

WWW.
ANXIOUS
TOMAKE.GA

LIAT BERDUGO + EMILY MARTINEZ PRESENT

HOW

TO MAKE

YOURSELF

INTO A

COMMISSIONING

BODY

IN 5

EASY

STEPS

----the workbook----

ARE YOU HAVING
TROUBLE COMING
UP WITH AN IDEA?

- ☐ yes (go to page 2)
- ☐ no (go to page 3)

LIST A TERRIBLE
IDEA, IN DETAIL:

ARE YOU SUFFERING
FROM A CREATIVE
BLOCK?

do you still dislike
this idea?

☐ yes (go to page --art proj. gene)

☐ no (go to page 3)

☐ yes (go to page 4)

☐ no (go to page 5)

DO YOU FEEL CAPABLE
AND WILLING TO
DESCRIBE THE BLOCK
IN DETAIL?

ARE YOU TRYING
TO WORK WITH
DIFFICULT SUBJECTS
THAT REQUIRE A
CERTAIN DEGREE OF
SENSITIVITY OR
ANONYMITY?

☐ yes (go to page --_{doc shwer})

☐ no (go to page --_{perform rem})

☐ yes (go to page 6)

☐ no (go to page 7)

HOW ATTACHED
ARE YOU TO YOUR
IDENTITY?

☐ very attached (go to
page -- quiz - difficult ways into subjects)

☐ not attached (go to
page -- new id generator)

ARE YOU WORKING
WITH UNFAMILIAR
MATERIALS?

☐ yes (go to page 8)

☐ no (go to page 9)

HOW DOES
THIS MAKE YOU
FEEL; EXCITING,
INTIMIDATING,
LIMITING? IS
YOUR PREDOMINANT
FEELING "STUCK"?

O yes i feel stuck,
blocked even (go to page 4)

O nope, not stuck (go to
page 9)

ARE YOU GOING
THROUGH A MID-
CAREER CRISIS AND
NEED TO REINVENT
YOURSELF OR YOUR
ENTIRE CAREER?

O yes (go to page --)

O no (go to page --)

ARE YOU INTERESTED
IN EXPERIMENTING
WITH NEW ROLES OR
PERSONAS THAT TAKE
YOU OUT OF YOUR
COMFORT ZONE?

☐ yes (go to page 11)

☐ no (go to page 13)

WOULD IT HELP YOU
TO SEE THESE ROLES
OR PERSONAS PLAYED
OUT BY OTHERS, OR
DO YOU PREFER A
MORE ABSTRACT,
GEOGRAPHIC
APPROACH?

☐ abstract geography (go
to page --)

☐ roles played out by
others (go to page --)

DO YOU HAVE, OR
COULD YOU WRITE, A
SCRIPT FOR THESE
ROLES OR PERSONAS?

☐ yes (go to page -- twin)

☐ no (go to page --)

WERE YOU RECENTLY
INVITED TO AN
IMPORTANT ART
EVENT, AND NOW HAVE
TO COME UP WITH
A WORK or PROJECT
PRESENTATION?

☐ yes (go to page 14)

☐ no (go to page 19)

DO YOU HAVE A
PROJECT IDEA?

- ☐ yes (go to page 15)
- ☐ no (go to page 2)

DO YOU KNOW WHOM,
IN PARTICULAR, YOU
NEED TO IMPRESS AT
THIS PARTICULAR
ART EVENT?

- ☐ yes (go to page --)
- ☐ no (go to page -- PUB GEN)

YOU KNOW WHO YOU
NEED TO IMPRESS.
YOU HAVE THREE
OPTIONS:

- O woo them with boat
romance (go to page --)
- O print their face on
mugs/rugs (go to page -)
- O print their face on
custom silks (that you
perhaps will wear to the
opening (go to page --)

ARE YOU
OVERWHELMED
BECAUSE YOU HAVE
SO MANY IDEAS AND
NOT ENOUGH TIME OR
MONEY TO SEE THEM
THROUGH?

- O yes (go to page 18)
- O no (go to page 23)

IS YOUR ISSUE BASED
PRIMARILY ON TIME,
OR ON MONEY?

