



Refusal the call to order 01: Observing the class

chatter
People sitting , waiting
Arrivals
Counting people
Laughter at one of the tables
Someone is taking notes?
Another arrival waving at each other
Starts speaking to each other

Checking the phone

conversations continue
looking at the door
is all of the people here
yes it is

Conversation snippets:
tracing it
construction
for Monday
you can basically do ...

ill show you how it works
the is a layer here :... showing some graphic design work .. i guess
Its procreate
and its mom?
is this all people??
it doesn't feel like a big screen you know

... i love it so much
it does feel like ... in that movie

laughter in the back
some people sitting quietly on the side

but its also nice
hahha

so basically this layer is that layer
and basically here

hi

I'm sorry
(late arrival)

hi
sits down and starts a conversation

people drawing

conversations happening in the back
another conversation starts at the window
Speaking gets louder as more people having a conversation
It is hard to follow the different conversations happening parallel
Pen is tapping the table

checking the time
laughter
chatter on...

good morning
sorry for the delay
good morning

people start paying attention
ohh true
setting up the classroom
People sitting in c circle
people moving their chairs someone closes the door
a little nervous
screen went of for a second

*1st exercise quick pulse circle sharing (random) thoughts

pumpkin
tiramisu
chocolate
cake
throat
sick

just say whats on your mind

cereal

food

stop

nails

nail polish

comfy

tea

snack

salty

silence

chicken

excursion

morning

danger

traffic

death

cardboard

peanut haha

spaghetti

tomato sauce

fries

sparkling water

Reflecting together on the pulse circle:

Kind of mapping what coming towards you
 Different kind of farm animals associating the meat
 I tried to do that but when my turn. I just blink
 When people started saying random words
 I just thought of whats on my mind
 When a theme starts it stayed for a while

*2nd Exercise Pauline Oliveros:

Class puts the chairs aside we pay attention on the video on the big screen and following the Thai Chi exercises along with Pauline.

Reflecting together on the body exercise:

Pasha:

I feel that your disconnected with your psychically body and it helped to gain that back a bit, and ground myself.

Lea:

I think this exercise is very refreshing , this breathing exercise I really enjoy in an institutional set up like this where we don't really do this...

Tess:

Right after I was a bit tired, but right now is relaxed.

Eva: It is nice to release the shoulders . it nice that it is connected to the lymphatic system , its nice to listen to the grand ma (Pauline), I should stretch more. It just made me more aware how tense I am...

Small break:

Shall we break for a tea?

Prepare for the next exercise

What is the next exercise?

Explaining a little bit about the roles and that it is going to take 3x20 minutes

the class breaks up slowly
 some people are leaving the room
 some people stays inside and serves from the snacks

Preparing for the next exercise
 Setting up the classroom

whoa what the hell?
 and that one we can move here ?
 what are you doing
 I don't know

why are you putting two tables?

I think one is enough of tree people

I don't know I just feel like that this is good like this
 laughter

oh no there is four
if you want ... giving me a printed clock

do we have the four tables ?

grabbing snack

people sitting down , slowly forming groups

setting up and logging in

Refusal the call to order 02 : Put on Music

https://www.youtube.com/watch?v=U__lpPDTUS4
people having conversation

* 3rd Exercise - Going Deeper

Are we starting?
explaining the roles
please chose a role
some deciding on the roles paper scissor rock method

start sharing thoughts

1st round of role play

going around checking in:

group 1: -some questions were weird, feeling that talking about listening is not always there

group 2 : - speaker wasn't sure to go further but she decided to go and answered the questions

group 3 : speaker feels that the second batch of questions are very deep m some-times hard to answer. Also points out that the morning exercise was good to ground and get back to the body

group 4 : speaker feels comfortable to share thoughts about listening

2nd round of role play:

group 1 : speaker feels a little bit uncomfortable about answering the questions, but trusts the group members to share experiences

group 2 : speaker points out that we don't usually think about listening in everyday context , likes to think about. The question : "When do you feel to be listened to ?"

group 3:

group 4: speaker is a bit hesitant they are deep in answering the "ENTERING" ques-tions

3rd round of role play:

group 1: in general everything is fine, the secretary role is interesting in a way the it is helping to listen and pay attention to the conversation, it helps also with visual-izing, but at the same time it is hard to write down everything so there is a kind of editing and selection is happening.



group 2: in general the group is comfortable sharing their thoughts on listening re-minded of a session for deep listening in the past with the whole class where she felt uncomfortable sharing in front of the whole class. Secretary role is helping to really listen to the conversation.

group 3: speaker is comfort-able sharing thoughts with their peers

group 4 : Still in conversation , making up new questions about listening.

