



# MAKING

A WORKBOOK FOR SHARING CIRCLES

A FUSS

**What's love\* got to do with it?**  
is a monthly series published on Project Theory Probe, discovering the many ways that love has been overlooked in our daily lives, then proposing solutions to our intimacy-deprived capitalist existence.

WHAT'S LOVE\* GOT TO DO WITH

# MAKING A FUSS

I. DIALOGUE

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II. TOOLBOX

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III. QUESTIONAIRES

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# AUTHORS

WOMEN WHO WERE PART OF  
THE 1ST TÙ TÙ PROJECTION

KITTY



TRIXIE



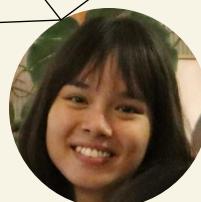
DI MUI



CHAU



LY



REM



# AUTHORS

DRAW IN PEOPLE WHO ARE  
PART OF THE SHARING CIRCLE

# WHAT DO YOU MAKE A FUSS ABOUT?

Draw your fusses in this Fuss Box ↓



1/ Go around the circle: each person shares a sentence that someone has told them to stop them from making a fuss.

e.g. It's just in your mind.

Historically, the phrase “stop making a fuss” is used toward women as a technology to put them in line. It is effectively saying, “You are wrong. Stop creating drama on unnecessary things.”

Who decides  
what is Right  
and Wrong?

What's (vn)

“Empirical evidence”, born out of the desire for objectivity over all other ways of knowing, became the best gatekeeping tool.

necessary?



Ly

My whole life has been a huge fuss that at first, I never knew it was my way of making a fuss. I felt tense, tight, itchy inside of myself for so long without knowing why and it has been very scary for so long. And now a truth has made itself clear: I have every right to make as many fusses and it does not mean I am creating more problems. It's actually bringing up what does not feel right to my nervous system and in a way, many humans are also suffering the same things.

When I was a student, I was struggling so much in a class with so many classmates who were encouraged to only be the best and following social conditions was a virtue. Then came teachers who were not happy with their job and were more interested in controlling rather than allowing. I was not a “smart” student and I had to fit in in order to not be left out. I believed it all started from there, a sense of deep discontent and frustration grew within me larger and larger day by day. Eventually, I became a “bad” student for skipping classes, not following teachers’ rules and not “studying” properly. Teachers hated me. I did not recognize it was my way of making a fuss to a system whose intention was not to teach, but to control.

This sense of inner turmoil followed me during all my years in college in Australia and turned into depression. I am not sure whether it was the main reason but I do believe confusion from not understanding why I was struggling so much internally, not being encouraged to make a fuss, or at least voice my concerns plays a huge role in worsening depression symptoms: feeling something is inherently wrong with me but truth is, it’s not all my fault. Now I understand with all the suppressions, blame and shame, of course depression and deep inner turmoil is inevitable. The good news is, they are not seen as bad anymore, at least for me, they are here because they serve their rightful purposes. Looking back, I was in Australia because I believed my parents’ and society’s decision that the only way to live my life the right and acceptable way was to graduate, get married and be happy. Even better if it was done overseas, to have a better future for an Asian girl. In the end, I dropped out of college with major depression and came back to Vietnam, against my mom’s plan for me, and also against all the inner critics in my head saying that I am worthless and a coward for doing what I was doing.

Many things were still mysterious to me that I was still unable to locate where, why and what exactly this inner suffocation came from and it was seen as an enemy to me, in other words, who I had been an enemy to "me". I went to work for 4 years and a half. Everything that was happening during that whole time finally pushed me to admit to myself that: something is not right here and maybe it's not all my fault. There is always an intense and sinking sense of fatigue in me but I did not allow myself to rest because rest was seen as weak and unproductive, another word, useless.

A lyric from a song I cannot recall the name finally brought clarity to me “We are not machine” and I swept and swept and swept all the years of numbing, suppressing, holding back, surviving and pretending. I was not living my life, the life inside of me was being drained from me, and I felt dead.

