

### **Ante-Care:**

- 1. Before you begin:** Make sure you have people you can talk to after if you need it like Friends, family, a therapist. Sometimes our responses or reactions aren't immediate. Topics like discrimination and abuse of power and sexual harassment can impact us in ways that aren't noticeable in the moment.
- 2. Check in with yourself:** How do you feel in your body, mind, experience? What can vulnerability offer and what can it cause in our selves? Remember that everything you say is valid - it is your experience, your thoughts, and your feelings. Our thoughts and feelings are allowed to take up space, evolve, and exist. You are allowed to exist, evolve and take up space.
- 3. Recognize that one conversation is one conversation:** Perfectionism of "saying the right thing" or being "perfectly" inclusive/correct/eloquent distracts from meaningful dialogue - show up and present your experience and your thoughts as best as you can in the moment (consider your life!) and remember that more conversations will be needed. This conversation isn't the only one about this, allow yourself to just do what you can.

### **Aftercare:**

- 4. Potentially contact a friend or therapist to unpack thoughts or trauma brought up in Talk.** Sometimes our responses or reactions aren't immediate. Topics like discrimination and abuse of power and sexual harassment can impact us in ways that aren't noticeable in the moment.
- 5. Check in with yourself:** How do you feel in your body, mind, experience? What can vulnerability offer and what can it cause in our selves? Remember that everything you say is valid - it is your experience, your thoughts, and your feelings. Our thoughts and feelings are allowed to take up space, evolve, and exist. You are allowed to exist, evolve and take up space.
- 6. How to nurse a vulnerability hangover:** For us, consent is crucial. You are able, after the recording, to give feedback about what you wish to be omitted. The point of a 'messy talk' is to create a sense of community experience amongst strangers/groups, not to exploit dancers' emotions or experiences.
- 7. Follow up with each other:** Sometimes we meet someone new and want to continue conversations, do it! Isolation is real, especially now, just reach out if you want to connect further.
- 8. Recognize that one conversation is one conversation:** Perfectionism of "saying the right thing" or being "perfectly" inclusive/correct/eloquent distracts from meaningful dialogue - show up and present your experience and your thoughts as best as you can in the moment (consider your life!) and remember that more conversations will be needed. This conversation isn't the only one about this, allow yourself to just do what you can.