Group 01

*Secretary notes 1:

*Secretary: Katya

*Speaker: Pasha

*Interviewer: Lea

APPROACHING QUESTIONS:

* How are you feeling?

i feel alright not tired not super energetic

* How do you feel about the morning walk?

for me like on a cycle, i tool longer, cant say i enjoyed the cycle

* Where were you mentally while walking?

i was mostly in my head and i was trying to listen on what was going around me, painting the picture of the world. My rout is mostly on the train track it was metallic sound with the birds chips

* Where were you physically ?

on my bike but it didn't feel like, i felt my legs, it felt more difficult than usual, my hands were freezing more than usual, i felt out of my physical body

* Describe the path you took?

walking 3 floors down, unlocking my bike, getting onto it and cycling through the road where there is not pedestrian crossing, embarrassing breaking the law, going right, going for 8 km, another cycle across the train bridge, going straight half of bit down the hill so i can keep the hands inside the pocket, locking my bike at the station and checking in my OV

* What are we doing here?

sharing the personal data but trying to listen to each other and sharing the experiences

* How far would you like to go?

am i OK to continue the conversation?

ENTERING QUESTIONS:

* When we think of listening what comes to your mind/body?

i think after today it makes me think how it is more connected, how we can interpret physically, listen with the body not brain and it helps you to listen more because we sometimes hear the words we can comprehend

* Do you have any painful memory about listening?

Its a weird questions. I cant necessary remember right now

* Do we have memories of making mistakes not listening to ourselves or others?

Yeah for sure i think i am very guilty of in the past ignoring my thought and what i want prioritizing other people and it set me back in personal progress but thankfully its very much in the past

* Do you remember situations when you deeply felt to be listened to?

Whenever i have convo with people 1 on 1 its always more meaningful but thats a lot of experiences

* Do you have any experiences of communicating your thoughts/feelings successfully?

yeah sure many

*How did it feel to answer these questions?

Some of them a little bit uncomfortable, also sometimes yapping to other people you a bit self conscious and people don't care about this but we are doing it to exactly work through that

*Secretary notes 2:

*Secretary: Pasha

*Speaker: Lea

*Interviewer: Katya

APPROACHING QUESTIONS:

* How are you feeling?

I'm feeling um quite okay and i guess excited to now having read the questions trying to answer myself

* How do you feel about the morning walk?

I feel like... it was quite.. I biked here as well; i put on music but trying to observe my surroundings and do the exercise as well

* Where were you mentally while walking?

I was thinking very much how you feel certain parts of your body like you r legs and your shoulders at the same time but also sometimes feeling like the wind around you

* Where were you physically ?

On my bike going through Arnhem center

* Describe the path you took?

I went downstairs from my apt getting my bike from basement and then following the route i normally take when i wanna be quick, there was nothing out of the ordinary besides a few trash tracks

* What are we doing here?

I think capturing or getting to a state of mind where we are more self aware of the listening

* How far would you like to go?

I'm okay to go further

ENTERING QUESTIONS:

* When we think of listening what comes to your mind/body?

Writes the word Quade on table; quad - so many inputs not only auditory ones, more about reflecting, be there, physically present, right now we r listening to each other a lot more than if we were talking before per se





*** Do you have any painful memory about listening?**

Yes; for my 1st study in uni I needed to sign up for courses but forgot by 1 day; lead to loosing health insurance, a lot of stress; learned from this experience to always listen and pay attention, but there is still always chance of slipping up again

*** Do we have memories of making mistakes not listening to ourselves or others?**

I get the feeling of knowing what the correct to do thing is, hearing which path is right but its harder to actually act on it, to listen to yourself

*** Do you remember situations when you deeply felt to be listened to?**

When going to the park especially, being with another person, you can talk about things where you don't have to look out for a social situation; you have less limits on what to share; 1 on 1 experiences outside are most memorable

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

When being together with a person in a park, but otherwise communicating your thoughts takes so much time; (gives map making work shop as an example)

a lot of preparation is necessary, and communication might need to be supported by visualizations; language is a tool we use to express ourselves but it is also limiting

I got a lot more time to reflect on them thanks 2 the 2 rounds before, but also self reflection - which is like deep listening to yourself helped.



*Secretary notes 3:

*Secretary: Lea

*Speaker: Katya

*Interviewer: Pasha

APPROACHING QUESTIONS:

* How are you feeling?

Feeling a bit stressed, since "hating" interviews

*** How do you feel about the morning walk?**

Didn't do a morning walk, but at work, just walking around. Doing yoga at home, reminding her of that

*** Where were you mentally while walking?**

Very conscious of body and time, could see herself from outside, as if almost from different angles

*** Where were you physically ?**

Was at work at a restaurant, in the back of the restaurant taking a walk in the room where only staff is allowed

*** Describe the path you took?**

Walking in loops, due to tables obstructing the middle of the room. Light very dark, only a few small table lights

*** What are we doing here?**

Just working

*** How far would you like to go?**

Yeah i wanna continue this interview

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

Nothing, maybe time alone, because this is, the least heard when she is by herself

*** Do you have any painful memory about listening?**

Connected to childhood, but not feeling enough free to share

*** Do we have memories of making mistakes not listening to ourselves or others?**

When talking to a person, interrupting and misunderstanding their point (?)

*** Do you remember situations when you deeply felt to be listened to?**

With boyfriend going to a lake at night and talking about everything

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

Expression thoughts is hard, trouble of language barriers from not speaking Dutch

***How did u feel answering thes questions?**

Exposed



Group 2

*Secretary notes 1:

*Secretary: Natalie

*Speaker: Jeroen

*Interviewer: Lucia

naah
are we alrady starting?
can I talk

APPROACHING QUESTIONS:

* How are you feeling?

