

LIAT BERDUGO + EMILY MARTINEZ PRESENT

HOW

TO MAKE

YOURSELF

INTO A

COMMISSIONING

BODY

IN 5

EASY

STEPS

---the workbook----

ARE YOU HAVING
TROUBLE COMING
UP WITH AN IDEA?

- O yes (go to page 2)
- O no (go to page 3)

LIST A TERRIBLE IDEA. IN DETAIL:

ARE YOU SUFFERING FROM A CREATIVE BLOCK?

DO YOU STILL DIS-LIKE THIS IDEA?

O yes (mark scantron 60 and go to page 3)

O no (go to page 3)

O yes (go to page 4)

O no (go to page 5)

DO YOU FEEL CAPABLE AND WILLING TO DESCRIBE THE BLOCK IN DETAIL? ARE YOU TRYING
TO WORK WITH
DIFFICULT SUBJECTS
THAT REQUIRE A
CERTAIN DEGREE OF
SENSITIVITY OR
ANONYMITY?

O yes (mark scantron 61 and go to page 5)

O no (mark scantron 63 and go to page 5)

O yes (page 6)

0 no (page 7)

HOW ATTACHED

ARE YOU TO YOUR

IDENTITY?

ARE YOU WORKING WITH UNFAMILIAR MATERIALS?

O very attached (mark scantron 64 + go to page 7)

O yes (go to page 8)

O not attached (mark scantron 65 + go to page 7)

O no (go to page 9)

HOW DOES
THIS MAKE YOU
FEEL; EXCITING,
INTIMIDATING,
LIMITING? IS
YOUR PREDOMINANT
FEELING "STUCK"?

ARE YOU GOING
THROUGH A MIDCAREER CRISIS AND
NEED TO REINVENT
YOURSELF OR YOUR
ENTIRE CAREER?

O yes i feel stuck, blocked even (go to page 4)
O nope, not stuck (mark scantron 66 + go to page 9)

O yes (mark scantron 65 and go to page 10)

0 no (page 10)

ARE YOU INTERESTED
IN EXPERIMENTING
WITH NEW ROLES OR
PERSONAS THAT TAKE
YOU OUT OF YOUR
COMFORT ZONE?

O yes (go to page 11)

O no (go to page 13)

WOULD IT HELP YOU TO SEE THESE ROLES OR PERSONAS PLAYED OUT BY OTHERS, OR DO YOU PREFER A MORE ABSTRACT. GEOGRAPHIC APPROACH? O abstract geography (mark scantron 67 + go to page 13) O roles played out by

others (go to page 12)

DO YOU HAVE, OR COULD YOU WRITE, A SCRIPT FOR THESE ROLES OR PERSONAS? WERE YOU RECENTLY
INVITED TO AN
IMPORTANT ART
EVENT, AND NOW HAVE
TO COME UP WITH
A WORK or PROJECT
PRESENTATION?

O yes (mark scantron 72 and go to page 13)
O no (mark scantron 71 + go to page 13)

O yes (go to page 14)

O no (go to page 19)

DO YOU HAVE A PROJECT IDEA?

DO YOU KNOW WHOM, IN PARTICULAR, YOU NEED TO IMPRESS AT THIS PARTICULAR ART EVENT?

- O yes (go to page 15)
- O no (go to page 2)

- O yes (go to page 16)
- 0 no (mark scantron 73 +
- go to page 17)

YOU KNOW WHO YOU NEED TO IMPRESS.
YOU HAVE THREE
OPTIONS:

O woo them with boat romance (mark scantron 74) O print their face on mugs/rugs (mark scantron 70)

O print their face on custom silks (that you perhaps will wear to the opening (mark scantron 75)

continue to page 17.

ARE YOU
OVERWHELMED
BECAUSE YOU HAVE
SO MANY IDEAS AND
NOT ENOUGH TIME OR
MONEY TO SEE THEM
THROUGH?

O yes (go to page 18)
O no (go to page 23)

IS YOUR ISSUE BASED PRIMARILY ON TIME, OR ON MONEY?

DO YOU HAVE TOO MANY IDEAS? OR IS IT MORE THAT YOU'RE STRUGGLING WITH TIME MANAGEMENT?

O time (go to page 19)
O money (mark scantron
80 and go to page 24)

O too many ideas! (go to page 20)
O time management (go to page 23)

PLEASE LIST ALL YOUR IDEAS HERE.

1.

2.

3.

4.

5.

