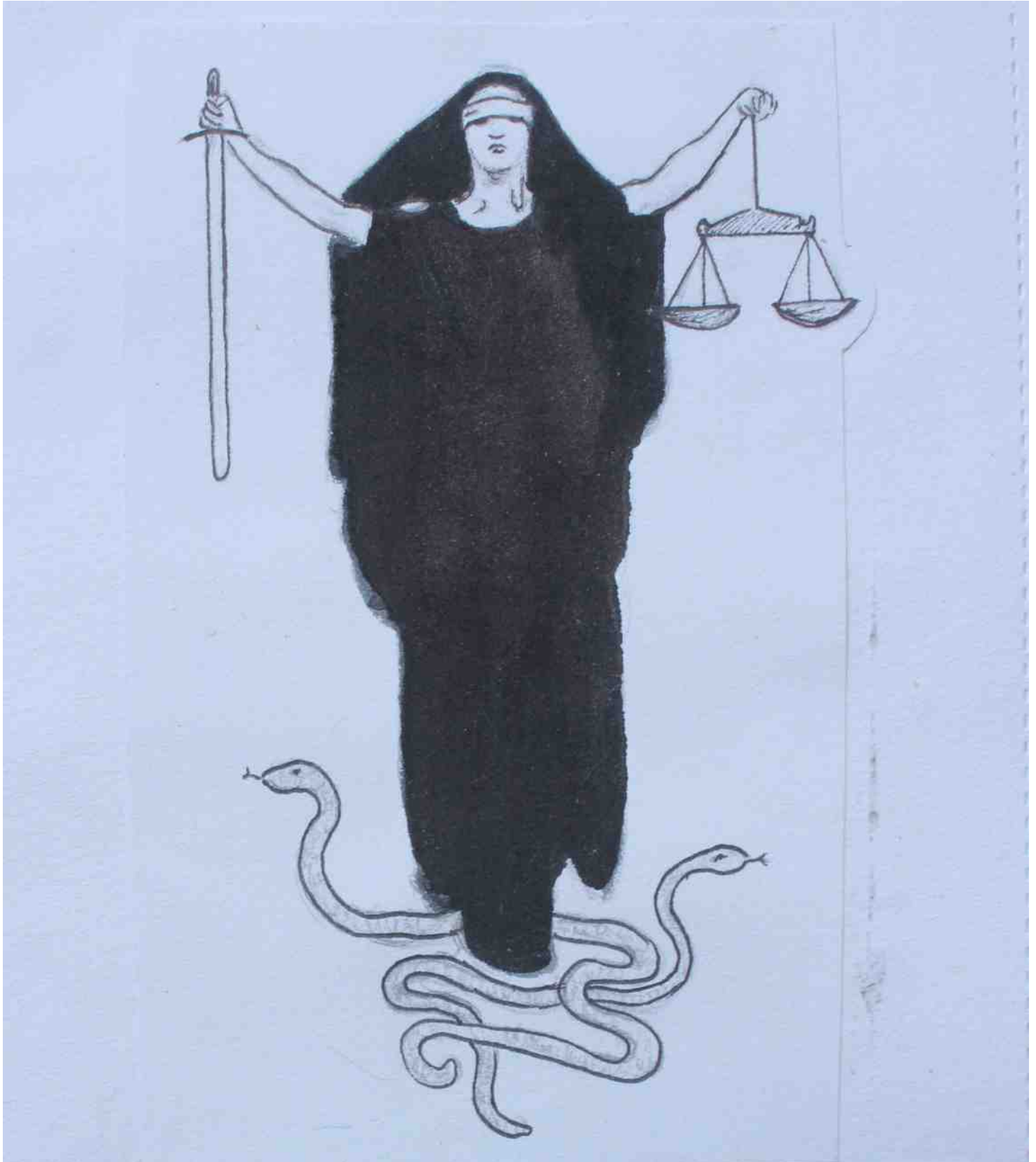


nights  
of the  
living  
#2



## Nights of the living#2

in-tro vert

i don't intend to write much more words. Basically i intended to write one zine. It happened to be published in four parts since there is a thing called maximum sizes when one 's uploading stuff..

I splitted it up in two and two again. So basically now it consists of four parts. Just because otherwise sizes are not the easiest. Not for loading, neither for folding. And if there is a thing that is nice with zines: they're both loadable and foldable ;).

It's also about finding one's own voice and learning to speak up. Whether that is better in a written form or in an oral way, i leave that to every-one's personal taste. But there is some-thing profoundly inspirational and emancipatory about learning to speak. And i don't mean the formal language or small talk all day. I mean finding one's own voice, when one is in sync with one's body and mind. And it just flows. You can experience this sometimes with a concert. Beautifully depicted in the graphic novel about Emma Goldmans' life when she stopped doing what was expected from her (by her, until then, mentor), and started to speak spontaneously...

It started with an older man asking her when he would be able take some time off, to be able to have a strawl. She was speaking on the topic of the 8-hours working day. She dropped her preparation and started to speak as a 'whole' person. I think that is what we should aim for, it's when you get the shivers when you hear a song because it is so touching. It's what makes some songs anthems for some movements, gives some orators an entrancing power. 'Mississippi Goddam' flowed out of Nina Simone in a sudden when she was shocked by a horrendous terrorist attack by white supremacists. It became an anthem of the civil rights' movement. Still as actual as ever.

It's what these notes are aiming to be: an exercise in wholesomeness. Simply trials to become more 'whole'. Because we need to heal ourselves if we want to change the world. Healing the world is at the same time healing ourselves. And creative responses are fundamental to dealing with trauma. That can also be about how our world is functioning, how we are treated as objects, relating to each other through material objects, and objects (material, lifeless matter, f.e.: money) having social relationships. We are still living in capital and to change it radically it might be of help to understand it properly, since that means also understanding ourselves.

Because: yes, i care.

Europe is lost. We have a world to win.  
We are not afraid of ruins.

