

Annie Abrahams - Hug

When walking somewhere in the street
Just stop and stand still
Put your arms around yourself and hug yourself.
When you feel comforted you may continue your walk.

Kirsten Hushesius

Thank you Annie. When I read your task the night before at first it felt strange, it seemed like a typical Corona response task, and I felt a bit strange about this. Then, in the night time when I woke up, I thought that performing your task would be a great opportunity to really stand still with myself instead of others. It felt as a gift from you, a very nice gesture. The moment when I executed it I was very sad because of the performance before, in which I talked to my grandmother as an imaginary friend. When I stopped walking the sun warmed me. I was in a quiet part of the street. I hugged myself with my eyes closed. People crossed. I was a bit in the way. When I did not feel so sad anymore I opened my eyes and continued my walk.

Ienke Kastelein

As I started walking the street I was wondering when I would feel the urge to do the hug and/or to be hugged by myself. I tried to stop thinking about it. Then, after some time, managed to not think about it anymore, and did the hug. I put my arms around myself and closed my eyes while holding myself firmly, rocking gently from left to right. It felt like a consolation - I was fully immersed in the hug. Closing my eyes came natural - a confirmation of the intimacy that I felt. It also helped in shutting out others. I repeated the hug several times in different places. I remembered once when someone held my face in her hands - a very comforting experience - then tried hugging by holding my face in my hands. One final hug, holding myself as a hello to myself being here, feet on ground, here, now, entirelylY HERE.

Stefanie van den Bos

Afterwards I realised how busy I have been and how good it is in the sun.