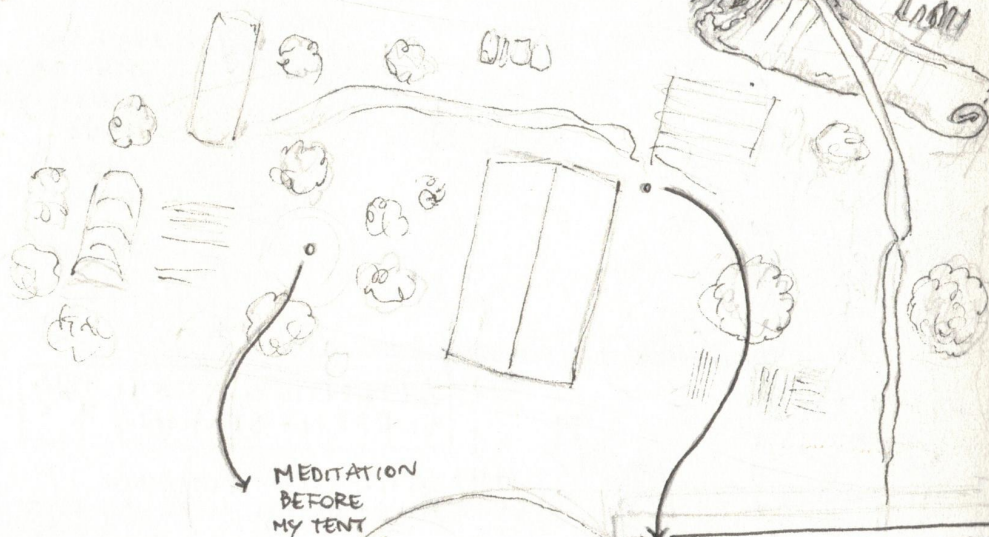
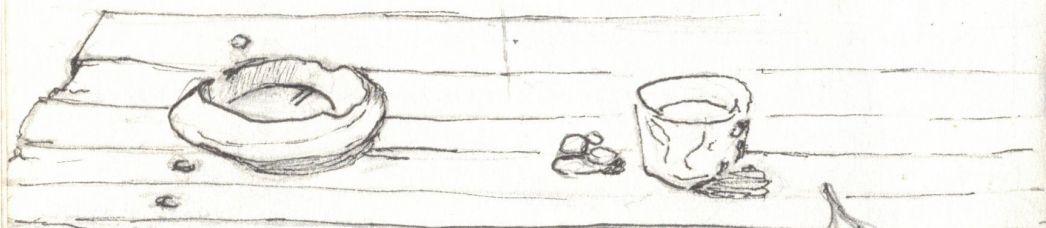
HA! STILL WENT RUNNING  
AFTERWARDS. ON MY TO-DO-LIST

- A-TO-DO-LIST
- BOXING
- SEWING A PATCH
- BUYING TOBACCO
- GUITAR?
- FINDING A JOB
- OH YEAH THE BIGGEST  
TASK: THE WATER-TOWER!
- LAUNDRY
- ... LAUNDRY



25H

THERE ARE MORE THRUTS IN 24 - HOURS OF A MAN'S  
LIFE THAN IN ALL THE PHILOSOPHIES  
- RAOUL VANEigem!

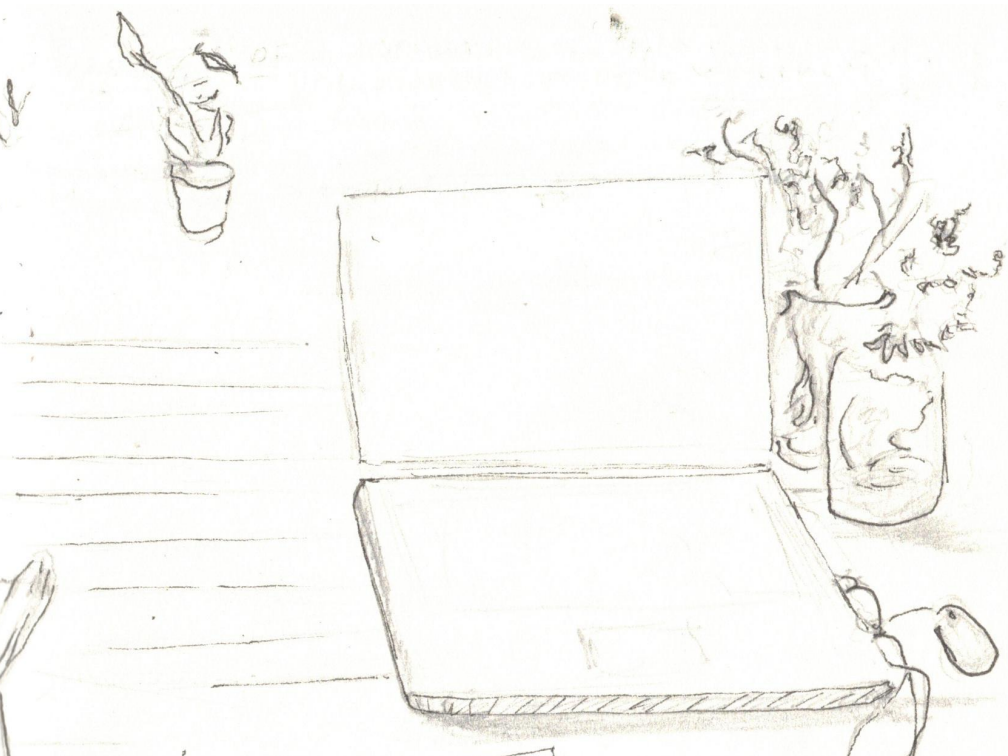


MEDITATION  
BEFORE  
MY TENT

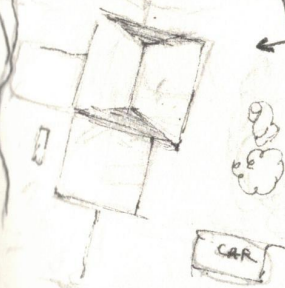
THIS WOULD BE WHERE  
WEIGHTENED OUR WATER-  
TERDAY THAT IS.. PROBA-  
ANOTHER DRY SUMMER...  
CATASTROPHE AND EXTINCT







PLAN OF THE HOUSE +  
GARDEN (BIG)



WE MORE OR LESS  
RECEIVED, YES-  
BLY WE'LL HAVE  
YEP! ECOLOGICAL  
ION EVERYWHERE.