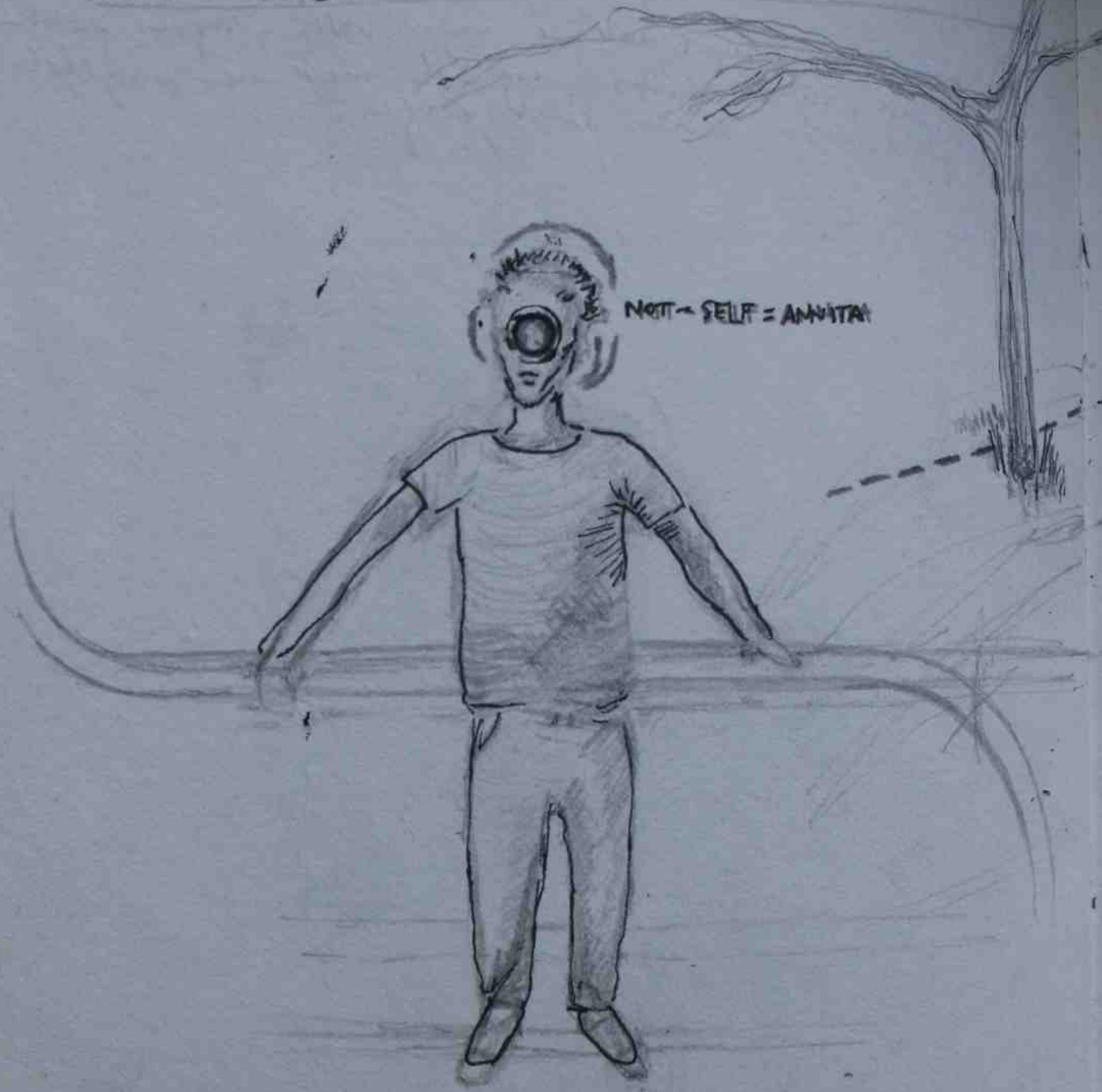
1.







VAN DE ENE PSYCHIATRIE NAAR DE ANDERE. NIEMAND  
HOORT HIER. NIEMAND VERDIENT NOODLOTTEN, IEDEREEN  
TREKT LOTTEN.

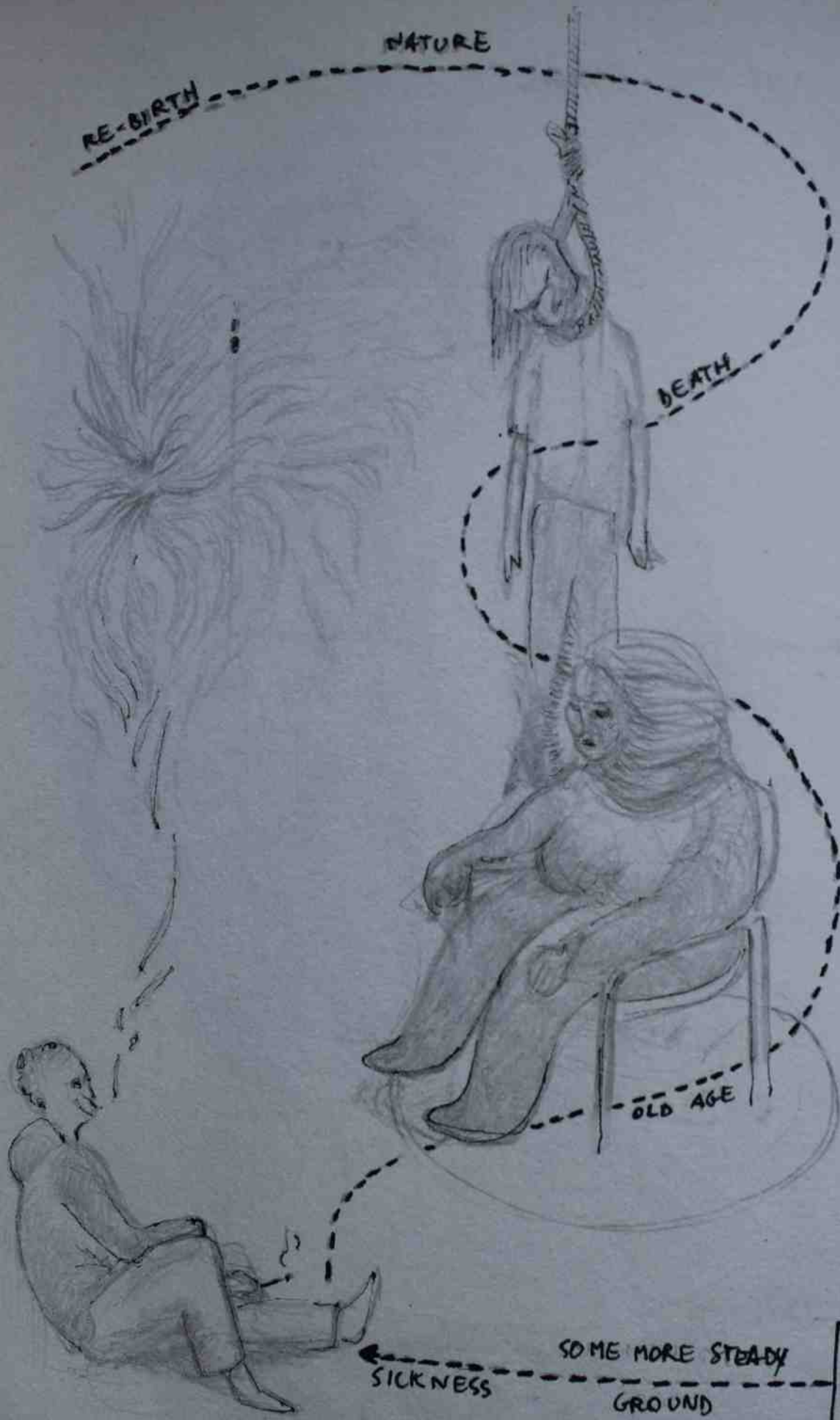


Z'ON d'ER  
ZIO r'p'ien  
Z'e l'ia'io'ro

Geef je het dan met gewoon door?

TAKE DOWN THE STATUES. DECOLONIZE





NATURE

RE-BIRTH

DEATH

OLD AGE

SICKNESS

SOME MORE STEADY

GROUND

A BIG MESS =  
YOUR OWN  
SHADOW  
BUT: LIFE  
GOES ON.



