

STRESS TEST

performance score by
Lorraine O'Grady
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stress test

- 1) Think of a specific or general obstacle, physical or other, which you would find most unsettling or frightening to encounter. Overcome it.
- 2) Think of an individual or type of person you would be least likely or find most fearful to engage with. Interact with them.
- 3) Send a detailed written description of these engagements, including preparation for them and a catalogue of thoughts and emotions during and after, to Lorraine O'Grady for her archive.

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