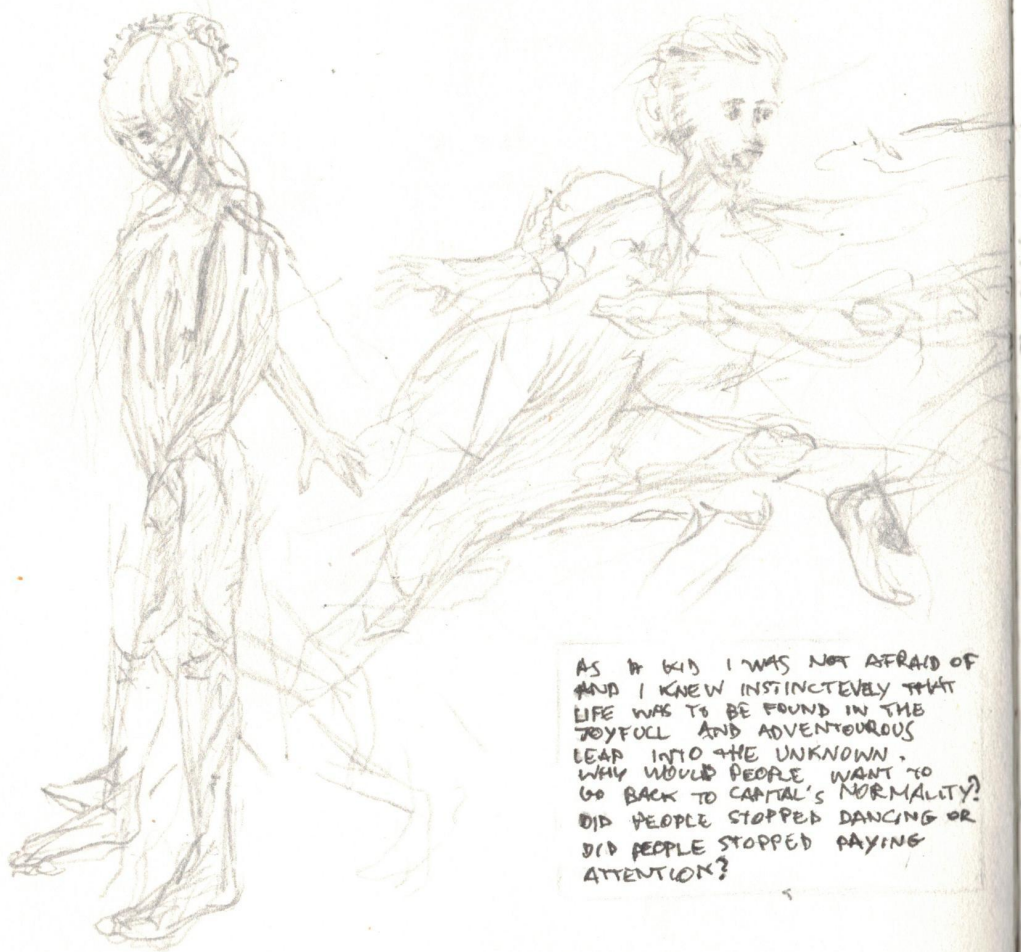
YESTERDAY I STARTED WRITING ABOUT  
MENTAL ILLNESS OR MORE PROPERLY  
DESCRIBED PSYCHO - SOCIAL PROBLEMS  
TODAY I HEAR THE CARS RACING BY IN  
A TIME OF COVID-19 AND I REALIZE  
DON'T WANT TO WRITE ABOUT 'MY'  
SICKNESS. WE ARE LIVING IN A PRETTY  
SICK WORLD ALSO AND I TRIED TO  
DRAW MY FEELINGS SEPARATED  
FROM THIS. THEY LOOK INCREASINGLY  
ALIEN TO ME. YES, I'VE BEEN  
DEALING WITH PSYCHOLOGICAL SHIT,  
BUT A FRIEND ONCE TOLD ME THAT  
IT'S NORMAL SINCE WE LIVE IN  
CAPITALISM... I COULD WRITE ABOUT  
MY MENTAL SHIT THROUGHOUT BUT IT'S  
BEEN MENTAL ENOUGH. LET'S FOCUS  
ON THE EXTERIOR WORLD.

HA! YEAH. MISSED  
THE PHONECALL-  
APPOINTMENT WITH  
PSYCHIATRIST



I HAD GIVEN UP DRAWING MANY YEARS AGO, AS I HAD GIVEN UP ACTING (THEATRE). LIFE IS TOO SHORT TO PRETEND CONCERNING DRAWING. HOW CAN YOU DEPICT SOMETHING WORTHWILE IF YOU WILL NEVER BE ABLE TO CAPTURE MOVEMENT? LIGHTNING SCREENS (COMPUTERS, MOVIES, SMARTPHONES,...) ARE THE ULTIMATE LIVED LIFE OF CAPITAL HAVING BECOME THE MATERIAL COMMUNITY...

MAYBE THE MOVEMENT, A MOVEMENT, IS POSSIBLE IN BETWEEN THE ONE WHO DRAWS AND THE ONE WHO LOOKS?



AS A KID I WAS NOT AFRAID OF AND I KNEW INSTINCTIVELY THAT LIFE WAS TO BE FOUND IN THE JOYFUL AND ADVENTUROUS LEAP INTO THE UNKNOWN. WHY WOULD PEOPLE WANT TO GO BACK TO CAPITAL'S NORMALITY? DID PEOPLE STOPPED DANCING OR DID PEOPLE STOPPED PAYING ATTENTION?