START

- CHOOSE: \*
- \* MEDICAL OR PSYCHO-SOCIAL CONDITION
  - \* RANDOM ABNORMALITY
  - \* PSYCHOSIS
  - \* TOTAL BREAKDOWN
  - \* ...

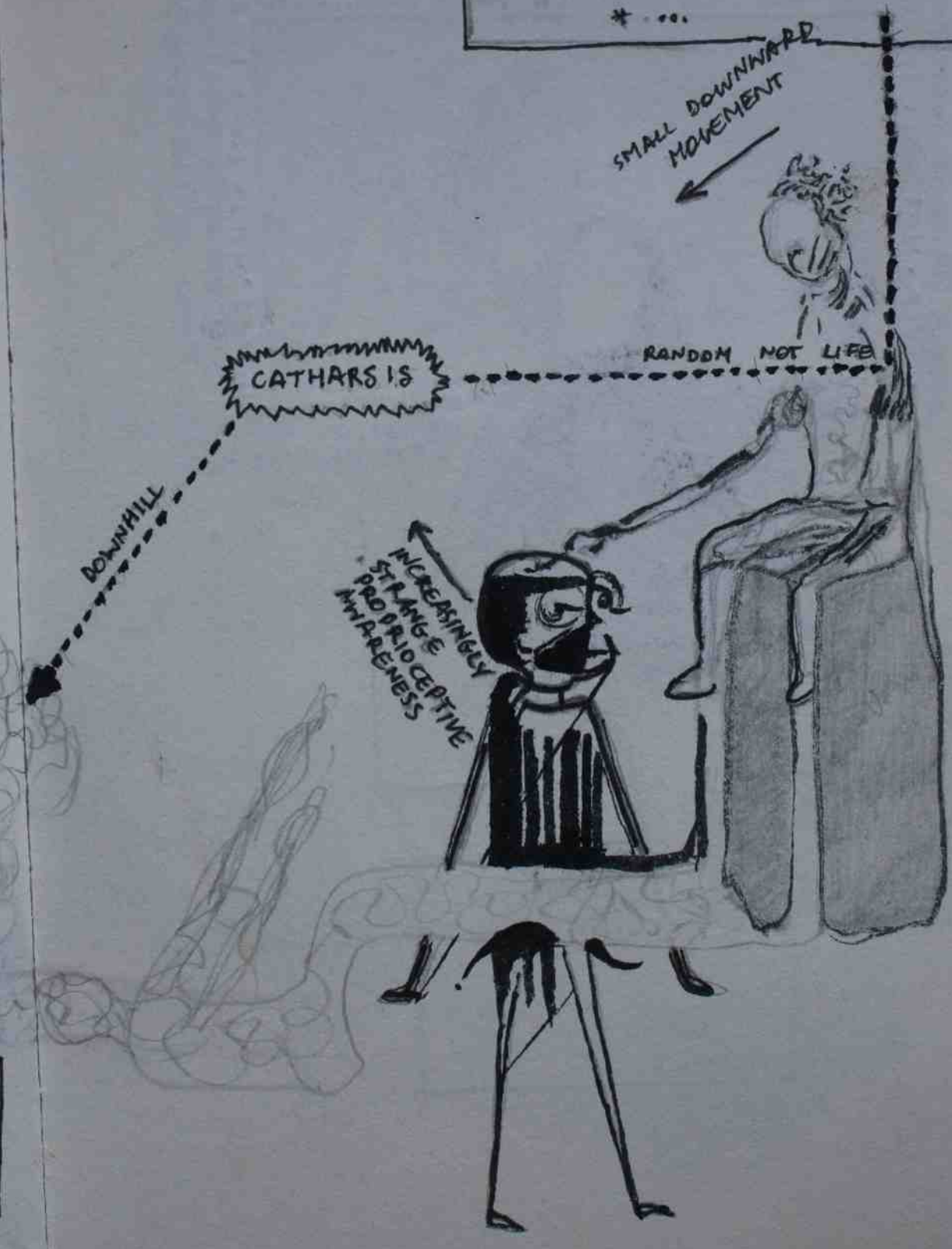
SMALL DOWNWARD MOVEMENT

RANDOM NOT LIFE

CATHARSIS

DOWNHILL

INCREASINGLY STRANGE PROPRIOCEPTIVE AWARENESS



ELSE... JUST KEEP ON WRITING WITHOUT  
 WITH MYSELF WHERE AM I STUCK IN BET-  
 HOW AND WHEN? STUCK IN A BOX... KNOW  
 THE POSSIBILITY OF OTHER DIREC-



MUCH A CIRCLE OR SOMETHING  
 NOT SUCK. NOT ABLE TO GIVE

THE POSSIBILITY OF OTHER DIREC-  
 TIONS? GOING ROUND AND BEING  
 STUCK IN SQUARES. PSYCHI-  
 ATRY I AM STUCK. PSYCHI-

NOT SO  
 MAKES ME

TIONS TO TAKE  
 STUCK IN SQUARES  
 TRY WHICH







MADHOUSE INC.

- GROUND RULES:
- I MEDITATION PRACTICE (2H.)
  - II SPORT DAILY (HOMETRAINER)
  - III ACTIVITIES
  - IV STUDY
  - V KEEPING TRACK



