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Scream as hard as you can for as long as you need. Scream it all out – all the pain, all the sorrow, all the fury.

1. After a while the scream will morph either into a cry or into a song. Which one do you prefer?

2. Can you retrace the steps? Can you do the whole performance in retrograde?

3. Can you remember the exact moment when it stopped being about the pain and started to be about the scream?