6

7

8

9.

etc.

continue to page 21.

CAN YOU EASILY FARM OUT YOUR IDEAS TO OTHERS TO EXECUTE? (IF NOT DO NOT WORRY: ANXIOUS TO MAKETM HAS PATENTED METHODS TO HELP YOU BEST CHOOSE AN IDEA TO EXECUTE NOW)

O yes (mark scantron 77 and go to page 24)
O no (go to page 24)

YOU HAVE A FEW OPTIONS:

WHICH WOULD YOU BE MORE HELPFUL FOR YOU IN TIME MANAGEMENT?

O a manservant to keep

you on task (make sure

you have a good deal of

SSS and mark scantron 81)

O i want darts (mark scantron 78)

O i prefer dice (mark scantron 77)
O i want mugs and rugs.

i will just pick an idea and print it on a mug/rug until i do it (mark scantron 70)

O a custom audio track for focus (mark scantron 87)

continue to page 24.

continue to page 24.

ARE YOU CURRENTLY HAVING TROUBLE EXECUTING AN IDEA?

O yes (go to page 25)
O no (go to page 26)

MHA'S

O a creative block (page 4) O a fear of judgement, or "i'm not qualified to do this work" (mark scantron 83 + go to page 26) O procrastination (page 23) O i'm working with unfamiliar materials (page 8) O i'm working with uncomfortable roles (page 11) O i'm working with difficult subjects (page 6) O a lack of time or money (page 18) O other (mark scantron 84 and go to page 26)

HAVE YOU GROWN
DISILLUSIONED
WITH YOUR CURRENT
ART DISCOURSE OR
PRACTICE?

ARE YOU READY TO BREAK UP WITH YOUR ARTISTIC PRACTICE?

O yes (go to page 27)
O no (go to page 28)

O no (go to page 25)

O yes. i will print "i

broke up with my ar
tistic practice on a...

(mark scantron 70 + go to
page 28)

DO YOU HAVE A
GROWING SENSE
OF DISTRUST IN
THE SYSTEMS THAT
GOVERN YOUR LIFE,
CAREER, COMMUNITY,
NATION, AND/OR
PLANET?

PLEASE FLIP A COIN.

O yes (go to page 29)
O no (go to page 31)

O heads (mark scantron 85 + go to page 31) O tails (go to page 30) PLEASE LIST FIVE DISTRUSTS YOU HAVE IN ANY OF THE SYSTEMS YOU WERE ASKED ABOUT.

1

2.

3.

4.

5.

now flip that coin again.

O heads (mark scantron 86)

O tails (mark scantron 87)

continue to page 31.

DO YOU FEEL A SENSE OF ALIENATION FROM THE SO-CALLED 'AUDIENCE' OF YOUR WORK?

O yes (go to page 32)

O no (go to page 34)

WHICH APPLIES TO YOU MOST?

O i want more control over my audience (mark scantron 88 + go to p. 34) O i want more direct contact with my audience. like, i would love to know or see their reactions to my work (mark scantron 89 + go to page 34) O i am striving for intimacy with my audience (go to page 33)

HOW DO YOU LIKE TO ENGENDER INTIMACY?

O wooing (mark scantron 74)

O artistic monogamy (mark

scantron 90)

O gifts (mark scantron 90)

continue to page 34.

THOUGH EXPERIMENT;
THINK OF A PROJECT
IDEA YOU'D LIKE TO
DO, BUT HAVEN'T DONE
YET. DON'T EXPLAIN
IT, JUST MAKE IT
CLEAR IN YOUR
MIND.

(once you have it, go to page 36)

NOW FILL IN THE
BLANK. IF I ONLY
HAD ------------------------,
I COULD MAKE THIS
PROJECT. WRITE OUT
YOUR TOP THREE.

1

2

3.

(go to page 37)

DID YOU NEED . . .

O money? (mark scantron 80)

O time? (page 23)

O motivation? (mark

scantron 92)

O confidence? (mark

scantron 83)

O something else? good

to know you may also

find it useful to mark

scantron 63 right now.

continue to page 38.

DO YOU FEEL TONGUE-TIED, OR THAT THE WORDS COME OUT WRONG, WHENEVER YOU TRY TO DESCRIBE YOUR WORK TO OTHERS? DO YOU OFTEN FEEL MISUNDERSTOOD?

O yes (go to page 39)
O no (go to page 42)

WHICH MOST APPLIES
TO YOU?