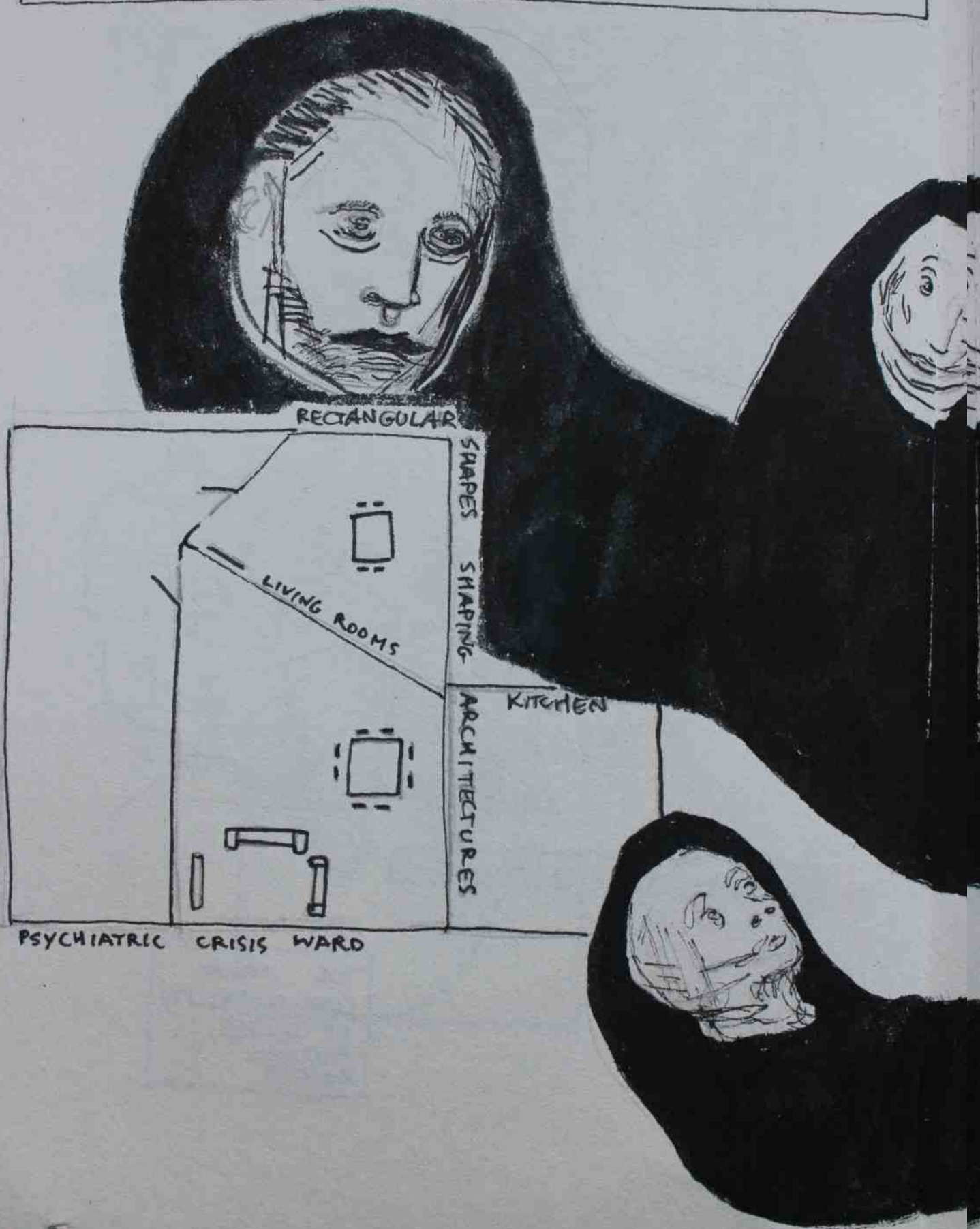
COERCION THROUGH SUBMISSION

THE INTER-  
CHANGEABILITY  
OF PEOPLE,  
ACTIONS,  
ACTING

HOW TO TALK ABOUT PARANOIA? HALLUCINATIONS? SOCIAL ANXIETY? PTSD? CHRONIC MENTAL ILLNESS CAN EAT AWAY THE BRAIN OF THE SOUL. A RECOVERY PROCESS INVOLVES THREE DISTINCT PHASES:

1. (RE) ESTABLISHING SAFETY
2. WORKING THROUGH MEMORIES AND TRANSFORMING IT INTO A NARRATIVE
3. CONSTRUCTING/INTEGRATING A NEW SENSE OF SELF

J. VERMAN. TRAUMA AND RECOVERY







SINCE A COUPLE OF YEARS  
I'VE BEEN DREAMING OF  
A TATTOO DEPICTING A FIST  
AND A HAND WITH A  
MUDRA. UNDERNEATH THE  
FIRST TRIAL OF THE DRAW-  
ING. MAYBE I CAN ASK  
ZINA IF SHE IS WILLING  
TO DRAW THE TEMPLATE  
FOR THE TATTOO. WOULD BE  
AWESOME!



CHAOS - INDUCED ORDER. WANTING  
EVERY SECOND TO BE FILLED WITH MEAN-  
ING BUT FINDING MYSELF SLEEPING  
THROUGH DAYS FULL OF MEANING-  
LESSNESS. WHAT A MESS... SHIFTING  
FROM HAPPY - EUPHORIA - STATES -  
MY - LIFE - CAN - BEGIN TO DEPRESSED  
SWING MOODS... WHEN I SEE LISE I  
WILL ASK HER TO DRAW A TATTOO IN  
MY NECK. WON'T SEE IT ANYWAY...  
WANT TO DEVOTE MY LIFE MORE  
TO MEDITATION AND WHAT ELSE...  
OR RATHER: WHAT'S NEW?



DAY-OPENING. TODAY I EVENTUALLY WENT SPORTING AND DID GO FOR A WALK, INSTEAD OF LAZY TENDENCIES. REMINDS ME OF MEDITATION AND THE WORLDLY WINDS (5) IN BUDDHISM. LETTING YOURSELF BE IN THIS, WHILST PERSEVERING... AMSTERDAM KLEZMER BAND. BIG PARTY MUSIC! FINDING BACK ENERGY THROUGH MUSIC. THE PERSON I'D WANT TO BECOME. MUSICIAN, GARDENER, INDEPENDENT, OFF-GRID WANDERER, SETTLER?,...



ON WEDNESDAY I HAD A NICE WALK WITH N., WHO  
HAD BEEN STRUGGLING WITH HER MENTAL HEALTH  
AND WHO IS IN THE SAME PSYCHIATRIC DEPARTMENT  
AS ME. I WON'T RECAPITULATE EVERYTHING WE SHARED,  
THAT'S BETWEEN US! BUT JUST THIS: PRESENCE &  
LISTENING CAN GET YOU FAR... AUTHENTICITY &  
SPEAKING FROM YOUR HEART. AND TO N: WHAT A STRONG  
WOMAN YOU ARE!