THERE IS NO LIFE AFTER DEATH, BEFORE THERE IS NECROLIBERALISM

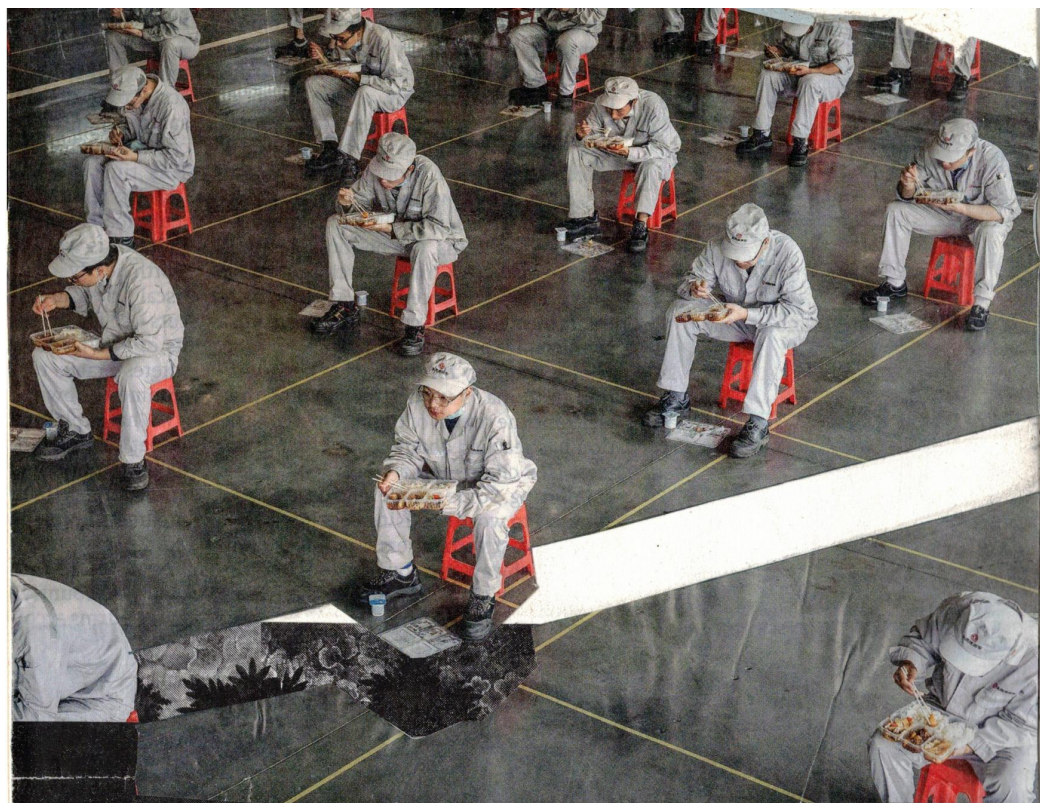


CAN I LEARN TO DANCE? IF I CAN'T MOVE

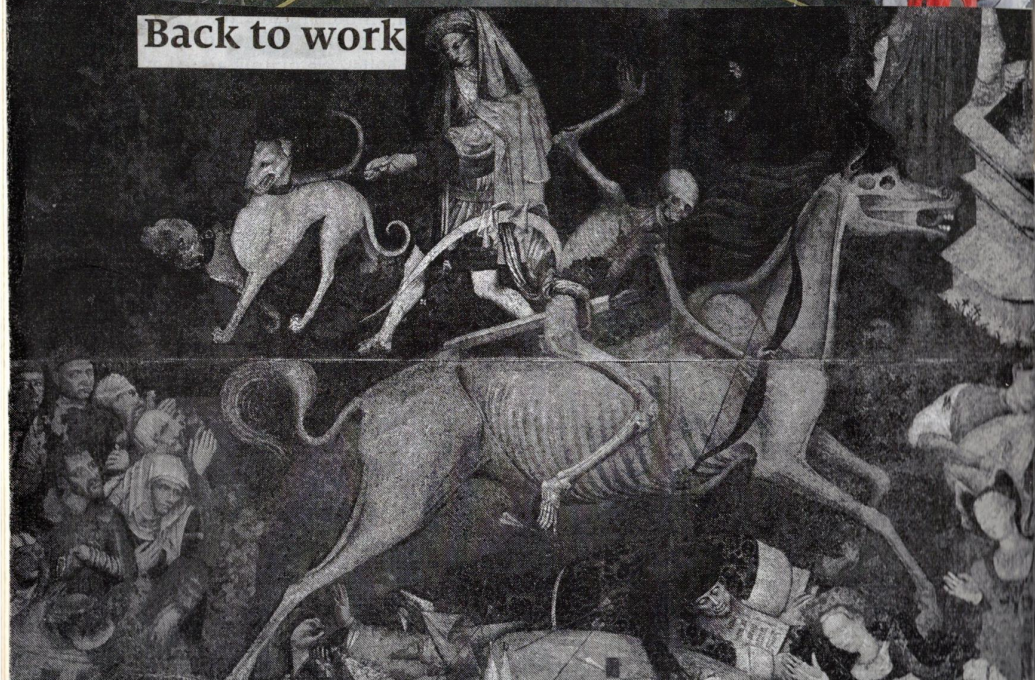
MAYBE I CAN INCREASINGLY  
FEEL AT EASE WITH MENTAL  
STATES THAT HAVE BEEN  
PLAYING ME MOST OF MY  
ADULT LIFE. USE IT AS  
A WALL AGAINST WHICH  
I COULD FIND SUPPORT.  
TODAY THERE WAS NO WALL,  
THERE WAS A BIG HOLE  
SOMETIMES I FAIL TO  
DANCE, OR: MOSTLY  
I DON'T, I BARELY DO







**Back to work**






YESTERDAY I COULDN'T  
DANCE. TODAY I CAN SIT.  
I TRY AT LEAST

TRANSLATING AN ARTICLE  
ON THE REPRODUCTION OF  
CAPITAL. I DON'T THINK I AM  
SMART AND ABOVE ALL IT'S  
NOT ABOUT ME. BUT THE POINT  
IS, THAT I WANTED TO MAKE,  
IT CAN BE REALLY UPLIF-  
TING TO READ FROM MINDS  
THAT MAKE YOU CONNECT  
BECAUSE YOU UNDERSTAND  
THE WORLD BETTER.....  
RECOMMEND READING:

+ R. LUXEMBURG  
+ BUDDHA  
+ LOUISE MICHEL  
+ AUDRE LORDE  
+ L. VYGOTSKY  
+ E. ELYENKOV  
+ K. MARX

27



I COULD START WRITING  
ABOUT HOW HEGEL'S CONCEPTS  
COULD BE RELATED TO THE HIS-  
(HER-) STORY OF HUMANITY AND  
HOW EVERYTHING WE DO PRESUP-  
POSES A COMMON COLLECTIVE  
ACCUMULATED ACTIVITY OF  
HUMANITY. AND RELATES TO CAPITAL

## THE BUDDHA SAID:

"I WATCHED THE MENTAL STATE OF UNHAPPY PEOPLE DEEPLY AND SAW THAT UNDERNEATH THEIR SUFFERING THERE LIES A SHARP KNIFE. BECAUSE THEY DON'T RECOGNIZE THAT SHARP KNIFE IN THEMSELVES, IT'S DIFFICULT TO ENGAGE WITH SUFFERING."

YOUR FEAR LIES DEEPLY BURIED IN YOUR HEART, AS A SHARP KNIFE COVERED BY MANY LAYERS. THAT SHARP KNIFE CAUSES

YOU TO ACT SO UNFRIENDLY.

YOU DON'T SEE THE KNIFE OR ARROW IN YOUR HEART,

BUT IT DOES CAUSE YOU TO MAKE OTHER PEOPLE SUFFER.

YOU CAN LEARN TO RECONCILE

THAT KNIFE WITHIN YOUR-

SELF. IF YOU FOUND IT YOU

CAN FIRSTLY TAKE AWAY THE KNIFE FROM YOUR OWN

HEART, AFTER THAT YOU CAN HELP TO FIND THE KNIFE IN THE HEART OF THE OTHER AND TAKE IT AWAY.

THE PAIN, CAUSED BY THAT KNIFE, WAS THERE FOR A LONG TIME. AS LONG AS YOU KEEP ON TO THAT PAIN, IT WILL BECOME WORSE. EVENT-

UALLY YOU WILL WANT

TO PUNISH THOSE THAT

YOU TAKE ACCOUNTABLE

FOR YOUR SUFFERING. HATE,

ANGER AND FEAR ARE LIKE

BURNING FIRES. THAT CAN ONLY

BE PUT OUT BY COMPASSION.

COMPASSION CAN ONLY COME UP IN OUR OWN HEARTS, BY OUR OWN PRACTICE.