O it be most helpful to never have to talk about my work again (scantron 93 + go to p. 42)

O i would like others to do the hard job of describing my work for me (scantron 94 + go to p. 42)

O i acknowledge that i will still need to talk about what i do (to friends, lovers, my mother; at openings, even though i may have 'said everything' with the work'...), so i simply want cues for myself and/or others (go to page 40)

PLEASE WRITE

2-3 SENTENCES OR

PHRASES THAT

DESCRIBE YOUR WORK

DO YOU BELIEVE IN EMBODIMENT?

1

2.

3.

O i did it (go to page 41)
O i can't (mark scantron
94 and go to page 42)

O yes (mark scantron 95)

O no (mark scantron 96)

continue to page 42.

DO YOU SOMETIMES
FEEL THAT YOUR
WORK IS "DONE"
WHEN YOU THINK OF
AN IDEA, AND LAMENT
THE LABORIOUS
PROCESS OF
CARRYING IT OUT?

CHOOSE:

O hire interns (mark scantron 77 + go to p. 45)

O fuck labor (page 44)

O yes (go to page 43)

O no (go to page 45)

YEAH, FUCK LABOR!
RETURN TO FLUXUS
AND YOKO ONO AND
WRITE SCRIPTS -LOTS OF SCRIPTS.
HOW WOULD YOU
LIKE TO SHOW
THESE?

O with pet snakes
(scantron 97)
O as books (scantron 98)
O printed on mugs/rugs
(scantron 70)

continue to page 45.

DO YOU FEEL THAT
YOUR ART PRACTICE
GETS AT, OR SPEAKS
TO, THE THINGS IN
LIFE THAT ARE MOST
IMPORTANT TO YOU?

O yes (go to page 48)

O no (go to page 46)

WOULD YOU LIKE IT

WHAT ARE THE
THINGS IN LIFE
THAT ARE MOST
IMPORTANT TO YOU?
LIST SOME HERE;

- *
- *
- *
- *
- *

- O yes (go to page 47)
- O no (go to page 48)

mark scantron 99 and continue to page 48.

DO YOU SEE
YOURSELF AS BOTH
AN ARTIST AND
A "BRAND" THAT
DISTRIBUTES YOUR
ART?

DO YOU NEED

ADDITIONAL HELP

OR RESOURCES FOR

BRANDING AND/OR

DISTRIBUTION?

O yes, branding (mark scantron 100)
O yes, distribution/publicity (mark scantron 76)
O no

continue to page 50.

O yes (page 49)

0 no (page 50)

page 48

ARE YOU STRUGGLING TO FIND RIGOROUS INTELLECTUAL COMMUNITIES OUTSIDE OF INSTITUTIONS THAT VALUE THE SOCIAL AND CRITICAL FUNCTIONS OF ART?

O yes (go to page 51)
O no (go to page 52)

WHICH BETTER
DESCRIBES YOUR
CONDITION?

O rigorous communities give feedback, and i need that i need some motivation in the form of tough love. . . (mark scantron 92)

O i simply need spaces to gather people (mark scantron 101)

continue to page 52.

DO YOU FEEL THAT YOUR ART PRACTICE HAS FAILED TO KEEP PACE WITH THE DEMANDS OF THE RAPIDLY SHIFTING FORCES THAT SHAPE THE ECONOMY AND BY EXTENSION. THE MARKETS OR INSTITUTIONS THAT SUPPORT ARTISTS?

O yes (page 53)
O no (page 54)

DO YOU WANT TO SEE
THE FUTURE? OR DO
YOU WANT TO SEE
EXCEL?

O the future (mark scantron 102)

O excel (mark scantron 103)

continue to page 54.

THOUGHT EXPERIMENT: THINK OF A VERY SPECIFIC TIME THAT YOU FELT FREE FROM THE ANXIETIES TO MAKE DESCRIBE THAT TIME WHAT DID / DOES THIS FREEDOM FEEL LIKE?

continue to page 56

IF THAT FREEDOM
HAD A COLOR, WHAT
COLOR WOULD IT BE?

the color of my freedom is

(print this on a mug/rug, scantron 70)

--- the workbook ---

SOME ANSWERS GENERERATOS TIPS + TOOLS COMMISSIONS EASY STEPS

GO TO THE ANXIOUS TO MAKE™ ART PROJECT GENERATOR.

navigate to:



WHAT IS THE BLOCK? DESCRIBE IT PHYSICALIZE IT IS IT GREEN? WHAT SIZE IS IT? DOES IT LOOK LIKE YOUR MOTHER? IS IT IN YOUR HOUSE? IS IT IN YOUR LAUNDRY ROOM? IS IT IN YOUR STOMACH? BE AS DETAILED AS POSSIBLE

go to page 62.

