

Emotion memory

Which passage?

| | | |
|---|--|--|
| Musical action | | |
| Emotion(s) in the passage | | |
| Lure(s) to access my analogous emotion(s) | | |

| | | |
|---|--|--|
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Use this tips and questions to help filling in the table:

In my analogous experience, the emotion should be strong enough to reach the audience's perception.

If I didn't experience anything similar, research what happens to a person that deals with it, understand their circumstances, empathize with that person, use imagination to put myself in that place.

Can I immediately strongly experience the same emotion?

If so, try to remember the circumstances and the logical understanding of that moment in the piece to be able to access that same emotion for the next times I play the passage.

Lures to access my emotions:

- **Sensation memory**

Gently recall sensations from my analogous experience (sight, taste, touch, pressure, itch, thermoception, sound, smell, proprioception, tension sensors, pain, balance, stretch receptors, chemoreceptors (vomit reflex), thirst, hunger, time). (Dr Gareth Somers: Acting Coach, 2021)

Let the emotion of that moment seep into me.

Play the passage imbued with that emotion.

- **Surroundings**

Can the way that the music itself is written help me to get into its mood and emotions?

Does the space surrounding me affect how I feel? How (lights, colors, materials/textures, sounds, acoustics, room materials/textures, etc.)? Can I use that to better access the passage's emotion?

Try, for instance, playing the same passage with different lighting. What was the inner effect?