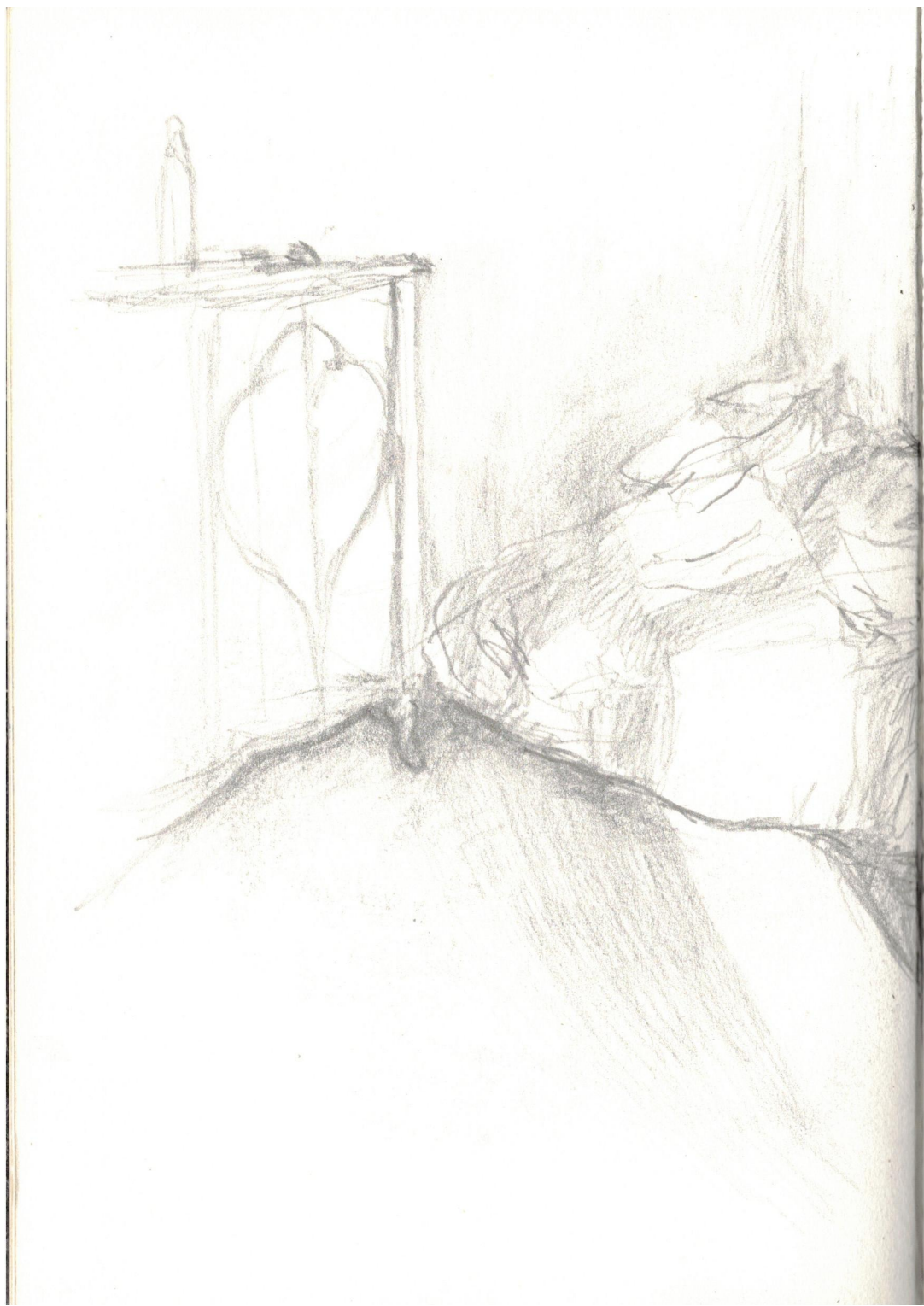
PRACTICE.

FEAR. WISDOM TO STEER  
THROUGH STORMS

-THIT NHAT THANH-











THANKS TODAY TO:

- NINA
- TREES
- TOOLS (DRAWING, INK, ...)
- FEET, HANDS
- BACKPACK
- BEERS! TRIPLE EFFECT
- YOGI-POSITIONS



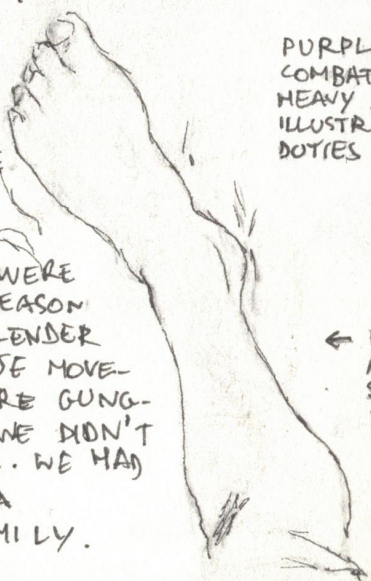
TRANS SEX WORKERS  
OF COLOR... BECAME LEGENDS  
OF THE STONEWALL REBEL-  
LION, AND FIERCE OPPON-  
ENTS TO THE TAMING OF GAY  
POLITICS THROUGH THE 1970'S..

RIVERA REFLECTED LATER ON  
THE MARGINALIZATION AND  
MILITANCY OF TRANS PEOPLE  
IN THE STONEWALL REBELLION:

"WE WERE ALL INVOLVED  
IN DIFFERENT STRUGGLES,  
INCLUDING MYSELF AND MANY  
OTHER TRANSGENDER PEOPLE  
BUT IN THESE STRUGGLES, IN  
THE CIVIL RIGHT'S MOVEMENT,  
IN THE WAR MOVEMENT, IN  
THE WOMEN'S MOVEMENT, WE WERE  
STILL OUTCASTS. THE ONLY REASON  
THEY TOLERATED THE TRANSGENDER  
COMMUNITY IN SOME OF THESE MOVE-  
MENTS WAS BECAUSE WE WERE GUNG-  
HO, WE WERE FRONTLINERS. WE DIDN'T  
TAKE NO SHIT FROM NOBODY. WE HAD  
NOTHING TO LOSE " RIVERA  
IN: TO ABOLISH THE FAMILY.  
ENDNOTES No.5

PURPLE  
COMBATS FOR  
HEAVY ANARCHIST  
ILLUSTRATION  
DUTIES

← FEET,  
ALL THE  
SUPPORT  
YOU NEED



TREES. DON'T UNDERESTIMATE.  
THEY GIVE US OXYGEN. THX!

INK PEN:  
INDISPENS-  
ABLE...

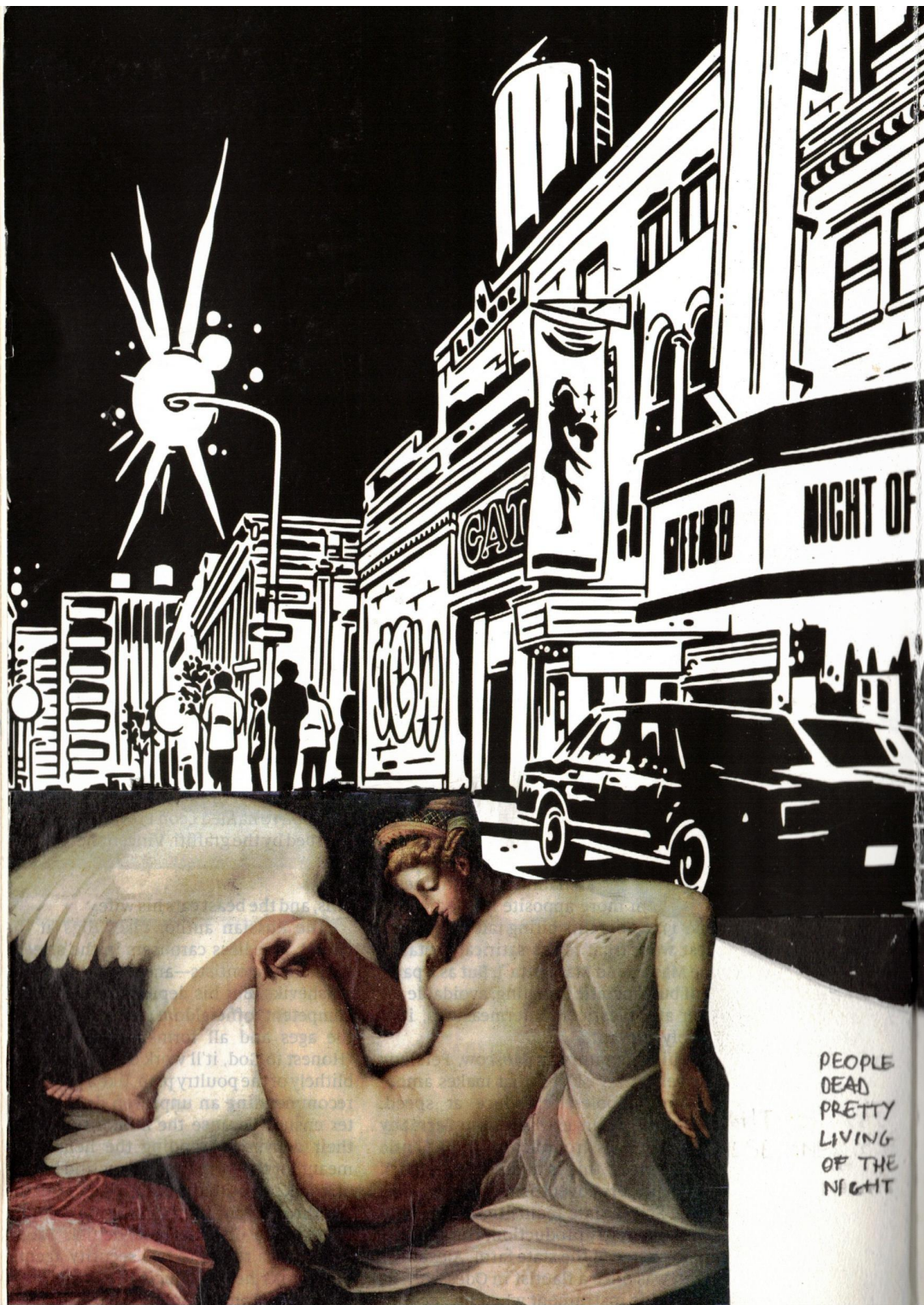
CAMILLE BEER  
INSPIRATION  
CAN BE  
DRUNK