* How do you feel about the morn-
ing walk?

kinda stressful
Lucia laughs at him
not funny really deep / sorry
Sev finished all the nuts *burp*
I was barely awake
I don't even care
We are getting deep here
Jeroen is bitching
they scream
I was a lot more relaxed, it was kind of
weird that he noted everything down
nothing really matters

* Where were you mentally while
walking?

* Where were you physically ?

I first biked
Sev asked to stop talking - Jeroen said

NO

normal breathing ahahah
oh the grandma made this playlist!
Lucia is playing with labello
the speaker is celebrating anniversary
with girl friend - Lucia asked how it is lol
Her said he loves her and is o happy that
she got him cookie??? bruh is that all I
am to you?

* Describe the path you took?

Jeroen laughed really hard because he
remembered a reel --- now in the middle
of interview opens a reel and shows it to
the interviewer?
were you high? be real...
I felt like on a ketamine
lets go backkkk

Sev is bitching
that he is not
answering any
of the ques-
tions

Did you hug a
tree?
Lucia playing
with label and
laughing
man discovers
everything for
the first time
laughter
Both playing
with their
papers with
roles

* What are we doing here?

Interpret this as you will
what the fuck
what is the purpose of life? Jeroen is
shocked
Jeroen playing with his ring... nervous
I guesss I have some qualities
having fun whenever, in school
so sorry so sorry aaah
cough
building each other up
having a good time in the world
great answer

* How far would you like to go?

Lucia smiles and they both laugh
ring drop - metal sounds
I went deep
Lucia coughed when Balint comes
Jeroen blows a kiss to the secretary

I felt so disgusting so I went for a walk.

ENTERING QUESTIONS:

* When we think of listening what
comes to your mind/body?

* Do you have any painful memory
about listening?

what the fuck?
Lucia is being mean to the secretary -
tells her not to laugh
stars in Jeroens soul waiting for an
answer
Jeroen laughed and doesn't share an
answer



*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

deeply listened to??? uuuuum

it doesn't have ego be the most

there's been moments

this one therapist made me really feel like listened.

also Natalie did I feel like. especially with the Sky situation.

Jeroen looks at Natalie and smiles. Natalie smiles back. I love him.

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

***Secretary notes 2:**

*Secretary: Sev

*Speaker: Jeroen

*Interviewer: Lucia

APPROACHING QUESTIONS:

*** How are you feeling?**

kinda eh

*** How do you feel about the morning walk?**

Jeroen felt stressed because he was late

*** Where were you mentally while walking?**

*** Where were you physically ?**

Jeroen biked

Sev asked to stop talking for a moment cause he couldn't keep up

Jeroen stabbed Sev 9x and said no

He and Natalie are celebrating their anniversary

happy anniversary!!!

*** Describe the path you took?**

Jeroen is talking about the exercises

Lucia laughs at him

Jeroen felt great doing them because

it felt like yoga, he felt loose relaxed,

grounded and more happy than he was

Lucia says: "wow"

Lucia asks if Jeroen noticed something

different about the path he took

He says he noticed the nature more

Lucia asks if he hugged a tree.

He did not

*** What are we doing here?**

Asks what is the purpose of life

He is having fun in school

*** How far would you like to go?**

He feels he already went quite deep, and

doesn't know if he needs to go further

Jeroen asks for the next question and

then the tutor stops by

The tutor leaves again

We're now going to the entering questions

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

*** Do you have any painful memory about listening?**

what the fuck?

Jeroen asks about listening in general

Lucia stabs Natalie 10 times and tells

her to stfu (shut the fuck up)

*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

Euuhhh... deeply listened to? ...

Jeroen says that there has been moments

This one therapist he went to he felt really like he was listened to.

When Natalie listens to him he feels like that too

Jeroen and Natalie look at each other and smile. true love omg

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

***Secretary notes 3:**

*Secretary: Lucia

*Speaker: Natalie

*Interviewer: Jeroen

APPROACHING QUESTIONS:

What's up

hello

wait its in Czech

now it's the same as you're used to

*** How are you feeling?**

great I feel relaxed

my knee hurts

*** How do you feel about the morning walk?**

really nice took 30 min

usually walk really fast and so uncon-

sciously trying to walk faster

noticed more

saw small bird going down the stairs

with her and not scared

*** Where were you mentally while walking?**

Japan

physically also in Japan

mentally present which is what she

usually tries to do

thinks about what she is perceiving in

the moment

talking to the bird

not thinking about dinner or something

different

*** Where were you physically ?**

weird urge to run because it was so

unusual to walk slow

felt pressure from people behind be-

cause they were walking faster

felt like she could stop anywhere and be

present

stop to drink coffee

*** Describe the path you took?**

*** What are we doing here?**

having an interview

having a workshop is all that we are

doing

listening to the grandma's playlist

*** How far would you like to go?**

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

if you are doing the listening you can

stop your thought process and actively

listen nice that after the other person

says something you repeat it back to

them to validate them

about stopping and actively trying

to receive what they are saying also

physically by turning towards them and

having open body language

*** Do you have any painful memory about listening?**

used to sneak around the house to listen to her parents talking 'adult' conversation
overheard serious conversation that her parents had
painful to listen to people share their own painful memories or trauma

*** Do we have memories of making mistakes not listening to ourselves or others?**

hasn't made mistakes not listening to herself, everything happened as it was supposed to

*** Do you remember situations when you deeply felt to be listened to?**

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

I guess
feels like she can communicate her feelings successfully
I'm just perfect and really interesting

feels fun answering the questions
looking more deeply inside
why is one sleeve rolled up?

