

Hacking Your Emotions With Improv

Ana Nelson
ana@ananelson.com

Ana Nelson

Author of Dexy (dexy.it)
Documentation Automation

Improv Producer & Performer
[complicitproductions](http://complicitproductions.com)



**Feedback =
Superpower**

Feedback = Hard

Microaggressions

Parents

Relationships

Society

Stereotypes

Trauma

Identity

1/n rule

**First Time =
100% of Identity**

An Example

Practice/Experience
Increases “n”
Decreases $1/n$

**Information,
not Identity**

Tips from Improv for the 1/n hump!

Get support.
Lower the stakes.
Have fun.



photo by Michael Astrauskas

Do improv!

improv.org

See improv!

complicit.productions