A TRIPLE:  
TRIPLES THE EFFECT

↑  
YOGI SITTING  
STYLE FOR  
PRO-ILLUSTRATORS

↗  
A GOOD  
BACKPACK  
COULDN'T DO WITHOUT  
♥ YOU MUM





PEOPLE  
DEAD  
PRETTY  
LIVING  
OF THE  
NIGHT







## THE WALL'S ESSENCE

From providing shelter and partitioning interior spaces to bearing loads and damming rivers, walls have long performed a variety of basic security-related functions. Although there is some degree of conceptual overlap, historically the irenic and protective functions of the wall have been secondary to its martial, coercive ones. This primacy is reflected in language itself. In German, for instance, exterior and interior walls are designated by two different words: *mauer* refers to the former, whereas *wand* designates the latter. Between

the two, it is the word *mauer* — with its martial lineage — that is primary. This distinction is expressed in other languages as well, like the Italian *muro* and *parete*, the Irish *mur* and *fraig*, or the Lithuanian *muras* and *siena*. In each of these designations, the exterior wall — related to fortresses and war — functions as the primary designation.

As for the English word, which refers to interior and exterior walls alike, it derives from the Anglian *wall*, for rampart, a term that evolved from the Latin *vallum* — the Roman wall, such as Hadrian's. Aside from the brief existence of the Antonine Wall, Hadrian's Wall marked the northernmost extent of the Roman imperial presence in Great Britain. Its very function illustrated the political reality that, even if a fortress or boundary wall is said to serve a defensive function, like China's Great Wall or Israel's purported "security fence," insofar as that wall maintains a conquered territory this ostensibly defensive structure may well be regarded as manifesting an intrinsically offensive function as well.

The wall, however, also manifests itself in less obvious ways. As a phenomenon, the wall is hardly restricted to the vertical or even stationary form of the conventional wall. In addition to the brute walls of fortresses and settler cities, less obvious, invisible, conceptual walls partition the planet into so many territories, regulating the movements of people and resources. Manifesting itself in the transient front-line armies of the phalanx of soldiers, the wall also materializes in the imaginary boundary lines of maps, not to mention in computer programs and in the inverted, negative form of the trench. Penetrating the social imaginary, the wall shape-shifts, taking flight in flying fortresses, weaponized drones and other high-tech permutations.

LIKE THE WALL, THESE TECHNOLOGIES DO NOT CREATE STASIS OR BLOCK MOVEMENT SO MUCH AS THEY DIRECT IT. AND JUST AS THE WALLS OF A MAZE DETERMINE, LIMIT AND CONCENTRATE MOVEMENT, WHETHER IT IS THE NEOLITHIC CORRAL OR THE ANTHROPOGENIC FACEBOOK WALL OR CENSORIAL FIREWALL, IN DIRECTING ENERGY WALLS NOT ONLY HARNESS FORCE, THEY ALSO CREATE — AS WELL AS NEUTRALIZE — POWER.

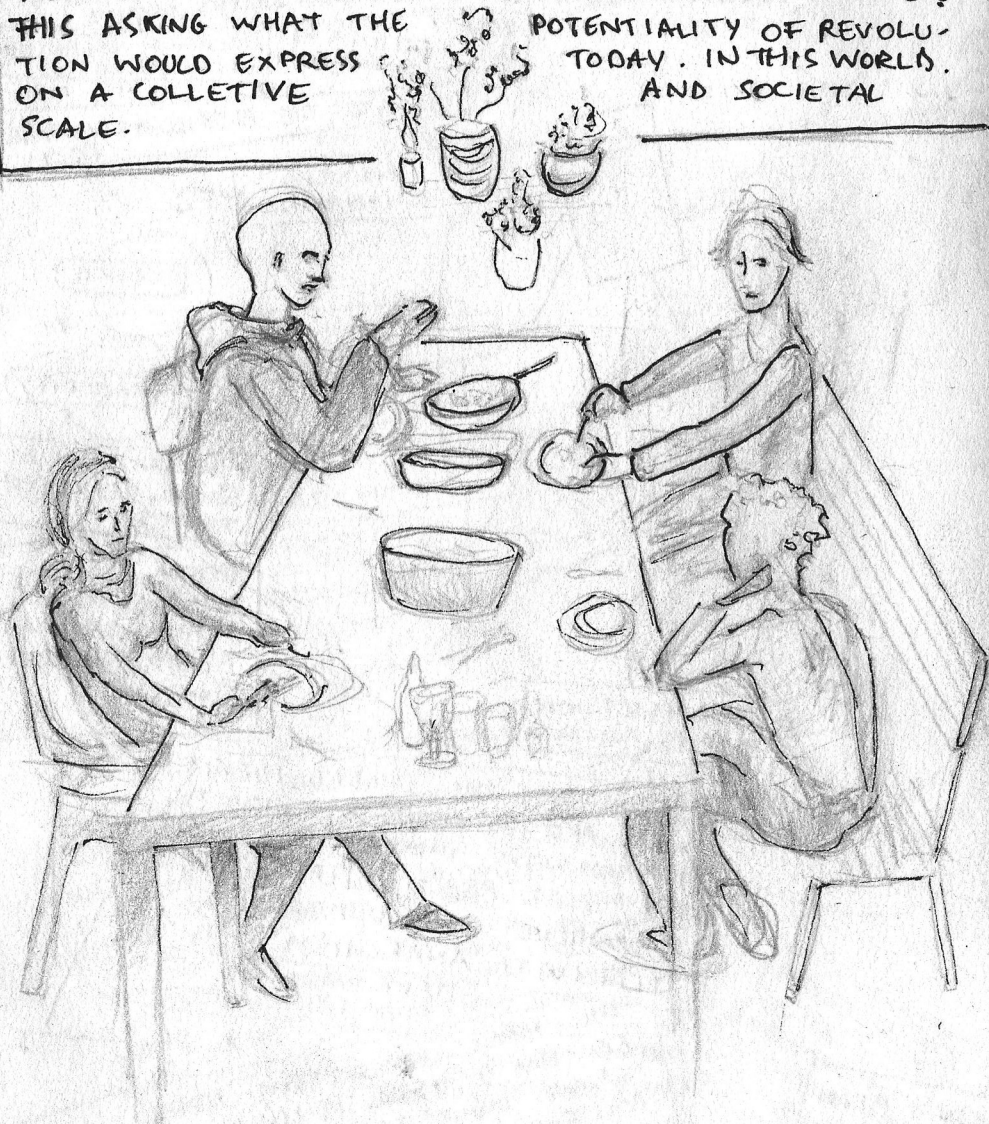
WHETHER IT IS IN THE FORM OF THE DRONE, THE DAM, THE TRAFFIC SIGN OR THE SEA WALL, THE WALL'S ESSENCE, THE STRUCTURAL REGULATION OF SPACE, POPULATIONS AND RESOURCES — DOES NOT SIMPLY MARK THE LIMIT OF A GIVEN POLITICAL-ECONOMIC ENTITY. IT ENABLES SUCH AN ENTITY, TO MAINTAIN, CONTROL AND EXTEND ITS TERRITORY AS WELL — STATE OF CONTROL — ROAR MAGAZINE