COMMISSION A
PERFORMATIVE
REMOVAL OF YOUR
CREATIVE BLOCK.

watch anxious to make^{TM'}s special commission:



THAT'S OK. WE
DON'T BLAME YOU,
BUT WE DO HAVE A
SOLUTION. DOWNLOAD
ANXIOUS TO MAKETM'S
ZZ RITUALS FOR
REMOVING CREATIVE
BLOCKS.



www.anxioustomake.ga/ media/RitualsForRemoving CreativeBlocks.pdf GO TO THE ANXIOUS
TO MAKE™ QUIZ
ON DIFFICULT
SUBJECTS FOR
FURTHER QUESTIONS
AND RESULTANT
SUGGESTIONS.

navigate to:

www.anxioustomake.com/ difficultsubjectsquiz. html GO TO THE ANXIOUS TO MAKETM NEW ID GENERATOR.

navigate to:



COMMISSION A
PERFORMATIVE
VALIDATION FOR
WORKING WITH
UNFAMILIAR
MATERIALS

watch anxious to make^{TM's} special validation from a man who irons:

www.anxioustomake.ga/ unfamiliarmaterials. html PLEASE DRAW YOUR
COMFORT ZONE AS A
MAP, AND WHERE YOU
ARE IN RELATION TO
IT:

O i can't (go to page 68)
O i did it! (good work
now go to page 69)

COMMISSION SOMEONE ELSE TO DRAW YOUR COMFORT ZONE AS A MAP FOR YOU:

NOW PRINT YOUR MAP ON A MUG OR ON A RUG:

anxious to make make suggests:



www.fiverr.com/

nousemenabo/make-your-

fantasy-map



www.fiverr.com/ arstudioz/draw-yourfantasy-treasure-maps

once complete, go to p. 69

go to page 70.

GO TO THE ANXIOUS
TO MAKE™ MUG/RUG
PAGE TO DESIGN AND
ORDER YOUR CUSTOM
MUG/RUG)

navigate to:



COMMISSION

SOMEONE ELSE TO

WRITE A SCRIPT

FOR YOUR ROLES OR

PERSONAS.

anxious to make TM suggests;





once complete, go to p. 72.

COMMISSION A
PERFORMANCE OF
ROLES OR PERSONAS.

watch anxious to make^{TM's} special commission of three sets of twins — each trying on new roles for liat berdugo and emily martinez;



YOU'RE TRYING
TO IMPRESS, BUT
NOT SURE WHOM?
IT SEEMS LIKE
YOU'D SIMPLY
BENEFIT FROM SOME
PUBLICITY.

go to page 76.

COMMISSION BOAT ROMANCE:

COMMISSION CUSTOM SILKS:

anxious to make make suggests;

anxious to make make suggests;





GO TO THE ANXIOUS

TO MAKETM PUBLICITY

GENERATOR

GO TO THE ANXIOUS TO MAKETM INTERN GENERATOR.

navigate to:



navigate to:



www.anxioustomake.ga/ interngenerator.html COMMISSION A
CUSTOM DART BOARD
WITH YOUR PROJECT
IDEAS ON IT, PLAY
DARTS TO CHOOSE AN
IDEA

COMMISSION CUSTOM DICE WITH YOUR PROJECT IDEAS ON EACH FACE ROLL THE DICE BLOW ON THEM FIRST FOR GOOD LUCK THE DICE WILL CHOOSE YOUR IDEA OF FOCUS

anxious to makeTM suggests;



anxious to make make suggests;



www.customdice.com

GO TO THE ANXIOUS TO MAKETM QUIZ: "WOULD MONEY REALLY BE ALL I NEED TO SUCCEED?"

COMMISSION A MANSERVANT TO KEEP YOU ON TASK AND WAIT ON YOU HAND AND FOOT WHILST DOING SO

navigate to:



www.anxioustomake.com/ moneyquizhtml

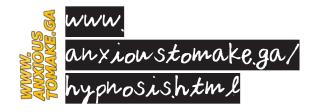
anxious to make make suggests;



www.manservants.co

COMMISSION A
CUSTOM AUDIO TRACK
FOR FOCUS AND TIME
MANAGEMENT.

listen to anxious to make^{TM'}s special commission for anti-procrastination;



GO TO THE

ANXIOUS TO

MAKETM CONFIDENCE

GENERATOR.

navigate to:



YOU NEED TO CHOOSE A NEW PROJECT. ANXIOUS TO MAKETM CANNOT HELP YOU. COMMISSION A
HYPNOSIS TO
ENGENDER TRUST.