***Secretary notes 4:**

*Secretary: Sev

*Speaker: Natalie

*Interviewer: Jeroen

APPROACHING QUESTIONS:

*** How are you feeling?**

Natalie awkwardly laughs, bumps her knee and says that she feels okay

*** How do you feel about the morning walk?**

Natalie says the morning walk was really nice
She took her time but it felt really slow because usually she walks fast
She feels like she noticed a lot of things, like a bird that went down the stairs with her
Jeroen says "nice!"

*** Where were you mentally while walking?**

Natalie says in Japan
Mentally she feels present and was in a state of perceiving the world actively

*** Where were you physically ?**

Jeroen asks if she feels something differently in her body or whatever
She felt like her body wanted to speed up, because she felt pressure from the people behind her because they were walking faster than her.

*** Describe the path you took?**

*** What are we doing here?**

*** How far would you like to go?**

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

*** Do you have any painful memory about listening?**

*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

***Secretary notes 5:**

*Secretary: Lucia

*Speaker: Sev

*Interviewer: Natalie

APPROACHING QUESTIONS:

*** How are you feeling?**

I feel ok just normal
nothing much not sad or anything just normal

*** How do you feel about the morning walk?**

stressful because he was late and overslept
can't help that he got sick
didn't notice much live in Arnhem entire life so nothing speaks to him anymore

*** Where were you mentally while walking?**

state of needing to go
rushing
not there in the environment
can't be late because he already missed a few days last week

*** Where were you physically ?**

present in his body

*** Describe the path you took?**

work from home to the nearest bus station about 7 minutes
saw cars and street as normal
saw that the bus was late so took a different bus
Arnhem central station and walked from there to school
walked up and made a curve to take the stairs but instead of walking next to houses went next to containers
identifies as a bike

mom used to say that he came from a trash can when he was 6 gained trust issues from that

*** What are we doing here?**

talking to a shitty ass therapist
interviewer sucks at her job
came into class and saw people exercising though it was the wrong place here and present

*** How far would you like to go?**

wink

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

when listening thinking about actively listening thinks about add something to the conversation
does not like when people aren't actively listening
like to be surrounded by people who actively listen and respond

*** Do you have any painful memory about listening?**

in high school with friends and one guy who was annoying to everyone in class especially to Sev
disrupted the class and Sev told him to shut up and was so mad and mean that he outed Sev in class
hearing whispers and talks about him in the hallways which was painful

*** Do we have memories of making mistakes not listening to ourselves or others?**

not listening to gut feeling sometimes when clubbing gut feeling said not to go but went anyway and a friend passed out and had to carry them back

*** Do you remember situations when you deeply felt to be listened to?**

in therapy from 6 to 17 and had one therapist that really listened

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

answering the questions was tiring and mentally draining but not in a bad way

Secretary notes 6:

Secretary: Lucia and Jeroen

Speaker: Sev

Interviewer: Natalie

APPROACHING QUESTIONS:

*** How are you feeling?**

fine

*** How do you feel about the morning walk?**

kinda stressful, late by 30 minutes (overslept) also kinda sick

It was kind of 30 minutes, maybe 20, I kinda moved around, didn't notice anything special because lived in Arnhem whole life, so nothing's new

*** Where were you mentally while walking?**

state of needing to go go, rushing, not

really like there with environment "omg I'm fucking late for school"

I just felt rushed, but it's my fault because I overslept

(anything else?) no, head empty

*** Where were you physically?**

just with myself? what do you mean (just with your body?)

my body was just present, walking, is that good?

*** Describe the path you took?**

bus stop, cars, street, normal, but the bus was late so took a different one to Arnhem Central station and walked to school, but with a different route, took the trash can route

(you think you're a bike?) I kinda identify with that yeah, my mom used to say I came from a trash can when I was 6 (did that gave you trauma?) just trust issues

*** What are we doing here?**

shitty ass therapist

interviewer and speaker are kinda beefing

came into class and saw people doing exercise and thought i walked into the wrong class

*** How far would you like to go?**

I'm okay, I would like to go further

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

I've had conversations where it feels like I am breaking my back

I like to be surrounded by people that can listen well, communication, it's responding to each other

*** Do you have any painful memory about listening?**

high school, friends, one guy was annoying to everyone but especially me, disrupted class, told him to shut his mouth and was mad, outed me in class, hearing rumors and whispers in class and hallways

*** Do we have memories of making mistakes not listening to ourselves or others?**

sometimes I don't listen to myself, one time when I was clubbing my gut feeling was noooo don't go, but my friends were like yesssss come but friend passed out and it was messy and weird
could've stayed home, should listen more to myself

*** Do you remember situations when you deeply felt to be listened to?**

when I went to therapy, I went when I was 6 to 17 SIX SEVEN SIX SEVEN SIX SEVEN SIX SEVEN SIX SEVEN.
had one therapist that was goated that really listened, without her I wouldn't be here

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

How did it feel to answer the questions?

