

A Day in Your Clothes



Vol 5.2

Ava wearing Angelina's clothes

hi friend!

Thank you for agreeing to switch clothes with me! I know agreeing to this takes vulnerability and I am very grateful for your trust <3 First and foremost, I want to emphasize that I really respect your relationship with how you dress, and understand that there are many factors that go into that. Please know that you are in control during this whole experience, and I want you to be comfortable. If I give you something that would be uncomfortable to wear in any way, you definitely don't have to wear it! If at any point during the day you're feeling like you can't be in my clothes anymore, take them off! Your well-being matters the most to me during this process, and I want the experience to be fun rather than unpleasant.

I'm excited for our switch and hope you are too! This zine will guide you through what to expect, and provide blank pages + prompts for reflection for you to fill out throughout the day. At the end of the day, we'll get together and have a casual interview/conversation about our experiences during the day, and I'll collect this zine from you then as well.

hope you have a great day!

love, Angelina

Here's a rough outline of what to expect over the next day or so!

Day before our switch:

- ☒ Pick out our clothes! For things like pants that need to fit well, we can agree to wear our own clothes that are in the style of what the other person would pick.

Morning of our switch:

- ☒ Put on the clothes!
- ☒ Note down approximately what time you started your day in the **INFO** page to the right.

Throughout the day:

- ☐ Go about your day & live your best life
- ☐ Note down how you feel using the prompts in this booklet, or any other way you want!
- ☐ Take photos of any parts/details of the clothes that make them interesting or surprising to wear, and text them to me

Afternoon / evening of our switch:

- ☐ Whenever you're ready, feel free to take off my clothes. Whew! We did it!
- ☐ Note down when you changed back.
- ☐ We'll get together during the evening to recap our days and discuss the experience together, using the questions in this booklet as a guide.

INFO

Name:

Ava Grace

Switching with:

Angelina

How long have we known each other?

I think about 3 years but also lifetimes and seconds

Today's date:

March 3, 2022

Start time:

12:43 PM EST

End time:

Please describe the outfit you are wearing today:

- 1) Ribbed ajir blue cardigan old navy XL well loved and iconic to angelina
- 2) amber / terracotta soft scarf with gold moon flecks (also iconic angelina)
- 3) straight large/fitness black pants that are mine but mimic ang's usual silhouette that my aunt bought me
- 4) black turtlenecks (mine) from 5 years ago, tight

What are you doing today? (classes, ^{chickadee} coop, ^{2:30} MT, etc)
MT/ATTN

I have a meeting in 12 min or zoom started my day in PTs and my home clothes for telehealth therapy appointment. other schedule:

2:30 try to visit MT

3:00 Apple store Box 150n (Laptop's book)

AFTER: rest, call DKE?

visit Kai? see boyfriend, vibe.

Documentation!

Instructions: Please document your experience by marking up this book throughout the day, using the prompts on each page as a starting point. This part is really loose!!! Some ideas for documentation include:

- Draw / write / mark up this book!
- If you want to draw on other things and tuck them into this book, that would be amazing!
- Voice memos
- Photos (Selfies?) and videos
- Text me!!! I'd love to hear how it's going!

1. First impressions! How do you feel right after putting on the clothes?

- dissapointed that the sweater isn't as loose and big on me as it is / as I remember it being on Angelika, like the sweater didn't cover my butt (which is important for me when wearing leggings)
- fixed this discomfort by switching to loose, black pants that made me feel better and mimic angelika's silhouette.
- smells like angelika! clean laundry, also soft and sweet and kind, like angelika
- really warm inside with the turtleneck + sweater + scarf, also tight + not my usual style
- I feel cute and connected to angelika, which makes me smile ~
- wonder how she feels right now in my clothes!

2. What accessories (if any) did you wear today? Are they the same or different to ones you normally wear? (write or draw or photograph)

3. Please mark on the figure where you are most aware of the clothes you are wearing

Photo prompt! Take pictures of the parts of clothing that you marked on the figure



4. How does your identity and personality usually relate to your clothing style?

5. Describe this outfit in 3 words:

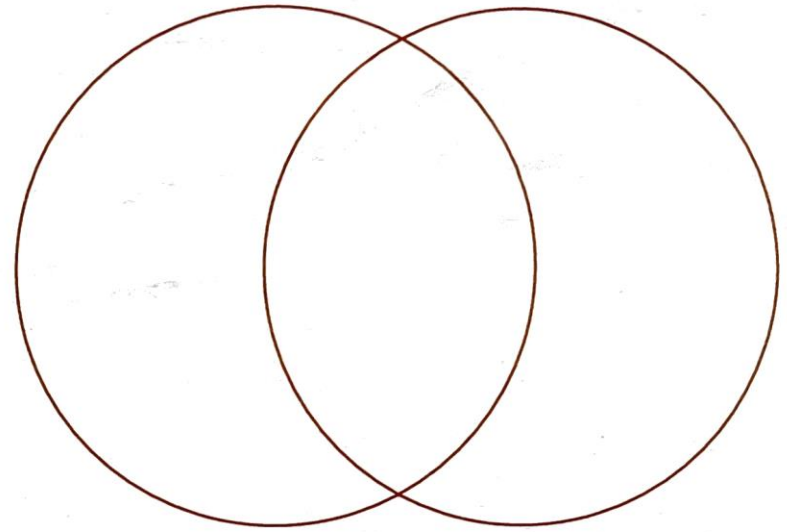
6. What do you **LIKE** and **DISLIKE**
about wearing these clothes?

LIKES	DISLIKES

7. Compare & contrast the style of these clothes
with your usual style!

THESE CLOTHES

YOUR USUAL STYLE



8. End of day check-in: How did you feel throughout
the day wearing someone else's clothes?

9. Draw how you felt today!

thank you for participating! :)