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WORKSHOP - BREAK

HOW TO PRACTICE DE-A alienation, NON-ESTRANGEMENT?  
IF YOU ARE NOT PART OF A REAL COMMUNITY? WHAT  
MAKES A COMMUNITY BE 'MORE REAL'? MARX SPEAKS  
OF THE ALIENATION OF THE 'GEMEINWEZEN.' TO BE  
CLEAR, I DON'T THINK HE WAS THINKING OF COM-  
MUNES (ALTHOUGH THERE WAS A POSITIVE AP-  
PRAISSAL OF COMMUNAL OR INDIGENOUS SOCIAL  
FORMS, DONE AWAY WITH BY SOVIET ORTHODOXY) BUT  
HOW CAN THE SOCIAL AND THE INDIVIDUAL UNITE?  
THIS ASKING WHAT THE POTENTIALITY OF REVOLU-  
TION WOULD EXPRESS TODAY. IN THIS WORLD.  
ON A COLLECTIVE AND SOCIETAL  
SCALE.







HOMMAGE TO IBO.



"I CAN'T BREATHE"  
NO JUSTICE, NO PEACE

AS FAR AS I'VE KNOWN I'VE DRAWN PEOPLE IN BOXES. WERE WE EVER DESTINED TO LIVE AND BE HOUSED IN THESE RECTANGULAR SHAPES? FOR MYSELF I'VE OFTEN FELT LIKE BEING TRAPPED IN AN 'ILL' BODY. PSYCHO-SOCIAL PROBLEMS HAD BECOME AN OLD FRIEND, BUT RECENTLY THEY WERE BACK AS NEVER BEFORE: SEVERE DEPRESSION, TRAUMA, SOCIAL ANXIETY, PARANOIA, PANIC ATTACKS, SUICIDAL TENDENCIES,... EMBEDDED IN AN ONGOING CAPITALIST CRISIS THAT CONTINUALLY ACCUMULATES BY DISPOSSESSION AND EXTINCTION...



I AM WHITE AND ABLE-BODIED BUT ON THE HIGHWAY TO MADNESS, CIVILIZATION IS ALREADY,  
I PONDER ON ANDRE LORDE'S WORDS:

"WE WERE NEVER MEANT TO SURVIVE..."

A. LORDE



MY EMOTIONAL LANDSCAPE IS PROBABLY BIGGER INSIDE MY BODY AND MIND, SINCE I'VE BEEN FOCUSED ON MY OWN DEMONS A LOT, TO OVERCOME THE DIVISION IS TO FACE DEATH, IMPERMANENCE, NOT-SELF. I FEEL A DRIVE TO LIVE AGAIN, TO WHAT LIFE HAS TO OFFER IN A PERMANENT FLUX.



TOTALLY FED UP DRAWING MYSELF SO I DRAW CIGARETTES

## CALENDAR

X	X	X	X	X	X	31
X	X	X	X	X	X	X
X	X	X	X	X	X	X
32	23	24	25	26	27	28
29	30	31	32			

32 YEARS, AND A BIT, THE LAST TWO MONTHS HAVE SEEN SO MANY DAYS SIMILAR REMINDS ME OF: THE POINT IS NOT TO CHANGE THE DAYS WITH ANOTHER QUALITY, BUT TO CHANGE THE QUALITY OF THE DAY

ONE CERTAINTY: EVERY BREATH, ONE CLOSER TO DEATH

IF I HAD TO CHOOSE ONE MEDITATION, IT WOULD BE THE MEDITATION ON DYING BECAUSE OF ITS TRANSFORMATIVE CHARACTER

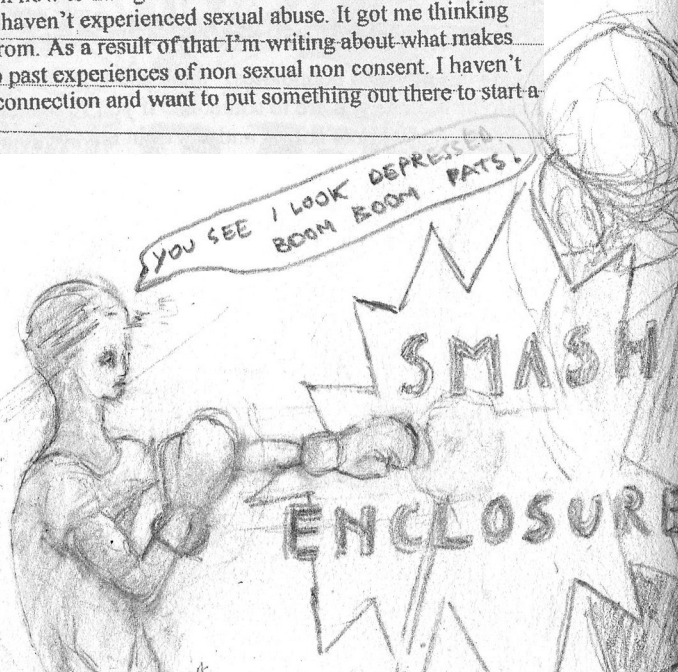
-ANALAYO

SOME DAYS I DARE TO STEP OUT OF THE CIRCLE, OUT OF MY HEAD, THE FIRE OF LIFE, BURN BURN



I WOKE UP, MEDITATED, WENT BACK TO BED. THAT IS TODAY, YESTERDAY. I WENT TRAINING A BIT. HAS BEEN SUCH A LONG TIME. FEELS LIKE THERE IS NOT MUCH TO WRITE. READ A PIECE ABOUT NON-SEXUAL CONSENT THAT RESONATED A LOT. I DISSOCATE. MEDITATION HELPS ME TO RECOLLECT AND CARE. BOXING HELPS ME HONOUR MY BOUNDARIES.

When I read survivor stories on how to navigate consent I often identify with the problems faced even though I haven't experienced sexual abuse. It got me thinking about where my stuff comes from. As a result of that I'm writing about what makes consent difficult for me due to past experiences of non sexual non consent. I haven't seen much written about this connection and want to put something out there to start a conversation going.



As a kid that was the same disempowered feeling I'd get about a lot of stuff. It came from my parents being too wrapped up in their own issues to acknowledge my needs as separate from theirs, being told constantly how I felt by others and by experiencing a lot of emotional bullying at home. Consent was rarely gained. It trained me well in not trusting my own feelings, feeling unworthy and not recognising that my own needs were valid. That has transferred scarily easily over to other relationships in my life and into sex.