Cleansed, mentally unclogged, tired

***Secretary notes 7:**

*Secretary: Nat

*Speaker: Lucia

*Interviewer: Sev

both nodding

hi

hello

APPROACHING QUESTIONS:

*** How are you feeling?**

I'm feeling fine its okay

laugh

I feel like I am in horror movie

*** How do you feel about the morning walk?**

kinda forgot

pretty much running to the train

Sev puts up his glasses

Lucia is showing how she almost got hit by a bus

be careful about that stop

*** Where were you mentally while walking?**

all over the place not actually there

nodding

shuffle?

*** Where were you physically ?**

wasn't really aware of herself so yeah

all over the place

plays with labello

*** Describe the path you took?**

starts, train, bus, down, school

gestures describing the fashion show

*** What are we doing here?**

I mean right now?
I really like that we are doing stuff that
is not just graphic design

*** How far would you like to go?**

I am ready to go further

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

ummm
I think
actively listening and being heard I feel
like that is the main thing
I want them to give comments on it but
not on a

*** Do you have any painful memory about listening?**

just people close to me listening to them
when they talk about trauma.
you are like an empathetic parson?
yeah I think so
I feel like I have to be loud to get heard..
nodding
I was fucking scared to talk to people
hahhaa
I feel like I need to compensate, or
prove to myself
alone time might feel negative

*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

yeah I think mainly now I think of my
best friend from high school- she has
seen a lot of versions of myself so I feel
like that

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

that should always be the goal
staring at each other

It felt good to answer
because I know all of you guys and its
fine
clapping.
cinnamon?
nodding
approved
Jeroen drinking sugar - weird
bitch?

***Secretary notes 5:**

*Secretary: Nat and Jeroen

*Speaker: Lucia

*Interviewer: Sev

APPROACHING QUESTIONS:

*** How are you feeling?**

feeling fine, not good not bad

*** How do you feel about the morning walk?**

ran to train, bus went crazy or something

stop with the paparazzi

*** Where were you mentally while walking?**

all over the place, not in the moment,
didn't know where to go, trying to find
someone from the workshop to follow
them

*** Where were you physically ?**

not really aware of myself in that mo-

ment, so didn't pay attention to it, all
over the place

*** Describe the path you took?**

from house to station - straight, stairs,
train, went to bus area, then walked
down the stairs and go to school, were a
lot of fashion people

*** What are we doing here?**

I like project month, because we're
doing stuff that isn't necessarily graphic
design, I like that, expressing yourself

*** How far would you like to go?**

I'm okay to go further

ENTERING QUESTIONS:

*** When we think of listening what comes to your mind/body?**

actively listening and being heard
feel like when talking to someone to
make them understand stuff even
though I might not be right, I think
about how they would interpret it

*** Do you have any painful memory about listening?**

people close to me when sharing trauma,
it's always painful, especially when
they have a hard time sharing you feel a
lot of empathy,
also as a kid i was introverted and shy, a
listener, and now i feel like I have to be
loud sometimes, to prove that I'm here,
societal issue because shy people are
easy to shove aside, as a kid i felt that
because scared to talk to people, feel
like I overcame that but also sometimes
feel like I have to be loud to compensate
you know, but don't feel like I'm that shy
overall now

*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

with my best friend, known since high
school, she's seen many versions of me,
she understands me

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

I always try to, that's the goal,
bad communication sucks

*** how does it feel to answer?**

it's chill it's fine

thank
you
thank
you

Group 3

*Secretary notes 1:

*Secretary:

*Speaker:

*Interviewer:

APPROACHING QUESTIONS:

* **How are you feeling?**

Feeling alright

* **How do you feel about the morning walk?**

I honestly didn't know we had to. I only checked 10 minutes before. So honestly it was a bit stressful because I was trying get here on time.

* **Where were you mentally while walking?**

Stressed and listening to music

* **Where were you physically ?**

On the road path to university

* **Describe the path you took?**

First, you get out of the neighborhood and walk alone the biking path. Cross the traffic light, walk, and go on the bridge near where the center is at, and then you walk.

* **What are we doing here?**

I think we're gonna make a zine, but I'm not sure.

* **How far would you like to go?**

In what sense, what does that mean?
- uhh, sure I would like to go further, i think, not sure

ENTERING QUESTIONS:

* **When we think of listening what comes to your mind/body? Just like listening?**

I guess just like paying attention to what you're saying, hearing, understanding the tone

* **Do you have any painful memory about listening?**

I mean I guess - when you're arguing with someone or someone's screaming

* **Do we have memories of making mistakes not listening to ourselves or others?**

I think, I mean, it's natural for anyone to have that. Sometimes we don't listen to ourselves, and ask why didn't I listen to myself?

* **Do you remember situations when you deeply felt to be listened to?**

Like when I wanted to be listened to? - I can't think of anything right now, but I have had situations like that.

* **Do you have any experiences of communicating your thoughts/feelings successfully?**

I mean again, I can't think of anything right now. But i think i struggle with that because I'm kinda a people pleaser.

