

# My Most Personal Memory

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*Think back to a fond memory, and try to remember how you physicalized yourself. If you can't, no worries: merely imagine how you might physicalize yourself in that context.*

*Once you've figured out what you did, attempt to understand how others might have responded with their bodies at the time. This non-verbal communication likely added meaning to whatever reaction might have been. If you can't fathom how others shared this experience with you, maybe think about being less selfish and more aware of those around you.*

*Record this memory re-remembering process to potentially re-mix later.*