My health worsened and I chose to make the biggest fuss ever: quitting my job and never going back to capitalism. I was scared, depressed, lonely in my decision to follow this inner calling of “making bigger fusses” within myself by being an example of saying no to what no longer feels right.

“But am I doing the right thing? It feels wrong and worthless not going back to work. Where is the money going to come from? Am I going insane? People are not happy with me. So many people are suffering and here I am, refusing to go to work and not contributing. Why am I doing this though? Something must be wrong with me.”

Despite all the societal programming, fortunately, I made my own decision to follow this bottomless exhaustion and see where it would lead me. Many times I thought many things were endings, but they were just beginning a new era of daring creating greater fusses, and it’s both terrifying and exciting at the same time. I guess what was ending was the me that denied the fussy me.

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**WHAT DO YOU SAY  
NO TO?**





"máy nay u hổ xiú  
là nò bô di vây đố" "nó thi  
hiểu chon gta  
thôi máy di nó con này  
không hiểu  
khí sao giờ?" "ý minh giòn"  
"me thay" "lâm gi mìn  
tâm con như vậy" "yao  
là chưa có tình" minh,  
"chuyện ngà đường  
cô xia vào bao đồng" và dè bắt lỗi  
nhau quay quay quay  
qua vậy?" ॥-॥

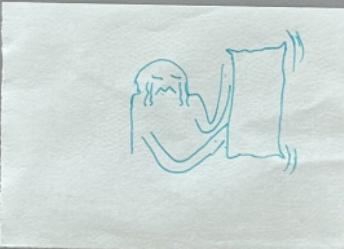
- rắc rối quá - kiếm
- sao buồn hảu vậy chuyển
- vui lên đi
- em như này nhiều chuyện
- và t khai cò gì đâu
- phu mì hay vậy - Khủng
- tôi không chứng không?
- bực stat
- em vầy cũng khóc - không không
- làm lén chuyện

điều kia như vậy là chưa được. Em kí ngọt  
đến cuối. Em còn quên dưới lén. Cố gí đầu  
má khòi gấp too là two đù nói lau rồi.  
nói giàn thời chúng giàn tức quá. Nhìn là  
biết kiểu tên đầu rồi, mà chỉ tên tên. Phải  
mạnh mẽ kia, nhưng phải nhẹ nhàng nè,  
đi với two nhiệm kín tên mòi rờ lung  
trect. Nhưng có "dè thường" nè.

con châm que. Lé mè que. you are not  
and never enough. you are so slow. what  
can you do with your major. i'm so  
tired because of you. depression  
is not real. đúng làm tiêu cui hoa  
vẫn đt. it's your fault. you're  
worth only if you keep working.  
you are so stupid /dumb/. có xui  
mà cũng chịu không đt. am  
l/a burden to my family. one person  
doesn't change anything. phải thế  
đeo. cha nho khâ gìn video may chof



con lâm ngà nhìn kia.  
- cõi khóc xem kh nè  
- có j đâu mà làm quá lèn  
- attention seeker, nước mắt  
cá sấu  
- thằng bình thường mà  
đé bị cảm xúc lán ấp /thay  
kh. giải quyết dc cảm xúc  
minh rón dung và là khóc R.



OMYGOSH why are you so fake /weak/  
sensitive? có gí đâu mà khóc?! Thiết  
Á HÀ TRỜI?! you're ~~crying~~ your tears  
To ANTAGONIZE me!! ĐÙNG có Lo  
chuyện BAO ĐỒNG Quá đị~~c!~~! Lo cho  
mình chua xong mà muốn ưu thế  
Giỏi!! ào TƯỜNG QUỐC LOL who Do  
You Think You ARE?! Xao... Vậy mā  
cũng BUỒN Á HÀ TRỜI?! Vui LÊN ĐỊ!  
cười đi LOLOLOL

# WHAT DO PEOPLE SAY TO STOP YOU FROM MAKING A FUSS?