Interesting, I didn't expect questions like these.



***Secretary notes 2:**

*Secretary:

*Speaker:

*Interviewer:

APPROACHING QUESTIONS.

*** How are you feeling?**

I'm feeling fine, but tired

*** How do you feel about the morning walk?**

I didn't fully slow down because i wanted to be on time, i listened to music if i did slow down i would think bout myself

*** Where were you mentally while walking?**

just thinking about little things about the day

*** Where were you physically ?**

in the bus, walking

*** Describe the path you took?**

leaving the neighborhood area, then catching a bus and coming to school

*** What are we doing here?**

zine or multiple zine, i don't exactly know

*** How far would you like to go?**

maybe, I don't know

ENTERING QUESTIONS.

*** When we think of listening what comes to your mind/body?**

Listening to yourself and others

*** Do you have any painful memory about listening?**

when u hear something that u don't

want to hear, i ad situations like this when i was surprised or disappointing

*** Do we have memories of making mistakes not listening to ourselves or others?**

we all had instances when we all wanted to listen more, we regret later

*** Do you remember situations when you deeply felt to be listened to?**

i cant remember specifically, but when u argue with parents or friends and you want to be heard but they wont listen

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

yes but it was never in the moment, but after and i talk about it

***Secretary notes 3:**

*Secretary:

*Speaker:

*Interviewer:

APPROACHING QUESTIONS.

*** How are you feeling?**

good, a bit tired and sleepy but overall good

*** How do you feel about the morning walk?**

it was refreshing nice, listening to music, disassociated a bit. Just walk, the bus is too far away.

*** Where were you mentally while walking?**

in my hometown, cause i want to go there for the summer break and thinking about it because I'm not going back. Hometown is Bulgaria.

*** Where were you physically ?**

Musis park and then school, on the road

*** Describe the path you took?**

left the residential area, neighborhood, went through Musis, park, the big church, and then school.

*** What are we doing here?**

zines, but also a listening workshop i guess. there was a workshop for year 3 for listening from the department just for us. A person came to sort out our problems, just listening to each other. Was really boring. During theory and history class.

*** How far would you like to go?**

I guess so, yes

ENTERING QUESTIONS.

*** When we think of listening what comes to your mind/body?**

this painful workshop, lol. I mean were all different coming from different parts of the world, our class half of it is eastern European so its a bit hard to combine us. I mean we're not all connected to each other we're kind of individual.

*** Do you have any painful memory about listening?**

yeah but its from my childhood cause i never listened to my mom. My mom used to say she would take pictures of me and post it on Facebook because you don't listen to me. Like taking pictures of my dirty room so that everyone will see and laugh.

*** Do we have memories of making mistakes not listening to ourselves or others?**

yeah always. I prefer to listen to myself than other people, because eventually it will come to my mind, i prefer to learn from my own mistakes. Its natural when someone told you to do something, but not do it.



*** Do you remember situations when you deeply felt to be listened to?**

when i was a child, because i was a dumb ass child but its normal.

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

with people i don't know i do have problem but with people i do know I'm trying to be open and say whats on my mind.



Group 4

***Secretary notes 1:**

*Secretary: Tess

*Speaker: Eva

*Interviewer: Jasmijn

APPROACHING QUESTIONS:

*** How are you feeling?**

*** How do you feel about the morning walk?**

Morning walk is actually the same everyday or I have the wake up so early cause I commute it always feels a little tense have been working on this 6 months lowering cortisol levels and tension normal class 630 or 6 even earlier to get ready don't have breakfast mindfully program body to calm down on train one hour just to sit and breathe eat drink coffee do makeup by the time arrive Arnhem already placement walk calmly present to school, and body and show up in class with mindfulness but today i woke up a little sick i missed the train on time do i transfer and be late or 10 min or 30 min which is incredibly rude but otherwise today was a bit more tense but doesn't mean it's usual just things around made it more tense. Where does the tension come from? I think it comes from things in the previous evening taking too late and not having this time before bed like a wind down like an hour or two and having to wake up earlier and shoot cortisol levels through the roof and have to start all over again 40 min to get ready do makeup get ready etc if i don't reach whatever train my day is fucked if i get late and

everybody is understanding it's fine by most teacher they knew I commute but feels like gogogogo but feels like military timed to a specific minute in the morning and if i don't everything ready at 7 I'm not gonna have everything done and ready and not be able to get out of door I tend to forget because of ADHD.

& clock reminder help you? It does it's stressful but if i don't make it I can still re-plan. Close to Amsterdam little village. My house is very close to everything else like train metro i just run to the metro or bus and I'm there it feels like making an appointment before 7 which is very stressful because of attention issues. How was the train ride? It's okay i try not to take the one very from Amstel cause there is 50 million people trying to get to Utrecht not normal. If i go from Bijlmer problem consistently late but don't have to fight people and sleep and I can sit down.

On a morning like this do you decide to get the busy one or late chill one? Don't have to feel bad to make this decision prioritizing myself and i know teacher are fine with it or notoriously late also. I just let it go and honestly who cares.