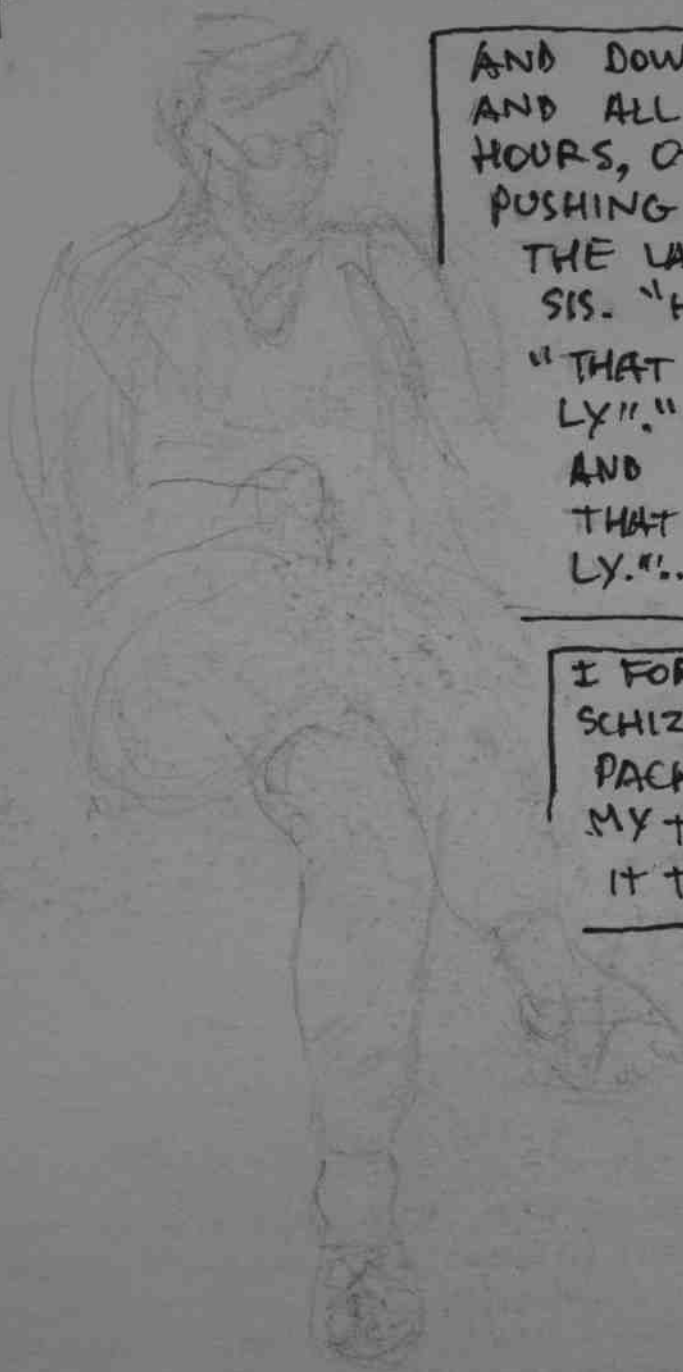


TREES. ALWAYS FOND OF LIFE. ME ALWAYS FOND OF TREES. THEY HAVE  
GOT WHAT I HAVE NOT. WITHOUT WE WOULDN'T BREATHE. THEY  
BALANCE US OUT REGARDLESS OF WHAT WE THINK OF THEM.  
THEIR GIVING COMES CLOSE TO WHAT I REGARD AS  
UNCONDITIONAL LOVE

**JUNE 5**

TOMORROW A NEW DAY. I'D LIKE TO SHARE THIS QUOTE BY SOMEONE LABELLED A PARANOID SCHIZOPHRENIC:

THE WORD "PARANOID SCHIZOPHRENIC" STARTED TO FALL INTO PLACE, LETTER BY LETTER, BUT IT LOOKED LIKE FEELINGS AND THOUGHTS AND ACTIONS THAT HURT CHILDREN, AND LIED, AND COVERED DISGRACE, AND MUCH TERROR ...



AND DOWN ALL THE DAYS AND ALL THE EMBROIDERED HOURS, OTHER WORDS KEPT PUSHING ASIDE THE BADGE, THE LABEL, THE DIAGNOSIS. "HURTING CHILDREN" "THAT WHICH IS UNSEEMLY". "WOMEN WITH WOMEN AND MEN WITH, DOING THAT WHICH IS UNSEEMLY."...

I FORSOOK MY PARANOIA SCHIZOPHRENIA, AND PACKED IT UP WITH MY TROUBLES, AND SENT IT TO PHILADELPHIA

6 JUNE


DREAMS ABOUT A SUBMARINE, DIFFERENT RELATIONS OF  
THE LAST COUPLE OF MONTHS. AT THE MOMENT I  
PREFER MY SLEEPY LIFE, WHERE MY SUBCONSCIOUS  
CAN ROAM FREELY, INSTEAD OF BEING CAPTURED  
IN MY HEAD







SOME DAYS I FEEL LIKE  
 ROLLERCOASTERS OR  
 STATISTICS WITH A LARGE  
 OR BIG SLUMP...



OR MOUNTAINS



MEDITATION. DRAWING.  
 RUNNING. CIGARETTES.

+ LOST EMAIL - ADDRESS

RECOMMEND TUTA NOTA

FUCK GAFAM #

# GOOGLE, AMAZON, FACEBOOK, APPLE, MICROSOFT

Handwritten notes in a list format, partially obscured by the drawing. The text is mostly illegible but appears to be a series of numbered or bulleted items.



PSYCHO - DIARIES

FALLEN LEAF



HAVE I SAID I SMOKE A LOT?  
APPARENTLY IT MIGHT OFFER  
SOME PROTECTION TO COVID19..



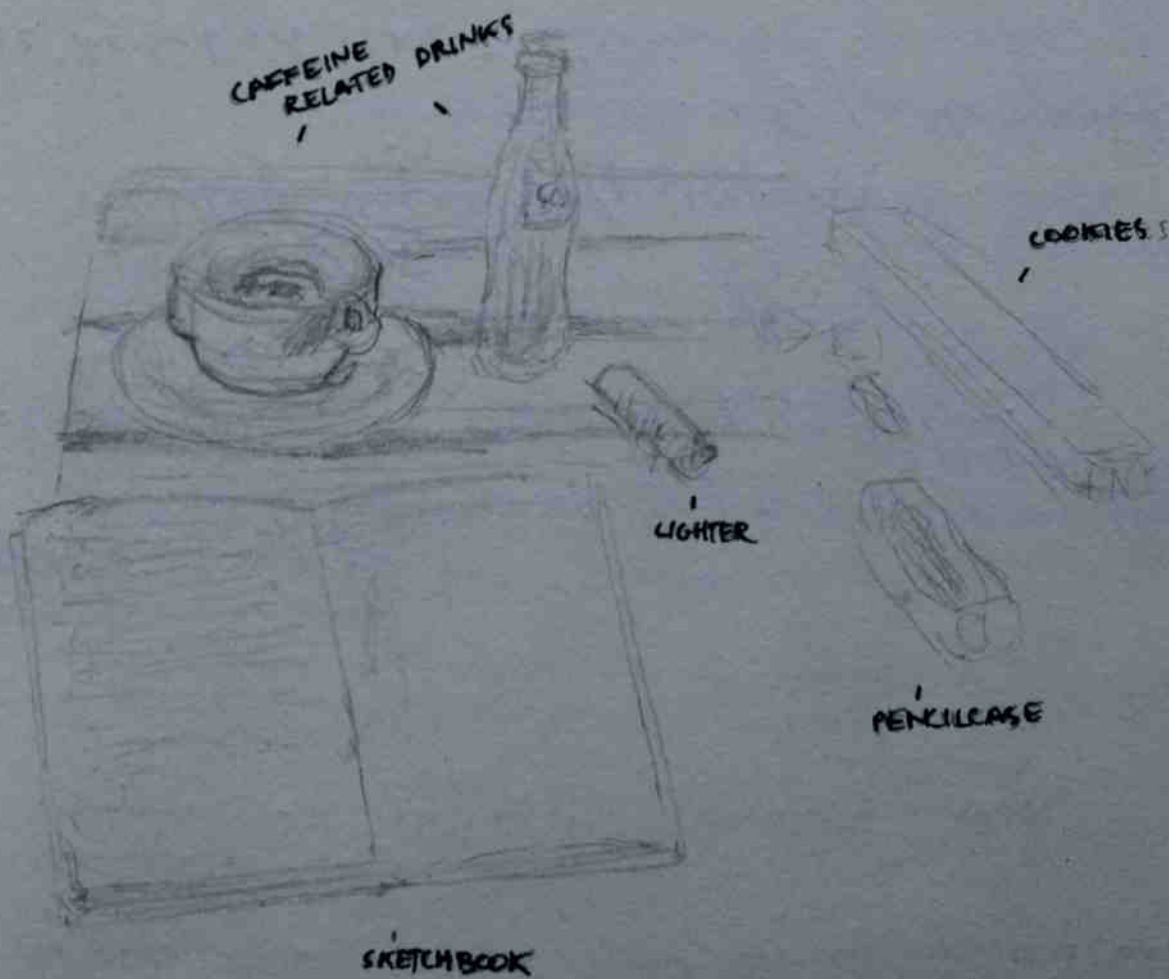
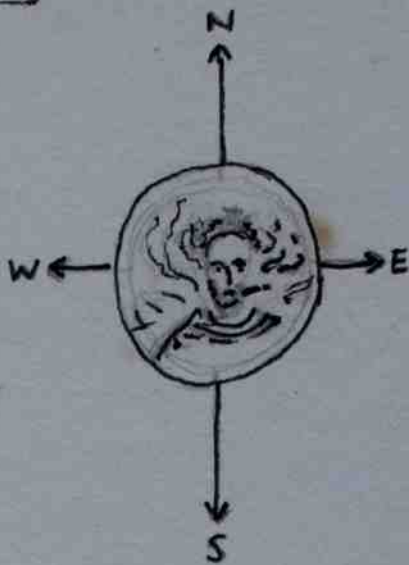
A BAR AT KARUS