Here's the common feelings that come up for me regardless of where the non consent is focused: My body starts feeling owned, controlled and coerced, I feel totally at the mercy of others. I feel guilt if I don't do what others want and I'm scared enough of ridicule and judgement that I can't figure out how to express it. Even figuring out what I want without asking others for "how they think I feel" can be pretty hard. Even if I don't feel pressured I am still scared... that my boundaries will be tested and that I won't be able to say no, that people will be mad at me, that I'll be fucking things up. I get so scared and confused that I retreat somewhere else (disassociate) and don't commit either way. Sometimes people notice and stop what they're doing, sometimes they don't. Sometimes I ignore my body and act as if I want it anyway. Then I feel deceitful and worthless.

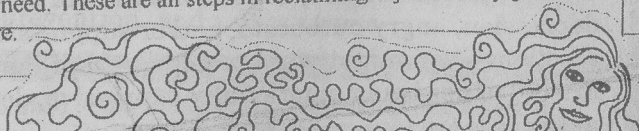
While I'm in that disempowered space I don't have the energy to figure out what's going on with me or how to avoid situations with those dynamics. When I'm not being triggered it's still really scary to look at. I've been really secretive about all of it in the past and tried to work it all out alone. I've been scared of anyone really seeing me because it feels like I'll be faced with potential lack of understanding, ridicule and judgement which is what happened as a kid when I tried to gain consent. By accepting mistreatment and/or not taking on the challenge of communicating honestly I got to

I am taking on the challenges now. The biggest is building a feeling of self worth and unlearning learned behaviours that keep me in a powerless position. The more empowered I get the more sure I am that it's ok to take some space and decide over myself. Having that makes everything else feel much more possible to accomplish. It puts me in a new roll where I have more power and am not just being reactive any more. Learning how to handle that is really important and came up for me as an unexpected challenge. Part of it is figuring out how to navigate having other people communicate with me to slow down or stop something. It can be scary and triggering because I associate asking someone to stop something, due to my own past experiences, with a lot of emotional hurt. I can feel all the emotions I'd had in the past when my boundaries had been crossed and feel like I am inflicting all that emotional pain on someone else even though what actually is going on is just healthy communication. Now I am more able to see it as a sign that consent is actually working but the emotions still come up.

That all has really got me thinking about what consent actually means to me and what influences it. I've figured out that having self respect and a feeling of self worth is necessary to give active consent. A healthy relationship to myself is really the bottom line. Having that is the foundations for enabling me to enter into honest communication. Feeling able to communicate any desire without fear of any violence (physical, emotional, verbal etc...) is where it's at. If that's not present it's hard to stand up for yourself. Without it I don't think consent can be present regardless of what else is said or done.

For me it's so important to be with someone who requires active consent of me in any situation and won't accept carrying on unless they have had physical and verbal confirmation that I'm into what's happening, and who listens to my body and gets eye contact with me regardless of what I say. I can't lie with my eyes. They give sure signs if I'm into something or not. My eyes disassociate as soon as it doesn't feel right and disappear into space before I even know what's going on. Knowing that my wellbeing is more important to my partner than whether or not they get to have sex right then helps me relax and helps me communicate what I need to. Then I can feel ok about letting them know that full respect is required if I want to stop at any point and that I don't want to do anything if they aren't able to honour that. It is usually enough to stop me from disassociating.

Recognising where my own feelings of disempowerment come from has been a really important thing in learning how to navigate this. It's helped me be able to recognise what my boundaries are, when they are being crossed, when stuff is triggering and to recognise what I need. These are all steps in reclaiming my autonomy generally, to my body and pleasure.



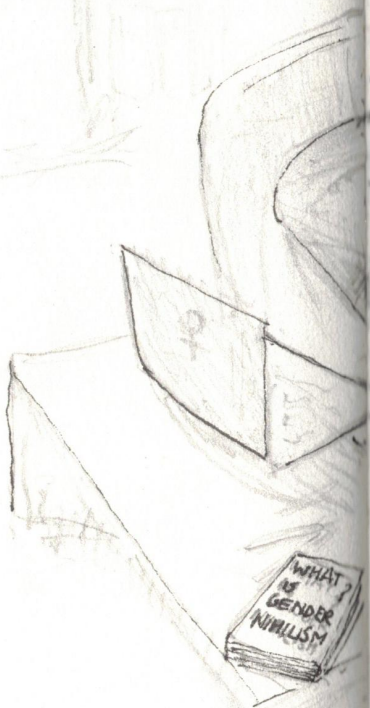


DIFFICULT TO EXPLAIN HOW MUCH IT MEANS IF YOU MAKE FRIENDSHIPS  
WHERE YOU JUST FEEL THERE IS THIS 'CLICK'.

FEMINISM, DRAWING, BEING ABLE TO BE MYSELF, ...  
BOOKS, BOOKS, BOOKS, ZINES, ZINES, ZINES, MUSIC, MUSIC, MUSIC.

I PONDER ON THE IDEA OF FINALLY TALKING  
ABOUT MENTAL ILLNESS. ALLOWING MYSELF TOO.

MAYBE I DON'T HAVE A CHOICE. MAYBE THE  
ANGRY VOICE IN MY HEAD (NOT ME) NEVER  
GAVE ME THAT CHOICE. ANOTHER PART OF ME  
LEARNS TO SPEAK



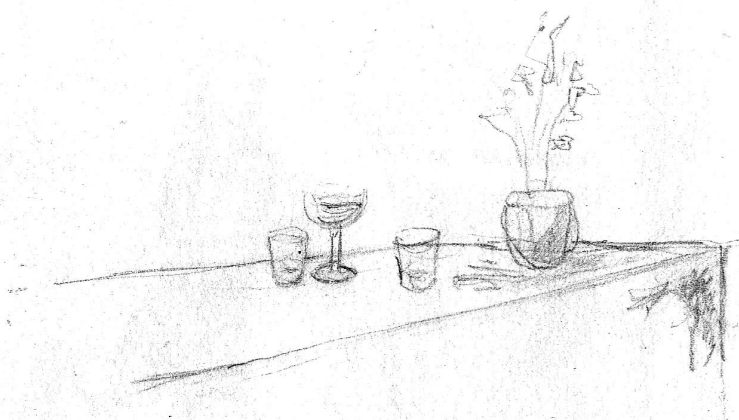
NINA DOESN'T  
LOOK SO CREEPY IN  
REAL LIFE



↑  
CHAINSAW  
BUNNY.