- ☐ time (go to page 19)
- ☐ money (go to page --)

DO YOU HAVE TOO
MANY IDEAS? OR
IS IT MORE THAT
YOU'RE STRUGGLING
WITH TIME
MANAGEMENT?

- ☐ too many ideas! (go to page 20)
- ☐ time management (go to page --)

PLEASE LIST ALL
YOUR IDEAS HERE.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- etc.

continue to page 21.

CAN YOU EASILY
FARM OUT YOUR
IDEAS TO OTHERS TO
EXECUTE? (IF NOT, DO
NOT WORRY; ANXIOUS
TO MAKE™ HAS
PATENTED METHODS
TO HELP YOU BEST
CHOOSE AN IDEA TO
EXECUTE NOW.)

☐ yes (go to page --^{intern gen})

☐ no (go to page 24)

YOU HAVE A FEW
OPTIONS;

WHICH WOULD YOU
BE MORE HELPFUL
FOR YOU IN TIME
MANAGEMENT?

O i want darts (go to
page --)

O i prefer dice (go to
page --)

O i want mugs and rugs.
i will just pick an
idea and print it on a
mug/rug until i do it
(go to page --)

O a manservant to keep
you on task (go to page --
& make sure you have a
good deal of \$\$\$)
O a custom audio track
for focus (go to page --)

ARE YOU CURRENTLY
HAVING TROUBLE
EXECUTING AN IDEA?

- ☐ yes (go to page 25)
- ☐ no (go to page 26)

WHY?

- ☐ a creative block (page 4)
- ☐ a fear of judgement (page --)
- ☐ "i'm not qualified to do this work" (page --)
- ☐ procrastination (page 23)
- ☐ i'm working with unfamiliar materials (page 8)
- ☐ i'm working with uncomfortable roles (page 11)
- ☐ i'm working with difficult subjects (page 6)
- ☐ a lack of time or money (page 18)
- ☐ other (page -- choose new)

HAVE YOU GROWN
DISILLUSIONED
WITH YOUR CURRENT
ART DISCOURSE OR
PRACTICE?

- ☐ yes (go to page 27)
- ☐ no (go to page 28)

ARE YOU READY TO
BREAK UP WITH YOUR
ARTISTIC PRACTICE?

- ☐ no (go to page 25)
- ☐ yes, i will print "i
broke up with my artis-
tic practice on a... (go to
page --)

DO YOU HAVE A
GROWING SENSE
OF DISTRUST IN
THE SYSTEMS THAT
GOVERN YOUR LIFE,
CAREER, COMMUNITY,
NATION, AND/OR
PLANET?

☐ yes (go to page --)

☐ no (go to page --)

PLEASE FLIP A COIN.

☐ heads (go to page --_{hypnosis})

☐ tails (go to page 30)

PLEASE LIST FIVE
DISTRUSTS YOU
HAVE IN ANY OF THE
SYSTEMS YOU WERE
ASKED ABOUT.

1.

2.

3.

4.

5.

now flip that coin again.

0 heads (go to page --_{varun})

0 tails (go to page -_{mungu})

DO YOU FEEL A SENSE
OF ALIENATION
FROM THE SO-CALLED
'AUDIENCE' OF YOUR
WORK?

0 yes (go to page --)

0 no (go to page 34)

WHICH APPLIES TO
YOU MOST?

O i want more control
over my audience (page --)

O i want more direct
contact with my audience.
like, i would love to know
or see their reactions to my
work (page --)

O i am striving for
intimacy with my
audience (page --)

HOW DO YOU
LIKE TO ENGENDER
INTIMACY?

O wooing (page -- boat)

O artistic monogamy
(page --)

O gifts (page)

THOUGH EXPERIMENT;
THINK OF A PROJECT
IDEA YOU'D LIKE TO
DO, BUT HAVEN'T DONE
YET. DON'T EXPLAIN
IT, JUST MAKE IT
CLEAR IN YOUR
MIND.

(once you have it, go to
page 36)

NOW FILL IN THE
BLANK. IF I ONLY
HAD -----blank-----,
I COULD MAKE THIS
PROJECT. WRITE OUT
YOUR TOP THREE.

1.

2.

