



## BETA TESTS: SUPER EGO OUT LOUD

STO Union, the company that brought you last year's [The Twilight Parade](#) and [many other creative projects](#) has a new story-installation project in development and we need 10 people to test out the concept with us!

This is the deal: participants write between one line to one-page of text we call an 'inner monologue.' Once the text is done, we will audio record you saying the inner monologue out loud. Then we will play back the audio to you and video record you as you listen to your inner monologue. That video and audio recording combination will become the central part of the installation.

In the original version of this project, called [Virtual Bar Buddies \(2012\)](#), people shared what was going on in their minds, as they sat at the local bar (Kaffe 1870).

Here is an excerpt:

[Virtual Bar Buddies](#)

Passcode: stounion

This new version is different in that we want to open it up to other public places (like a library, or an art gallery) and we want to offer a new and simple program that supports participants and helps them as they write an inner monologue. So we've changed the name of the project to [Super Ego Out Loud](#), to reflect that our inner monologues happen in a lot of different places.

If you want more background information on this project, please see '[background](#)' below.

If you want to try your hand at this art installation and are ready to give us feedback on the project **here are the practical details:**

1. Sign up by March 31, 2019 – maximum of 10 participants – first come, first in.
2. For four weeks starting April 3<sup>rd</sup>, you will receive a weekly instruction page via email that is meant to help you as you write an “inner monologue.” The instruction page may include an audio file.
3. First two weeks of May we’ll set up a time record your entries and create the installation.
4. We show the installation and get public feedback.
5. You give us feedback by answering a few questions online and through a short meeting.

As for time commitment, once a week instructions will take no more than 15 minutes to read or listen to. It’s up to you how many times you want to use the instructions in your process, and how much time you want to put into it.

All 10 participants will receive a \$50 honorarium.

Please contact [nadia@stounion.com](mailto:nadia@stounion.com) to sign up or for more details.

#### **BACKGROUND:**

**Super Ego Out Loud** is part of a group of projects currently under development at **STO Union** that explore how technology is both **changing art** and can be used to support people and communities in **making art**.

One of the ways that technology has changed the way we look at things is that it allows us to zoom in: to look at big systems and break them down into their components or elements. By zooming in, we now can see that each element is actually a universe on its own. Technology gives us not only the ability to ‘zoom in,’ but it gives us the momentum to look more closely.

As I zoom into the art form of the theatre, I can break it down into elements and work with them separately. For example, the STO Union productions **Epiphany (2010-2012)** and **Virtual Bar Buddies (2012)** isolate two elements that are often found in a traditional play: the **moment of realization** and the **inner monologue**. A third and final part of this trilogy of tropes is the **pregnant pause** which I will be exploring with the project **Transformation Box** later on.

In **Epiphany (2010-2012)**, people presented their story of an epiphany or moment of change that happened in their life. In that show, we were looking at the ‘turning point’ – the ‘aha’ moment – that changes the course of a story. In **Virtual Bar Buddies (2012)**, people presented their story of what was happening in their minds when they sat at the local bar. In this project, we looked at the inner debate expressed in the form of an inner monologue, what the character is thinking to themselves when they are sitting at the bar.

## **The Inner Monologue**

We all have moments when we are being pulled in two different directions in our heads. For as long as humans have existed, we have tried to understand what these forces are. In many traditions, these are described as two forces that are vying for the person's attention and will. Some cultures see one as good and the other evil. In psychiatry, the forces were sometimes labeled ID and Super Ego.

In the tradition of the theatre, this duel is often captured in the 'inner monologue', like in Hamlet's "to be or not to be." He is sharing what is going on in his head and it's a battle between two forces. The conflict between two or more inner voices doesn't have to be tragic. The debates, as we know, can be anything, including hilarious. The inner monologue is called a monologue because it is happening in one person or character's mind. But the monologue itself often has two – and sometimes more – voices, all in debate or in some kind of relationship with each other.

### **FAQs**

#### **What do I do?**

You listen to and/or read the weekly directions. Out of this, you will be writing texts and pulling the elements together into a monologue. By the end of this process, you will have written a minimum of one line to a maximum of a one-page text that is your inner monologue. If I have any dramaturgical advice or feedback to enhance the performance-art effectiveness of your monologue, I'll give it to you then. That said, this is a test, so I'll mostly just be observing it all.

A couple of weeks after you finish writing your text, we'll record you reading it out loud. We will then play it back to you and record a visual of you as you listen to your own words.

#### **Is it 'real'?**

That is up to you. If you want, you can ask someone else to represent you in the video. The story you present does not have to be based in your own 'real life.' Everyone is different in terms of how much reality and how much fiction they like to incorporate in their story telling. It's up to you. All of it can be 'real' – you get to choose. This is a creative exercise.

#### **Will it be shown?**

Yes. We will show the results of this testing phase at festivals and conferences as examples of the concept, and we will show it locally as well, to see how the public responds to it. Part of this test is to see how you feel having the piece shown in public, so please come and check out the installation as well, it will be part of the questionnaire.

**Questions?** [nadia@stounion.com](mailto:nadia@stounion.com)