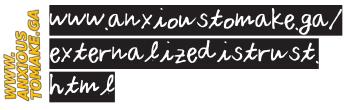
listen to anxious to make^{TM'}s special commission:



go to page 60.

COMMISSION AN EXTERNALIZATION OF YOUR DISTRUSTS, PERFORMATIVELY.

watch anxious to make^{TM's} special commission with twins and capitalism;



EXTERNALIZE, WALK ON, & DRINK COFFEE OUT OF YOUR DISTRUSTS BY PRINTING A SERIES OF FIVE MUG/RUGS.

go to page 70.

FOR GREATER
AUDIENCE CONTROL,
RENT A CROWD,
DONALD TRUMP-STYLE.

anxious to make make suggests;



COMMISSION VIDEO CAPTURES OF PEOPLE SEEING / WATCHING / READING YOUR WORK.

anxious to make TM suggests;



www.usertesting.com



MAKE INTIMACY BY
CREATING WORK
FOR AN AUDIENCE
OF JUST ONE
PERSON, DOWNLOAD
ANXIOUS TO MAKETM'S
CONTRACT FOR AN
AUDIENCE OF ONE.

BUY YOUR AUDIENCE THE GIFT OF MUGS/ RUGS.



www.anxioustomake.ga/ media/ContractFor AudienceOfOne.pdf

go to page 70.

GO TO THE ANXIOUS TO MAKETM TOUGH LOVE GENERATOR.

navigate to:



FAMOUS ARTISTS RARELY HAVE TO EXPLAIN THEIR WORK TO OTHERS CAN YOU IMAGINE SOMEONE GOING UP TO PICASSO AND SAYING 'SO TELL ME ABOUT YOUR WORK? YOU CAN OBVIATE THE NEED TO TALK ABOUT YOUR WORK BY BECOMING FAMOUS go to page 76.

COMMISSION OTHERS TO DESCRIBE YOUR WORK FOR YOU:

anxious to make make suggests;



www.fiverr.com/

jazzlynaddison/writeexcellent100-wordsdescription-for-you

www.popexpert.com/

COMMISSION OTHERS
TO WRITE THE
SENTENCES ABOUT
YOUR ART ON THEIR
BODIES.

see anxious to make^{TM'}s special commission with a brazilian human billboard:



PRINT THESE SENTENCES OR PHRASES ON MUGS/ RUGS (WHEN ASKED ABOUT YOUR WORK GESTURE TO THE MUGS/RUGS: DRINK YOUR HOT BEVERAGE. OR VACUUM EVEN.)

COMMISSION PET SNAKES OR OTHER ANIMALS TO SHOW YOUR FLUXUS-STYLE SCRIPTS.

see anxious to make^{TM'}s special commission with a pastel python snake named Soymilk:



go to page 70.

PRINT YOUR FUCK-LABOR-FLUXUS SCRIPTS WITH ON-DEMAND BOOKS:

anxious to make make suggests:



www.blurb.com/ondemand-book-printing



www.lu.lu.com

GO TO THE ANXIOUS TO MAKETM ART PROJECT GENERATOR ABOUT IMPORTANT THINGS

navigate to:



GO TO THE ANXIOUS TO MAKETM BRAND GENERATOR

navigate to:



RENT SPACES THROUGH THE 'SHARING' ECONOMY. YOU CAN RENT PRIVATE LAND FOR CAMPING AND EVEN BATHROOMS:

anxious to make make suggests:



mttps://app.airpnp.co



www.thestorefront.com



www.gamping.com

COMMISSION
PSYCHIC READINGS
IN ORDER TO
FORECAST THE FUTURE
OF ART PRACTICE
IN TIMES OF
ACCELERATED CHANGE.

listen to anxious to make^{TM'}s special psychic prediction commissions:



COMMISSION
FINANCIAL ANALYSTS
TO FORECAST THE
FUTURE OF MARKETS
AND YOUR BANK
ACCOUNTS IN TIMES
OF ACCELERATED
CHANGE.

anxious to make make suggests;



---the end---