HAVE SO MUCH PROPERTY, COMING OUT OF THE CHRISTIAN TRADITION. ZINA FUNCTIONS A BIT AS A KICKSTARTER OR A START ENGINE FOR ME ... EVERY TIME WE MEET I DRAW OR IT GIVES IMPETUS TO GET ALONG. DRAWING OR I FIND SOLACE AND ENTHUSIASM. DREAMING ABOUT NEW PROJECTS. WRITING FINDS MEANING. ACTIONS FIND SENSE THROUGH LIVING. POETRY INDUCED LIFE. OR BETTER: LIFE INDUCED WITH POETIC MEANING TO IT. WHERE HAVE ALL THE FLOWERS GONE? WHERE HAVE ALL THE LEAVES FALLEN? THE WIND BLOWS THROUGH THE TREES, INDISCRIMINATING WHAT-EVER LIFE OR MOVEMENT IT ENCOUNTERS...

THEY SEEM TO



DAILY TREASURE-HUNT IN SEARCH OF MEANING



THE LIVES OF THINGS



THINKING ABOUT THE  
HAITIAN REVOLUTION  
AND ITS RADICALIZATION  
OF EGALITARIAN IDEALS

I STARTED HAVING BOUTS OF PSYCHOSIS ABOUT A HALF YEAR AGO. IT STARTED OFF WITH SOME PANIC ATTACKS. I DON'T WANT TO WRITE ABOUT THE CONTENT OF MY HALLUCINATIONS BUT I DO WANT TO WRITE AND SHARE SOME STUFF ON (ILL) MENTAL HEALTH. AS LONG AS I'VE GROWN FROM ADOLESCENCE INTO ADULTHOOD I'VE STRUGGLED WITH PERIODS OF MENTAL HEALTH ISSUES...



MENTAL HEALTH IS NOT SOLELY AN INDIVIDUAL ISSUE, INSTEAD IT IS OFTEN ROOTED IN SOCIAL PROBLEMS. IT IS HUGELY PROBLEMATIC THAT THE SOCIAL CAUSES OR FACTORS ARE MOSTLY OVERLOOKED IN WESTERN THERAPEUTIC SETTINGS. THE PROBLEMITIZATION OF PSYCHOLOGICAL PROBLEMS IS INDIVIDUALIZED AS WELL AS THE THERAPEUTIC INTERVENTIONS TEND TO FOCUS ON INDIVIDUAL PROBLEM-SOLVING...

