

03-04-19

Dear Joost,

Written in the evening

I want to say sorry for my energy today, I don't know what exactly happened but I was struggling a lot inside. I guess it was just a release of stress, tiredness and emotions. Yesterday I was with a lot of adrenaline and in a high from the performance and today I started to feel extremely empty and insecure, I was surprised by the rush of emotions that suddenly came out at the end of today and I felt I contained them for a very long time. I felt very guilty for leaving so sudden but I needed fresh air and not to be on the stage, even though that felt very selfish. Reading the letters that everybody had written was very beautiful and also very confronting in a way; all the compliments were beautiful of course but at the same time very hard for me to read or hear and somehow this made me quite insecure today and left me feeling a bit empty also. It's weird because it sounds so stupid and it also confused me and still confuses me.

It was a gift to perform the piece yesterday and I really hope we can present it in more places!

I'm very proud of the work and you did an insanely good work in creating this piece and puzzling everything together. I know we lost time in the studio today in the beginning because I wasn't open and also I'm sorry for that, I didn't know what to share in that moment. I guess I also really wanted to push it and not take a break because we have only a few days left and I want to take as much out of them as possible, the time is very precious to me.

I have a very hard time in letting things go and I'm very much looking against starting the normal course again on monday. It has been making me very unhappy this year to be a part