So like you said if you get over the train does the train ride calm you down? Just sitting for one hour straight does that sometimes i sleep. I just fall asleep also when your at home and on bed i cant keep my eyes open anymore also happens on the train sometimes try to be mindful and meditate doesn't have to be crazy stretching can be just breathing exercise just look out the window for 20 minutes and be present with calm classical music stream line the day prepare myself what I'm i trying to achieve what

I'm expecting.
Helps a lot. Do you see it as extra time?
It's def nice as I said I'm prone to rushing in the morning sleeping till last minute clockwork lining up everything get ready station and out of the door when I wasn't commuting vert stressful still late and don't get this mindfulness older i get the more i realize not just wake up and just be already ins school or stressful environment. It just gets overwhelming your nervous system doesn't get to regulate itself.
If you live in Arnhem would you think you would dis-benefit from your shorter commute? In the past I did but if i think if i move back now for school that i would have to re-prioritize my live differently and not give myself more time to reflect and take life a but slower

you cant control with how many things you have to be busy and how you show up and manage stress so i think i would spend more time maybe I had this advise in the past to journal with already written questions it;s great but never do it. Cause i have to run between two cities also not in evening because I have this hour in the morning.
Would you dedicate your train time to journaling? Yes but tbh i don't want it carry another notebook.
I would much rather dedicate it to this like Daniel just straight up gets his laptop out and works on school mentally can't afford after 12 hours after working on assignments i some times write captions or smaller task but rather then my mind of like tiktok scrolling don't think about anything that is too straining.
This is a very common thing for our generation case going back to evening before had and cortisol spike is common thing how can you make this rethink your priorities to lower this? Blue light exposure mostly but also in our field very common.



*Secretary notes 2:

*Secretary: Eva
*Speaker: Jasmijn
*Interviewer: Tess

APPROACHING QUESTIONS:

- * **How are you feeling?**
- * **How do you feel about the morning walk?**
- * **Where were you mentally while walking?**

I wasn't. I went twice outside, because my boyfriend lives across from where I live. It's always quite nice whenever my morning is structured like this, I always have more time to just look around in the city especially if the weather is nicer. But the second time that i go outside I take my bike, but I was five minutes late. I always have a mental note that I have to leave at 45, but sometimes I can still manage if I leave at 50, so it was a little stressful. On the bike I like to reflect on the weekend, where I was with my parents. I was sick last week and I haven't fully recovered, but I laughed at myself for mis-communicating with an organization. We were having a ladies night, and she got the wrong address, and instead of showing up in Apeldoorn she showed up at Arnhem.

Do you think you are mentally somewhere else on the bike than if you were walking?

Yes. I do think so. On the bike its more fast, and it feels faster, especially when I have t go downhill. It always feels like I'm in a hurry, and when I get to a crossing it's a bit more stressful to look out for other people. It feels like I

am more present but in a different way. There's also 3 different routes to get to school, and I always have to make a conscious choice, but it always depends on how much time I have left, especially if I have to go through the city center I do not feel comfortable doing that later because of shops opening. Walking feels calmer, because I'm mentally more present and taking it slower, as I don't have to pay attention to traffic, but even then I start thinking how fast should I walk or if I'm late or not.

Do you think that the route you take affects your mood?

Yes. But it always depends on the mood I am in before. If I go to the city, my mind is more active but I get easier irritated due to other people and pedestrian traffic.

Do you ever take this into account?

No. But maybe I should. I do feel better when I take the other routes outside of the center. I always rather just think about efficiency. Sometimes the traffic lights in the more effective routes also affect my irritability, but these routes are also less scenic. Mostly just buildings and train tracks, nothing to look for, nothing to look at. I'm more focused on the physical aspect of biking, taking turns and paying attention. But if I have to take the train I always take this route.

Do you take the routes for the experience more or the efficiency?

Yes, definitely, but also because biking on cobblestone is very annoying.

Do you have a special place where you park your bike?

Yes, I used to but now there is a construction there. It used to be safer and more accessible. But on the other side I could always see whatever happens to my bike, perhaps. But my bike saddle is a specific foam texture, that gets easily stained from the bag that I usually put over it, and my butt would always get stained blue, yet people still kept stealing it. But now, I got a ripped one from my parents, and thankfully nobody steals it.

Do you feel calmer going to or back from school?

Depends if you have something going on in the evening that day. Physically it's harder to go back due to the uphill, but mentally maybe a bit easier. Sometimes I go home more irritated, frustrated and tired due to the entire day and what happened.

*** Where were you physically ?**

*** Describe the path you took?**

*** What are we doing here?**

*** How far would you like to go?**

ENTERING QUESTIONS.

*** When we think of listening what comes to your mind/body?**

*** Do you have any painful memory about listening?**

*** Do we have memories of making mistakes not listening to ourselves or others?**

*** Do you remember situations when you deeply felt to be listened to?**

*** Do you have any experiences of communicating your thoughts/feelings successfully?**

***Secretary notes 3:**

***Secretary:** Jasmijn

***Speaker:** Tess

***Interviewer:** Eva

How are you feeling?

I was a bit tired so because I forgot to set an alarm. So I woke up 20 minutes to make the train. I was still a little bit late, but not rudely late. I had to have breakfast on the train, which I usually do not but it was actually quite nice. I could spend 20 minutes on my yogurt. I am eating slower as well, which I usually don't.

