

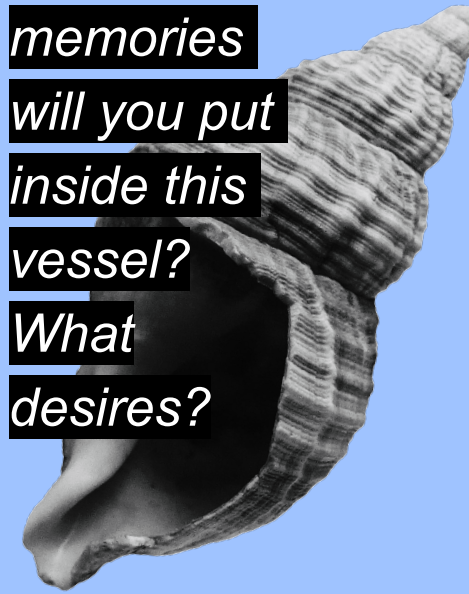


Create your own haptic object to engage with our prompts.

Starting now, consider how your haptic object will look, feel, and smell.

What memories will you put inside this vessel?

What desires?



Will your haptic object have a casing, a carcass, limbs, sustenance, a heartbeat, skin, a shell, protection, an outer membrane, guts, a memory?

pantyhose, sock, tube, a neglected t-shirt, that treasured fabric never used.



What materials will make up this vessel?

What materials will make up the viscera?



beans, rocks, orange peels, rope, lint, love letters, lost hair.

What's missing? What layers and textures is your object thirsty for?



something unsettling, something at the back of your drawer, something noisy, something at the edge of your awareness.

In your calendar, set a date and time for a 2 hour date with your object.

As soon as you finish your haptic object, tuck it into your bed. Sleep beside your haptic object for the whole night. Consider how it will interact with your sleeping body and how your body will affect it.



Dance with your object.

Choose a slow song and a fast song.

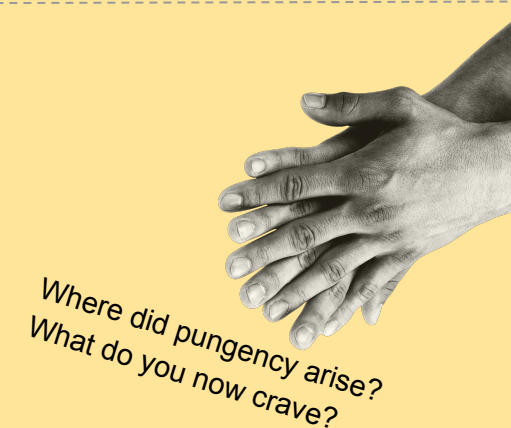
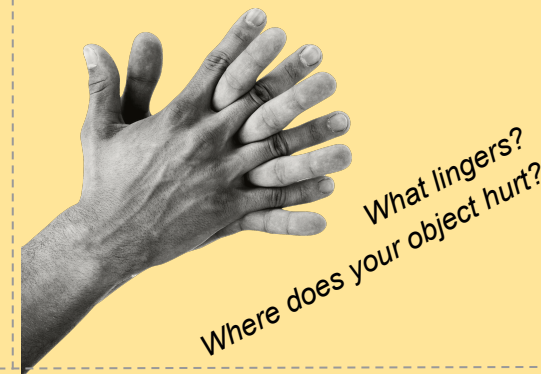
What happened? What do you hear now? What frequencies are your tissues emitting?



In silence, take turns laying on your object and letting it lay on you. Until your object gets pins and needles. Until you forget your object is laying on you.

What memories appeared? Where did memories appear? Who broke the silence first?

Take out your anger on your object. Yell into your object with your whole being. Pause and breathe for 20 seconds, yell louder, pause and breathe, yell louder "Why did you do this?!" Apologize. Comfort your object.



Use your object to draw failure on your body. Then draw relief onto your object, using your body. Erase it and start over.

Dream or remember a dream. Rub the dream all over your object. Rub the dream all over your body. Then scrape nostalgia out of your object and blow it away.

****** Considerations before you start ******

set a date and time for a 2 hour date with your object.

don't be late.

don't leave early.

if you still have time, go back to your favorite prompt (or your least favorite) and re-interpret it.

do the opposite.

do it at half speed.

change locations.

Share a treat with your object. Taste the treat and describe it aloud to your object. Next, have your object take a bite and describe the taste to you.



Where in your body was this dream living? Where does it live now?