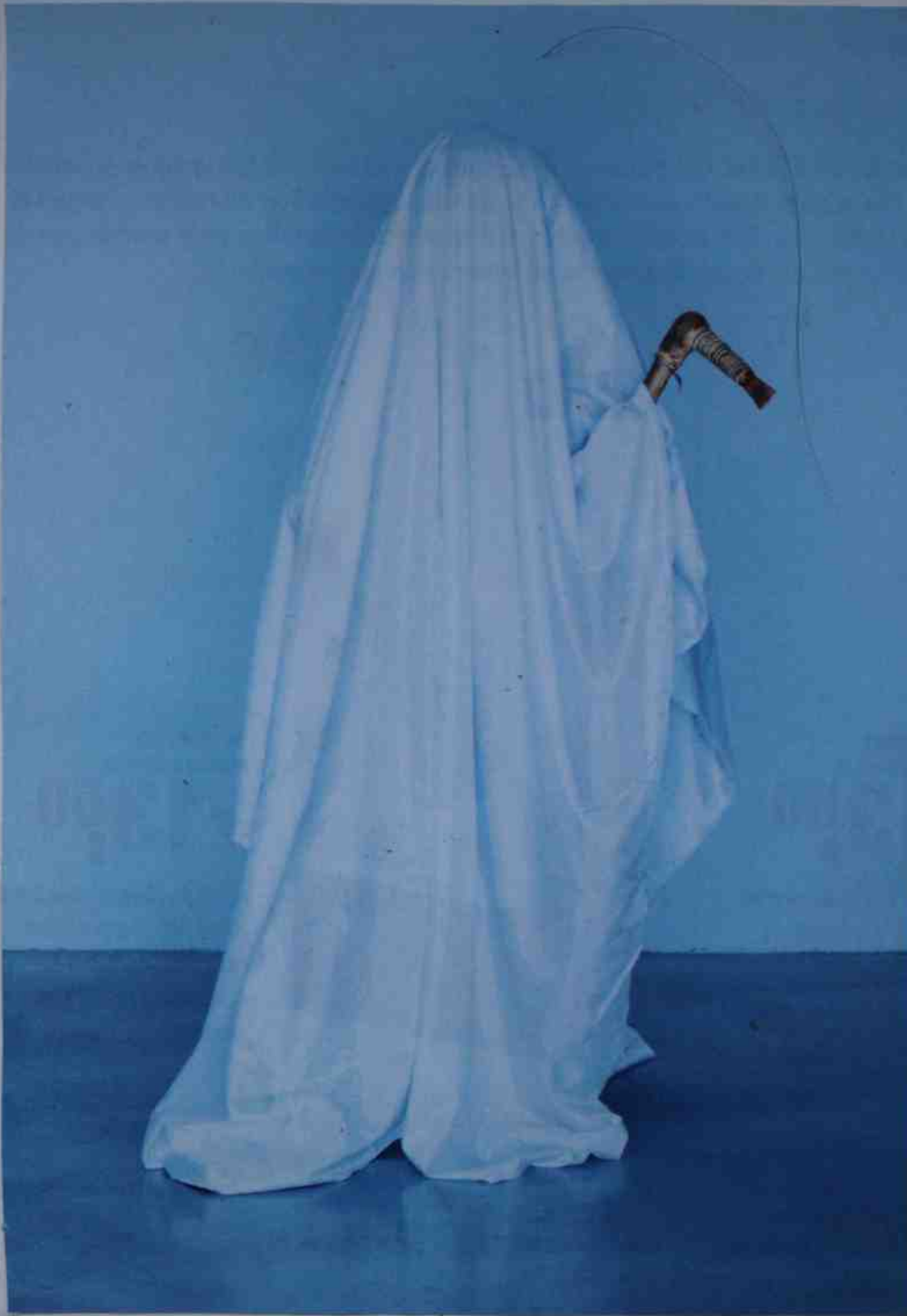


AT THE MOMENT I AM TREATED MYSELF IN A SIX WEEK PROGRAM IN A PSYCHIATRIC HOSPITAL, WHERE THEY BASE THEMSELVES ON ACCEPTANCE AND COMMITMENT THERAPY (ACT), WHICH COMES FROM COGNITIVE BEHAVIORAL THERAPY. MOSTLY I AM CHOOSING SPORTS AND ALL KINDS OF CREATIVE STUFF SINCE GROUP THERAPIES WOULD PROBABLY GET ME INTO POLITICAL DISCUSSIONS OR QUITE FRUSTRATED A MOOD



DE ZESDE MASSA-EXTINCTIE

De bedreigde baardsteur komt in het gevolg van de katoenteelt sloeg de v na grootste meer ter wereld was. De zich door inslagen van planetoiden e massa-extincties voorgedaan. | De me

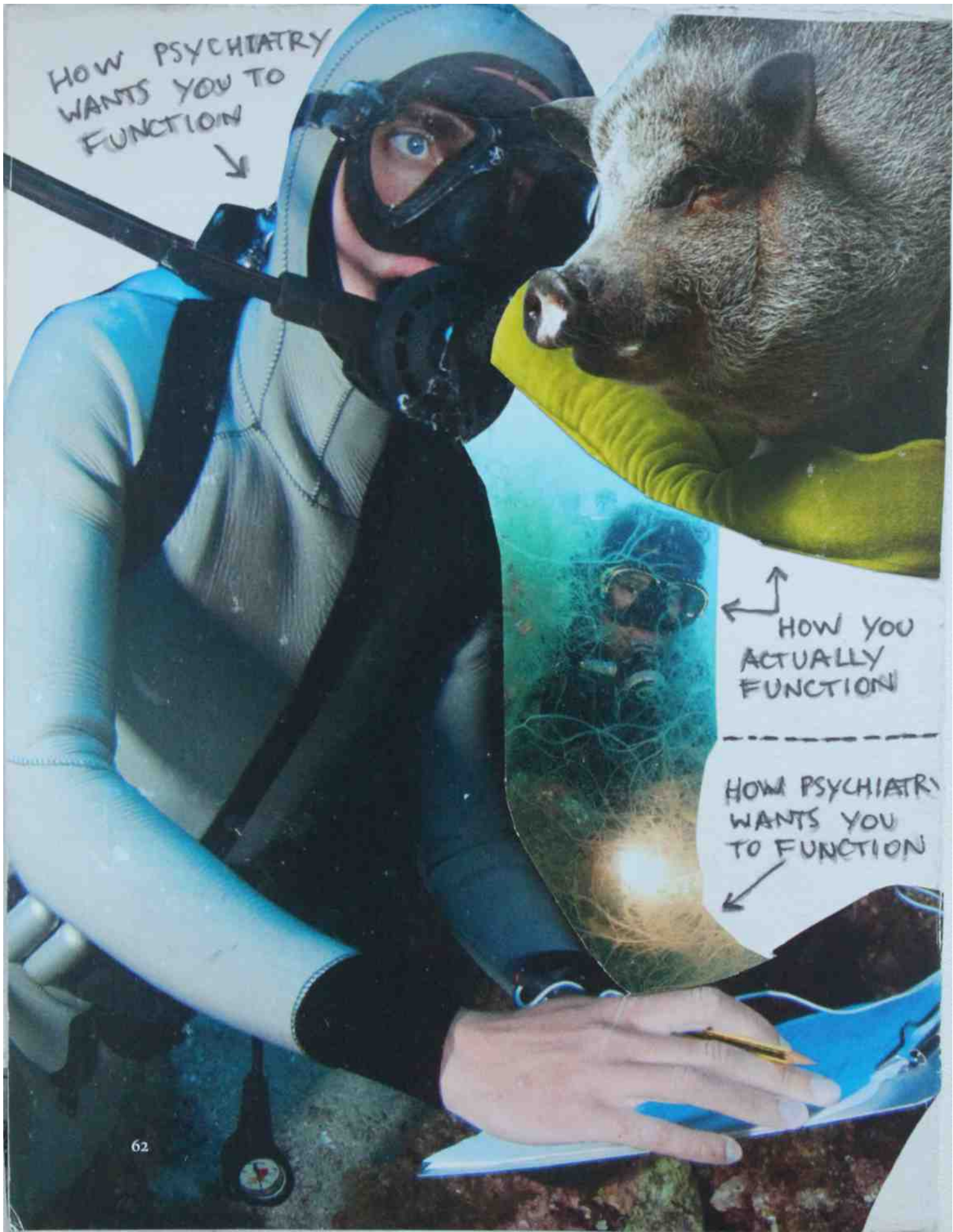


FEELING LIKE A FISH UNDER A BLANKET

t Aralmeer al niet meer voor. Als  
erdroging toe in wat ooit het op drie  
afgelopen half miljard jaar hebben  
n andere natuurlijke oorzaken vijf  
ens veroorzaakt [redacted] een zesde.

JUNE 7th

DE MOGELIJKHEID WORDT VERVANGEN DOOR  
ZEKERHEID...



HOW PSYCHIATRY  
WANTS YOU TO  
FUNCTION  
↓

↕  
← HOW YOU  
ACTUALLY  
FUNCTION!


HOW PSYCHIATRY  
WANTS YOU  
TO FUNCTION  
↓



NET EEN GESPREK GEHAD MET PATRICIA, VERHAAL OVER LEVEN  
ZWEMMEN. MIJN KOP BLIJFT BOVEN WATER MAAR MIJN ZWEMSTIJL  
TREKT OP NIETS. HEEL VEEL ENERGIE AAN VERSPIJD, VOLGENS  
HOOFDSTUK IN MIJN LEVEN MOET NOMEN: THUISKOMEN BIJ  
BENDIT. BESLISSINGEN MAKEN VOOR MEZELF. ELKE DAG DE  
VRAAG STELLEN: WAT DOE IK? HOE? WAAROM... LIJSTJE MAKEN  
EN ELKE KEER MEZELF DUIDELIJK DIE VRAAG STELLEN. WAT  
ZIT ER ACHTER MIJN KEUZES... DIT WEEKEND NIET NAAR ZEE  
GAAN. PATRICIA PRATTE OOK OVER NIET NAAR FEESTJES  
WILLEN GAAN, EN DAT ZE NIET SOCIAAL IS, WEL SOCIAAL  
BETROKKEN. VERDER RAADDE ZE ME NARELLUS AND GOLD.  
MUND AAN.