Do you think that whenever you take things slower, you listen to your own self better.

I think so especially in the morning. I also have these time stamps, slots in a way. I'm not thinking how I'm feeling what I am eating. I'm think about what I have to do in the next hour. Enjoy the meal more that I'm having. I can definitely listen to my own self. I'm eating my phone when I'm eating, I have to remove that so that I have a better experience.

Do you also try to consequently take things slower during your week?

Not as much as I would want to have. I think I want to take more time for myself. Sometimes, it's getting ready for bed. My skincare. Screen time is also something I have to get down. It helps to slow down but I do think I do it not enough.

Do you think that with what you say taking somethings slower in your body, also reflect to how you listen to social conversation?

Yes. I have a friend who is boy obsessive. She asked a question but immediately continued with her own story. I took it into about when I'm listen to other people. I sometimes stray away in my own stories but I try to show that I'm actually actively listening. I think that is also sometimes how I feel listened to. It is also a problem with my self, I have that experience too.

Do you have a specific memory where you have made someone feel like their are listened to?

I do. There is one friend. We trauma dump. First time we talked about our own feelings, later she said thank you so much for listening. I think that moment, I felt like such a good friend.

Do you think this also somehow comes from that slowness?

Yeah definitely. I think if you really want to listen to someone, to their problems. Taking the time is important but also to understand their situations. Also to have them to get everything out. When I do talk about my feelings, there are people continue pretty fast and I don't feel listened to. I did get it out but also not. Sometimes it is nice to actually schedule time to talk about it more in depth.

Do you have any specific memory where you felt very listened to as well?

I don't know. With that friend. With her the most. We were walking back from the station to our house, I got to share some issues. Then I felt listened to. I tried to bring that up with my mom. My dad kind of like sided with my mom and I felt so betrayed. It is hard, especially if they have kids.

What makes your dad a good listener?

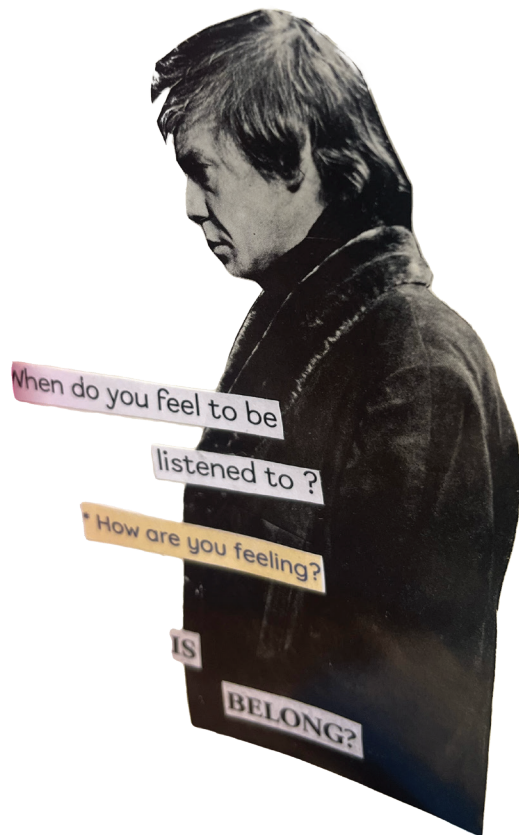
He is not a good listener in general. But he has his moments. My mom feels criticized very fast if I share something about our bringing up about how she handles this, I think she thinks that she is a bad mom. My dad is a bit more understandable with other points of views than my mom. My dad has different outlooks of life. He is more practical in most situations. With emotions, he is a good listener. But he sometimes has difficulty to see different points of view.

How did it feel to answer these questions?

It made me have more insight. I realized I need to take more moments to slow down. When school starts I get the tendency to go faster and faster. I got sick last semester a lot which is a result. Even though, I felt guilty about being sick. You get a row of to do's and then you don't actually slow down properly.

Do you think your body is forcing yourself to be sick sometimes?

100% my friends are saying you don't have to stress so much. I definitely think it is my body telling me to slow down.



Lets reflect as the whole group:

appreciate slowness when being listened to
how difficult sometimes to be less stressed
mind is busy with the next thing
on the train there is time for listening

I think I lost my train of thoughts a little
I appreciate the moment to talk about listening
I talk about it a lot, what it is nice is just listening to other people's train of thoughts

Secretary role helped to listen to the conversation it helps understanding what is going on

Feeling the opposite: when I was writing it was hard to listen to, had to stop and ask myself what am I doing?

When I was interviewing I was analyzing the response: what question I can ask next ... when I was taking notes it was very stressful and to spell correctly

Break for lunch

Think about translating/giving a form for the notes in the afternoon

Refusal the call to order 03: Reading aloud Introduction of Deep Listening together

Making zines using the content what the we created by talking and listening to each other





Colophon

Literature:

Pauline Oliveros - Deep Listening

Clara Balaguer - QFPCSSBB, Workbook Re-Edition

Workshop facilitator and Graphic Designer:

Balint (Valentin) Korka

MANY THANKS FOR THE STUDENTS FOR THEIR BRAVE INPUT

AT

ArtEZ University of the Arts, 26/01/2026
Project Month