3.

(go to page 37)

DID YOU NEED . . .

O money? (page --m quiz)

O time? (page 23)

O motivation? (page -)

O confidence? (page -)

O something else? good to
know. you may also like
(page -- cr. block rituals)

DO YOU FEEL
TONGUE-TIED, OR
THAT THE WORDS
COME OUT WRONG,
WHenever YOU TRY
TO DESCRIBE YOUR
WORK TO OTHERS?
DO YOU OFTEN FEEL
MISUNDERSTOOD?

O yes (go to page 39)

O no (go to page 42)

WHICH MOST APPLIES
TO YOU?

O it be most helpful to
never have to talk about
my work again (page --)

O i would like others
to do the hard job of
describing my work for
me (page --)

O i acknowledge that
i will still need to
talk about what i do
(to friends, lovers, my
mother; at openings, even
though i may have 'said
everything' with the
work'...), so i simply want
cues for myself and/or
others (page --)

PLEASE WRITE
2-3 SENTENCES OR
PHRASES THAT
DESCRIBE YOUR WORK

1.

2.

3.

☐ i did it (go to page 41)

☐ i can't (go to page --)

DO YOU BELIEVE IN
EMBODIMENT?

☐ yes (go to page --)

☐ no (go to page --)

DO YOU SOMETIMES
FEEL THAT YOUR
WORK IS "DONE"
WHEN YOU THINK OF
AN IDEA, AND LAMENT
THE LABORIOUS
PROCESS OF
CARRYING IT OUT?

CHOOSE:

☐ hire interns (page --)

☐ fuck labor (page 44)

☐ yes (go to page 43)

☐ no (go to page 45)

YEAH, FUCK LABOR!
RETURN TO FLUXUS
AND YOKO ONO AND
WRITE SCRIPTS --
LOTS OF SCRIPTS.
HOW WOULD YOU
LIKE TO SHOW
THESE?

- ☐ with pet snakes (page --)
- ☐ as books (go to page --)
- ☐ printed on mugs/rugs
(page)

DO YOU FEEL THAT
YOUR ART PRACTICE
GETS AT, OR SPEAKS
TO, THE THINGS IN
LIFE THAT ARE MOST
IMPORTANT TO YOU?

- ☐ yes (go to page --)
- ☐ no (go to page 46)

WOULD YOU LIKE IT
TO?

WHAT ARE THE
THINGS IN LIFE
THAT ARE MOST
IMPORTANT TO YOU?
free space;

☐ yes (go to page 47)

☐ no (go to page 48)

(now make a new project
idea, page 2)

DO YOU SEE
YOURSELF AS BOTH
AN ARTIST AND
A "BRAND" THAT
DISTRIBUTES YOUR
ART?

- ☐ yes (go to page 49)
- ☐ no (go to page 50)

DO YOU NEED
ADDITIONAL HELP
OR RESOURCES FOR
BRANDING AND/OR
DISTRIBUTION?

- ☐ yes, branding (page --)
- ☐ yes, distribution/pub-
licity (page --)
- ☐ no (go to page 50)

ARE YOU STRUGGLING
TO FIND RIGOROUS
INTELLECTUAL
COMMUNITIES
OUTSIDE OF
INSTITUTIONS THAT
VALUE THE SOCIAL
AND CRITICAL
FUNCTIONS OF ART?

O yes (go to page 51)

O no (go to page 52)

WHICH BETTER
DESCRIBES YOUR
CONDITION?

O rigorous communities
give feedback, and i need
that. i need some moti-
vation in the form of
tough love. . . (page --)

O i simply need spaces
to gather people (page --)

DO YOU FEEL THAT
YOUR ART PRACTICE
HAS FAILED TO KEEP
PACE WITH THE
DEMANDS OF THE
RAPIDLY SHIFTING
FORCES THAT SHAPE
THE ECONOMY, AND
BY EXTENSION,
THE MARKETS OR
INSTITUTIONS THAT
SUPPORT ARTISTS?

☐ yes (go to page 53)

☐ no (go to page 54)

DO YOU WANT TO SEE
THE FUTURE? OR DO
YOU WANT TO SEE
EXCEL?