ALIVE, BUT NO SWIMMING STYLE



BUDDHIST DRESS-UP DEMON  
JUST HAD A WORD WITH MY  
MOM. DIFFICULT VOICES  
OUT OF MY MOUTH. BOXED  
UP STUFF IN MY MIND, NOT  
WANTING TO EXPRESS ALL  
THESE THINGS. MESSED UP  
WITH EVERYTHING...  
FEEL EMPTY, NOT SPORTING  
TOO MUCH, LOSING MYSELF.  
LOSING MYSELF IN A GROUP.  
NOT COUNTING MY FINGERS.  
ACTING WITHOUT KNOWING...  
FEELING...

ACTING...

KNOWING NOT..

THINGS I KNOW:

- \* LIVING OUTSIDE
- \* CATCHING UP WITH  
LIFE
- \* LAUGHTER
- \* LETTING GO OF  
THE SELF
- \* MEDITATION



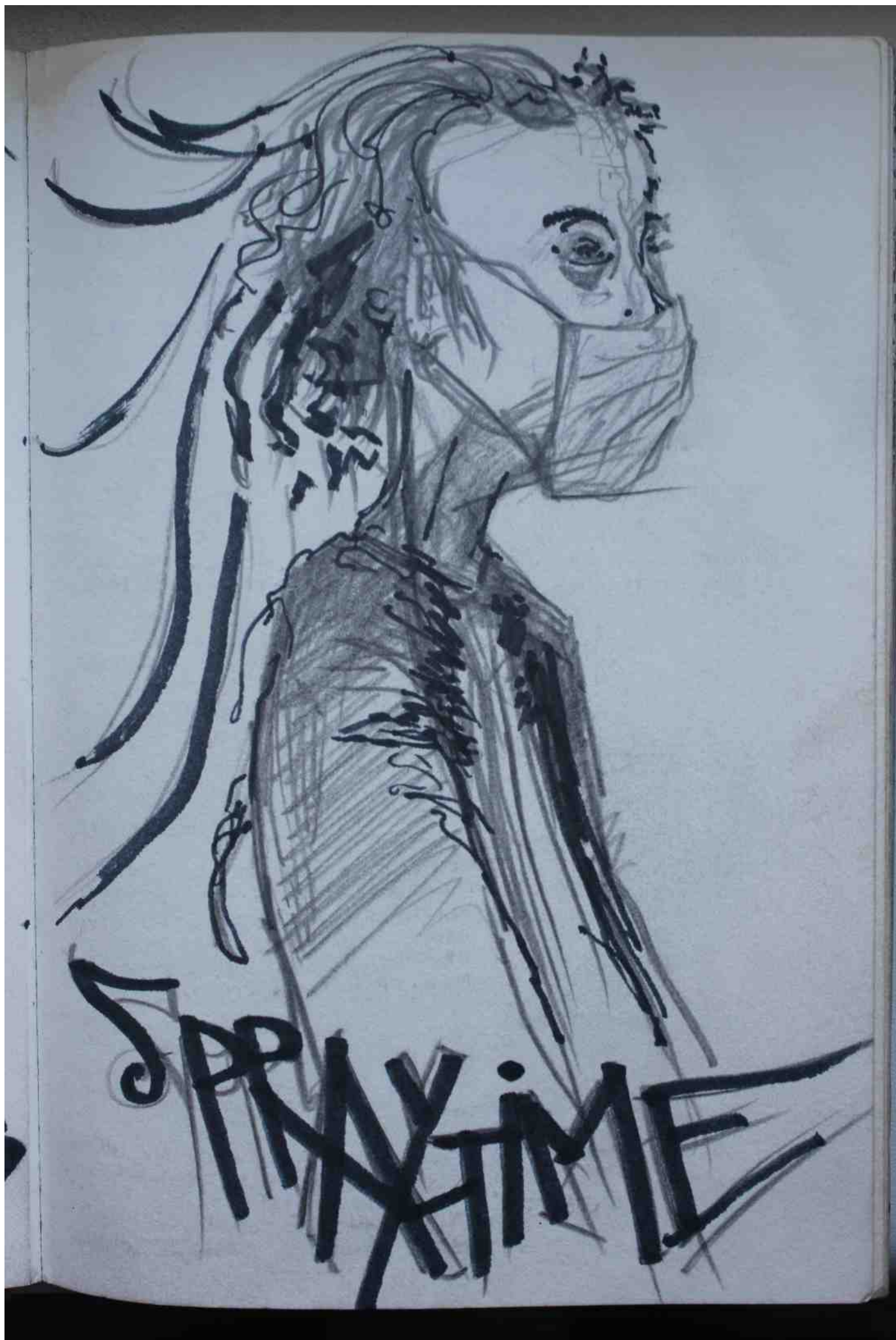
9 JUNE





ENDLESS  
TIREDNESS  
RUINING MY  
LIFE... DO I NEED  
PSYCHOTHERAPY OR  
DO I NEED TO BE MORE  
AWAKE? AM I MENTALLY  
OR PHYSICALLY ILL? EATING  
LESS SUGAR AND BREAD  
MIGHT HELP... PSYCHO-DIARIES ALSO  
IT REMINDS ME OF THE  
QUESTION IF I AM PHYSICAL-  
LY TOO MUCH A WRECK,  
OR NOT? FOR IT TO BE NORMAL...  
INGE IS BACK FROM HER TRAVEL  
ABROAD, AND I SEEM TO HAVE STOOD  
STILL FOR THE LAST 2 YEARS...  
THIS DRAWING ASKED FOR SIL-  
ENCE BUT I WROTE ANYWAY.





SARAXIME

~~ACT~~

- CAPITAL

CRISIS

- MOUTH MASKS

INCOGNITION

POTENTIAL FOR  
SUBVERSIVE ACTS

## CALL WITH\_DRAWN: SHARE LIFE THROUGH STORIES, IMAGES, . . .

In these times, knowing you' re not the only one struggling with confinement and its consequences can help for your mental wellbeing, to build community support. It can help us also to re-claim our herstories to create the different world we so desperately need. Zines are part of a small self-organised way of communicating and claiming back herstory.

With a small collective (with\_drawn) we are open to receive testimonies to create a new zines.

Share your stories: the structural racism of borders and the carceral system, police brutality/abuse of power, overworked and underpaid care workers because of austerity measures, the impact of the situation on people struggling with f. e. OCD/anxiety/eating disorders/ etc, domestic violence while in quarantine, being fired or evicted, having no access to healthcare, the lack of protection for ' essential' employees forced to go to work, domestic work being pushed once again on the shoulders of women, the pressure of productivity, . . . Your stories make it clear that the economy matters more than our lives and that patriarchy is still very much alive.

Sharing our stories is a way of dealing with the situations, acknowledging we live despite capitalism and we need something else, something better, some-thing with a heart. Your life matters. Let' s share resistance. Because the revolution will not be televised.

Testimonies in any way (writing, drawings, poems, audio, . . . ) , can be shared to [with\\_drawn@riseup.net](mailto:with_drawn@riseup.net).

Because our lifes are more worth to be told than their profits are allowed to silence us.