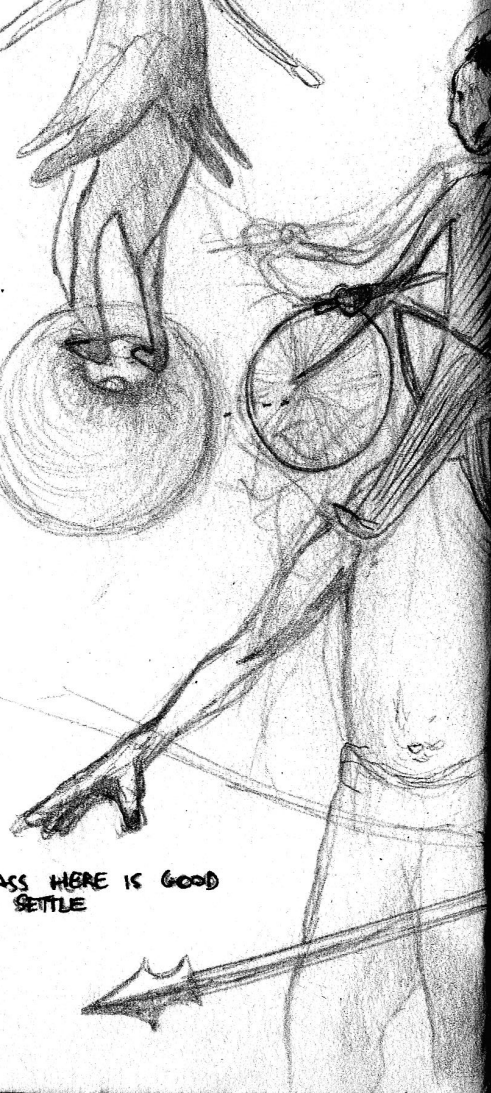


AGAIN VOICES INSULTING ME. PEOPLE I KNOW. BECAUSE I DON'T SPEAK, BUT I DO CARE. BUT AT THE SAME TIME I CAN BE AFRAID OF PEOPLE OR PEOPLES' COMPANY. I DON'T WANT TO TALK ABOUT L. WHY? AFRAID OF HAVING DONE EVERYTHING WRONG. HAVING RUINED LIVES. TRYING TO SETTLE. I HAVE TO TRUST PEOPLE. BY WRITING THIS I DO MORE. I STILL THINK ABOUT... GOING FORWARD WITH MY LIFE. HAVING TO WRITE E. WANTING TO SETTLE IN MEDITATION MORE. LEARNING TO SHUT UP. INNER 'USELESS' SPEECH COMING OUT OF MY MOUTH. BETTER FOR EVERYONE. WHY, IF I SUFFERED FROM THIS MYSELF, DO I REPRODUCE THIS 'USELESS' SPEECH? SO MUCH ATTENTION GOES TO USELESS WORDS. I WANT TO LEARN TO HAVE A QUIETER, ETHICAL, MIND. AN IMPORTANT PART OF AN BUDDHIST PATH



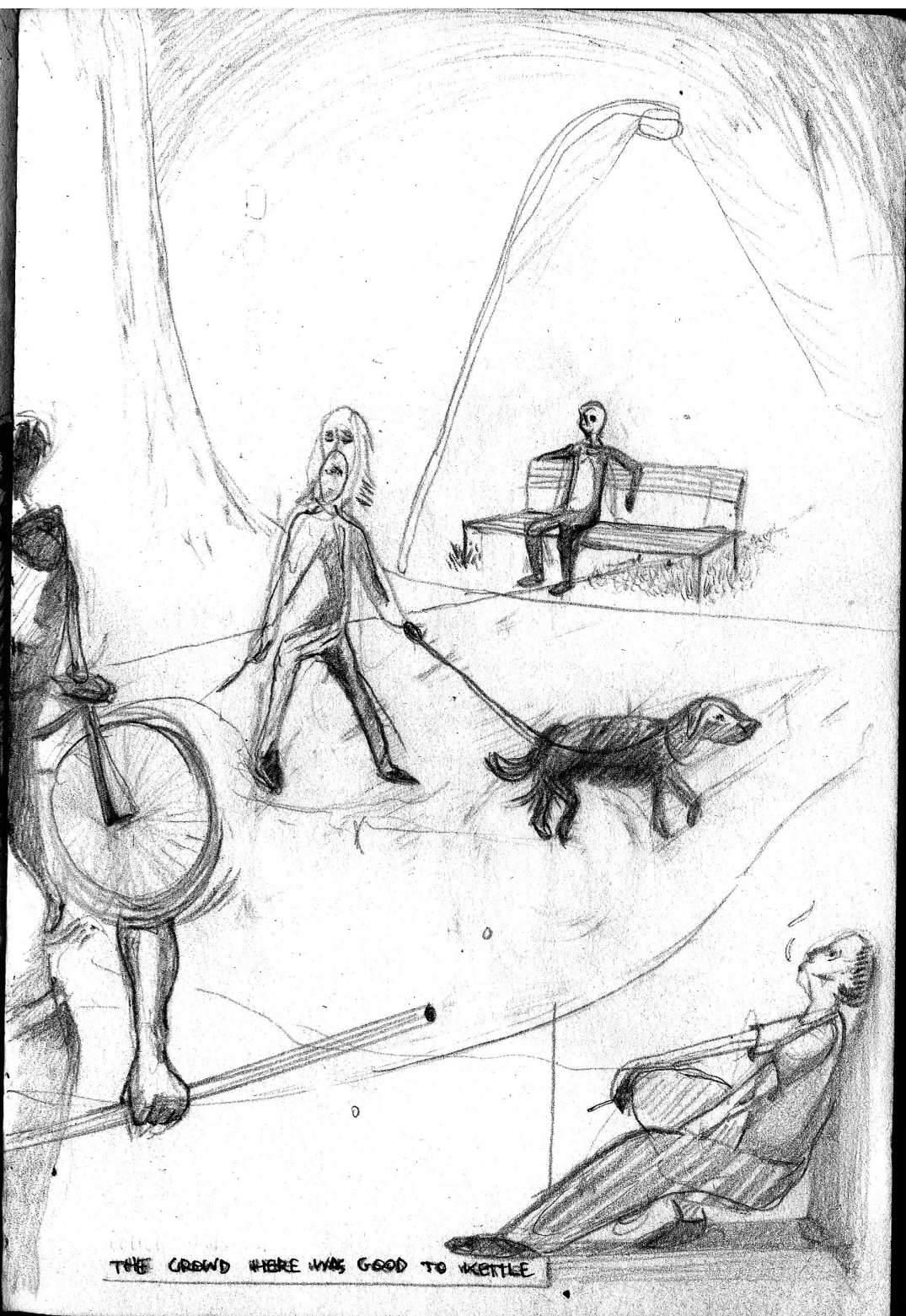


THE CIRCUS IN MY HEAD CONTINUES. TAMED DOMESTICATED  
ANIMALS REPLACED BY PEOPLE YOU MEET ON THE STREET.  
HOW ABSURD LIFE HAS BECOME THAT WE SHOULD BE  
ORGANISED IN DIFFERENT BUBBLES. BUBBLES OF  
5, 10, ... BUBBLES OF POLITICAL ECONOMY? YES INDEED.  
THE WHOLE DEALING WITH COVID-19 HAS BEEN ONE BIG  
FARCE. PEOPLE ORGANISED THEMSELVES, CARE  
WORKERS CARED, POLITICIANS DRANK,  
ECONOMICS BUBBLED AS NEVER BEFORE,  
BUBBLEDERUBBUB BUB.  
#BLACKLIVESMATTER



THE GRASS HERE IS GOOD  
TO SETTLE





THE CROWD HERE WAS GOOD TO KETTLE





WHAT ELSE TO SAY WHEN EVERYTHING IS SAID AND DONE?  
 IS THERE FORGIVENESS? IS THERE SOMETHING TO ACHIEVE?  
 WHY WHAT? WHAT HAVE I DONE?  
 SOME NAMES/PEOPLE TO FORGET. TO FORGIVE MYSELF FOR THE  
 REST OF LIFE.  
 NOBODY WILL CARE ANYMORE...ABANDONED BY FAMILY: NEVER TO  
 EXPECT, ABANDONED BY MYSELF