☐ the future (page --)

☐ excel (page --)

THOUGHT EXPERIMENT;
THINK OF A VERY
SPECIFIC TIME THAT
YOU FELT FREE FROM
THE ANXIETIES TO
MAKE. DESCRIBE THAT
TIME. WHAT DID /
DOES THIS FREEDOM
FEEL LIKE?

continue to page 56

IF THAT FREEDOM
HAD A COLOR, WHAT
COLOR WOULD IT BE?

the color of my free-
dom is _____.

(print this on a mug/rug, page -)

GO TO THE ANXIOUS
TO MAKE™ ART
PROJECT GENERATOR.

navigate to:



[www.anxiousstomake.ga/
projectgenerator.html](http://www.anxiousstomake.ga/projectgenerator.html)

WHAT IS THE
BLOCK? DESCRIBE IT,
PHYSICALIZE IT. IS
IT GREEN? WHAT
SIZE IS IT? DOES
IT LOOK LIKE YOUR
MOTHER? IS IT IN
YOUR HOUSE? IS IT
IN YOUR LAUNDRY
ROOM? IS IT IN
YOUR STOMACH? BE AS
DETAILED AS POSSIBLE.

go to page --.

COMMISSION A
PERFORMATIVE
REMOVAL OF YOUR
CREATIVE BLOCK.

watch anxious to make™'s
special commission;

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[www.anxioustomake.ga/
performativeremoval.
html](http://www.anxioustomake.ga/performativeremoval.html)

THAT'S OK. WE
DON'T BLAME YOU,
BUT WE DO HAVE A
SOLUTION. DOWNLOAD
ANXIOUS TO MAKE™'S
22 RITUALS FOR
REMOVING CREATIVE
BLOCKS.



[www.anxioustomake.ga/me-
dia/RitualsForRemoving
CreativeBlocks.pdf](http://www.anxioustomake.ga/media/RitualsForRemovingCreativeBlocks.pdf)

GO TO THE ANXIOUS
TO MAKE™ QUIZ
ON DIFFICULT
SUBJECTS FOR
FURTHER QUESTIONS
AND RESULTANT
SUGGESTIONS.

GO TO THE ANXIOUS
TO MAKE™ NEW ID
GENERATOR.

navigate to:



[www.anxioustomake.ga/
newidgenerator.html](http://www.anxioustomake.ga/newidgenerator.html)

navigate to:



[www.anxioustomake.com/
difficultsubjectsqwiz.
html](http://www.anxioustomake.com/difficultsubjectsqwiz.html)

COMMISSION A PERFORMATIVE VALIDATION FOR WORKING WITH UNFAMILIAR MATERIALS

watch anxious to make™s
special validation from
a man who irons;

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www.anxioustomake.ga/
unfamiliarmaterials.
html

PLEASE DRAW YOUR
COMFORT ZONE AS A
MAP, AND WHERE YOU
ARE IN RELATION TO
IT;

O i can't (go to page --)
O i did it! (good work
now go to page --)

COMMISSION
SOMEONE ELSE TO
DRAW YOUR COMFORT
ZONE AS A MAP FOR
YOU;

NOW PRINT YOUR
MAP ON A MUG OR
ON A RUG;

anxious to make™ suggests;



[www.fiverr.com/
housemchabb/make-your-
fantasy-map](https://www.fiverr.com/housemchabb/make-your-fantasy-map)



[www.fiverr.com/arstn-
dioz/draw-your-fanta-
sy-treasure-maps](https://www.fiverr.com/arstndioz/draw-your-fantasy-treasure-maps)

once complete, go to page -

go to page --

GO TO THE ANXIOUS
TO MAKE™ MUG/RUG
PAGE TO DESIGN AND
ORDER YOUR CUSTOM
MUG/RUG.)

navigate to:



[www.anxiousmake.com/
mugruggenerator.html](http://www.anxiousmake.com/mugruggenerator.html)

COMMISSION
SOMEONE ELSE TO
WRITE A SCRIPT
FOR YOUR ROLES OR
PERSONAS.

anxious to make™ suggests:



