

scream it away

for 1 - ∞ performers

conditions:

a moment of injustice or violence must be witnessed by the performer. Can be performed in public or in private. If the condition is given, perform as directly as possible.

preface on number of performers:

If you want to perform with other people, call out the moment of injustice, share with them the following steps. The more performers partake, the stronger the effect might be. The less performers are present, the more guts they will need (see graph at the end of the document). Take care of yourselves.

step zero

Make sure to be more or less safe for a moment. Take a step back. Breathe out. Close your eyes. Feel. Pay attention to your core.

step one

Take a step forward, facing the instance responsible for the injustice. Breathe in. Start screaming with the intention to be loud. Let it come from your guts, let it be driven by your core muscles. Any scream is fine: raspy, clear, high or low pitched. Only necessity is for it to be loud.

step two

once your first scream is out, take as many breaths and screams as you need. Repeat until something changes or until your voice stops working.

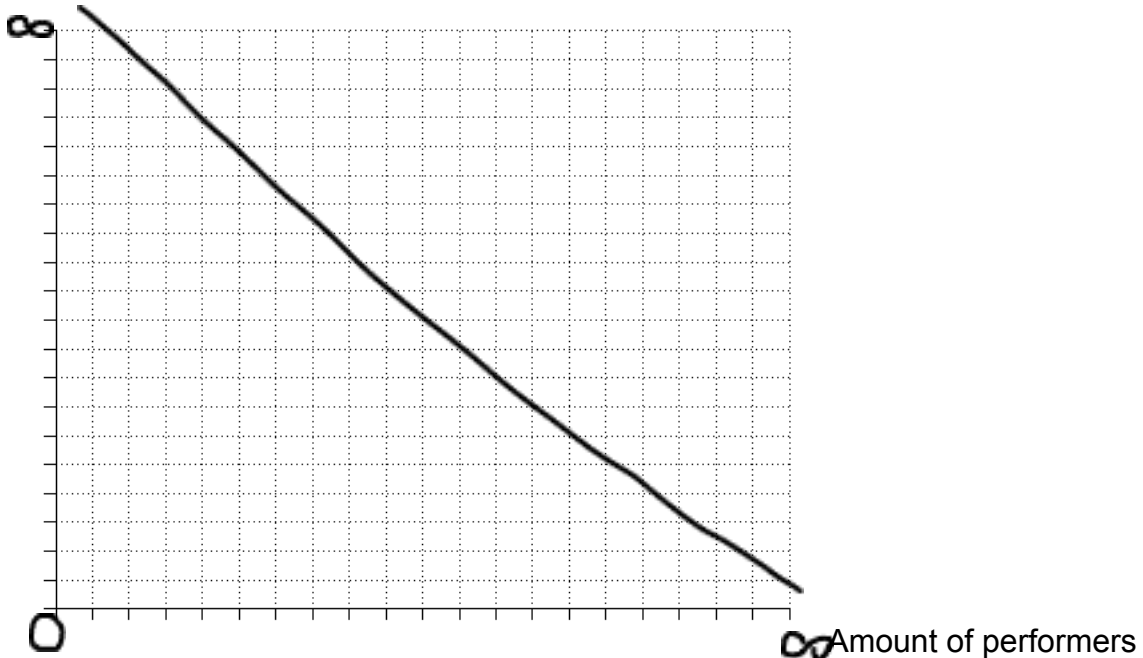
step three (aftercare)

this step can be taken at any point after the performance to regain power and a healthy voice: Listen carefully to your body and its needs. Release sighs, hums, any type of vocal stimulation that comes to your mind. Caress your throat. Move. Hydrate. If necessary, be silent for a limited amount of time. Check in on the other performers, hold each other.

Repeat this whenever necessary.

graph at the end of the doc

guts required



References:

- a bunch of kids at the bus stop on May 31st, 2025, listening to loud Rechtsrock, performing boxes and kicks and being aggressive towards their surroundings. A group of other kids were close, listening to Albanian music, dancing.
- 6th of June 2021, 5 in the morning, a young man followed me from the train station into the house. I was drunk. Inside the stairway, he started to touch me and unzip his pants. I remember saying: If you don't stop right now, I will start screaming.
- Bint Mbareh

Additional Notes:

- do practical research on which attitude and intention is more efficient for: aggression towards the subject of the act of injustice or the intention to confuse it
- this performance might be easier to be enacted for people who fear (or feel) no shame or who feel no fear at all. It is, however, intended to provoke, enhance, enrich or develop a sense fearlessness or shamelessness

- let go of your ego
- the subject of the act of injustice, or the source of violence, might redirect its violence towards you. Be aware of this
- using our power: white women's tears, to draw attention to injustice and violence against the oppressed, all while critiquing the fact that white women's tears are a source of power in the first place
- Best performed when seeing: police violence, casual street violence against oppressed people