

Integrated Media/Project Scream/Integrated Scream

I control my scream. It is a choice—a performed catharsis. I am a politician of noise.

Instructions:

*Scream quietly*

*Scream loudly*

*Scream until you're singing*

*Sing until you're screaming*

*Scream in a deep place*

*Scream in a high place*

*Scream in a middle place*

*Scream on the edges of sound*

*Scream backwards*

*Scream forwards*

*Scream for a long time*

*Scream for a short time*

*Repeat for as long as it feels good. If it starts to hurt, stop.*

-Micaela Tobin, December 2018