[www.fiverr.com/sword-
spears/write-a-thrill-
ing-and-professional-
poem](http://www.fiverr.com/sword-spears/write-a-thrilling-and-professional-poem)



[www.fiverr.com/lauren-
meikle/write-you-vid-
eo-script](http://www.fiverr.com/lauren-meikle/write-you-video-script)

once complete, go to page -

COMMISSION A
PERFORMANCE OF
ROLES OR PERSONAS.

watch anxious to makeTM's
special commission of
three sets of twins --
each trying on new roles
for liat berdugo and
emily martinez;

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www.

anxioustomake.ga/

twins.html

YOU'RE TRYING
TO IMPRESS, BUT
NOT SURE WHOM?
IT SEEMS LIKE
YOU'D SIMPLY
BENEFIT FROM SOME
PUBLICITY.

go to page --

COMMISSION BOAT ROMANCE;

anxious to make™ suggests;



www.boatbound.co/boat-rentals?activity=74043

COMMISSION CUSTOM SILKS;

anxious to make™ suggests;



www.artofwhere.com/products/silk-scarves

GO TO THE ANXIOUS
TO MAKE™ PUBLICITY
GENERATOR.

navigate to:



www.anxioustomake.ga/
publicitygenerator.
html

GO TO THE ANXIOUS
TO MAKE™ INTERN
GENERATOR.

navigate to:



www.anxioustomake.ga/
interngenerator.html

COMMISSION A
CUSTOM DART BOARD
WITH YOUR PROJECT
IDEAS ON IT. PLAY
DARTS TO CHOOSE AN
IDEA.

anxious to make™ suggests:



[www.zazzle.com/custom/
dartboards](http://www.zazzle.com/custom/dartboards)

COMMISSION CUSTOM
DICE WITH YOUR
PROJECT IDEAS ON
EACH FACE. ROLL THE
DICE. BLOW ON THEM
FIRST FOR GOOD
LUCK. THE DICE WILL
CHOOSE YOUR IDEA
OF FOCUS.

anxious to make™ suggests:



www.customdice.com

GO TO THE ANXIOUS
TO MAKE™ QUIZ;
"WOULD MONEY
REALLY BE ALL I
NEED TO SUCCEED?"

navigate to:



COMMISSION A
MANSERVANT TO KEEP
YOU ON TASK AND
WAIT ON YOU HAND
AND FOOT WHILST
DOING SO.

anxious to make™ suggests:



COMMISSION A
CUSTOM AUDIO TRACK
FOR FOCUS AND TIME
MANAGEMENT.

listen to anxious
to make™'s special
commission for anti-
procrastination;

WWW.
ANXIOUS
TOMAKE.GA

www.

anxioustomake.ga/

hypnosis.html

GO TO THE
ANXIOUS TO
MAKE™ CONFIDENCE
GENERATOR.

navigate to:



www.anxioustomake.ga/
confidencegenerator.
html

YOU NEED TO CHOOSE
A NEW PROJECT.
ANXIOUS TO MAKE™
CANNOT HELP YOU.

COMMISSION A
HYPNOSIS TO
ENGENDER TRUST.

listen to anxious
to make™'s special
commission:

**WWW.
ANXIOUS
TOMAKE.GA** [www.
anxioustomake.ga/
hypnosis.html](http://www.anxioustomake.ga/hypnosis.html)

go to page -- (project gen)

COMMISSION AN
EXTERNALIZATION
OF YOUR DISTRUSTS,
PERFORMATIVELY.

watch anxious to makeTM's
special commission with
twins and capitalism;

WWW.
ANXIOUS
TOMAKE.GA

www.anxioustomake.ga/
externalizedistrust.
html

EXTERNALIZE, WALK
ON, & DRINK COFFEE
OUT OF YOUR
DISTRUSTS BY
PRINTING A SERIES
OF FIVE MUG/RUGS.

go to page --

FOR GREATER
AUDIENCE CONTROL,
RENT A CROWD,
DONALD TRUMP-STYLE.

anxious to make™ suggests:



www.crowdsondemand.com/services/

COMMISSION VIDEO
CAPTURES OF PEOPLE
SEEING / WATCHING
/ READING YOUR
WORK.

anxious to make™ suggests:



www.fiverr.com/emily-maxwell/provide-an-honest-feedback-for-you



www.usertesting.com



www.fiverr.com/dana-burkey/beta-ready-and-critique-your-novel

MAKE INTIMACY BY
CREATING WORK
FOR AN AUDIENCE
OF JUST ONE
PERSON. DOWNLOAD
ANXIOUS TO MAKE™'S
CONTRACT FOR AN
AUDIENCE OF ONE.

BUY YOUR AUDIENCE
THE GIFT OF MUGS/
RUGS.



www.anxioustomake.ga/media/ContractForAudienceOfOne.pdf

go to page --

GO TO THE ANXIOUS
TO MAKE™ TOUGH
LOVE GENERATOR.

navigate to:



[www.anxiousmake.ga/
toughlovegenerator.
html](http://www.anxiousmake.ga/toughlovegenerator.html)

FAMOUS ARTISTS
RARELY HAVE TO
EXPLAIN THEIR
WORK TO OTHERS.
CAN YOU IMAGINE
SOMEONE GOING UP
TO PICASSO AND
SAYING, 'SO TELL ME
ABOUT YOUR WORK'?
YOU CAN OBTAIN
THE NEED TO TALK
ABOUT YOUR WORK
BY BECOMING FAMOUS.

COMMISSION OTHERS
TO DESCRIBE YOUR
WORK FOR YOU:

anxious to make™ suggests:



<https://requester.mturk.com>



www.fiverr.com/jaz-zlynaddison/write-excellent100-words-description-for-you



www.popexpert.com/

COMMISSION OTHERS
TO WRITE THE
SENTENCES ABOUT
YOUR ART ON THEIR
BODIES.

see anxious to make™'s
special commission with
a brazilian human
billboard:

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[www.anxioustomake.ga/
nevertalkaboutyour
workagain.html](http://www.anxioustomake.ga/nevertalkaboutyourworkagain.html)

PRINT THESE
SENTENCES OR
PHRASES ON MUGS/
RUGS. (WHEN ASKED
ABOUT YOUR WORK,
GESTURE TO THE
MUGS/RUGS; DRINK
YOUR HOT BEVERAGE,
OR VACUUM EVEN.)

COMMISSION PET
SNAKES OR OTHER
ANIMALS TO SHOW
YOUR FLUXUS-STYLE
SCRIPTS.

see *anxious to make*TM's
special commission with
a pastel python snake
named Soymilk:

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[www.anxioustomake.ga/
fucklabor.html](http://www.anxioustomake.ga/fucklabor.html)

go to page --

PRINT YOUR FUCK-
LABOR-FLUXUS
SCRIPTS WITH ON-
DEMAND BOOKS:

anxious to make™ suggests:



[www.blurb.com/on-
demand-book-printing](http://www.blurb.com/on-demand-book-printing)



www.lulu.com

GO TO THE ANXIOUS
TO MAKE™ BRAND
GENERATOR.

navigate to:



[www.anxioustomake.ga/
brandgenerator.html](http://www.anxioustomake.ga/brandgenerator.html)

RENT SPACES
THROUGH THE
'SHARING' ECONOMY.
YOU CAN RENT
PRIVATE LAND FOR
CAMPING AND EVEN
BATHROOMS;

anxious to make™ suggests:



<https://app.airbnb.com>



www.thestorefront.com



www.gamping.com

COMMISSION
PSYCHIC READINGS
IN ORDER TO
FORECAST THE FUTURE
OF ART PRACTICE
IN TIMES OF
ACCELERATED CHANGE.

*listen to anxious to
make™'s special psychic
prediction commissions:*

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[www.anxioustomake.ga/
forecasting.html](http://www.anxioustomake.ga/forecasting.html)

COMMISSION
FINANCIAL ANALYSTS
TO FORECAST THE
FUTURE OF MARKETS
AND YOUR BANK
ACCOUNTS IN TIMES
OF ACCELERATED
CHANGE.

anxious to make™ suggests;



[www.fiverr.com/
chavranche/do-your-
accounts-financial-
analysis-and-reports](https://www.fiverr.com/chavranche/do-your-accounts-financial-analysis-and-reports)