

# How to destroy

- 1 - burn
- 2 - spit
- 3 - cut
- 4 - arrange y hearts somewhere
- 5 - paint flowers over it
- 6 - seal faces
- 7 - to sew
- 8 - scratch
- 9 - to get wet
- 10 - to jack off wit / use on it
- 11 - to use as toilet paper
- 12 - draw hearts over it
- 13 - put band-aids all over it
- 14 - smear food on it (avoid) yucces
- 15 - press on it
- 16 - use as a diary
- 17 - dry flowers/plants on it
- 18 - smoke it
- 19 - cut a piece of your hair and stick it to on the page

for the

~~no puedo hacer pedagogía~~

no libro escrito  
explicación de  
un por qué  
es un libro

do I base it on theory!

or the stuff that are (the doctors)

- the publicity that doesn't represent you
- LA RAE
- los libros de historia
- los libros de repulaje que no tiene la foto
- los videojuegos que no tiene un avatar no-blanco
- los series/pelis sin personajes relevantes reconocidos
- la política
- el gobierno
- los salvadores blancos
- la medicina europea
- la ciencia
- sus idiomas
- los ejercicios de redacción que solo muestra los a 1  
región y una selección de palabras

# Problemas de los que hablar

- bromas
- redes "albanas"
- cuestionamiento de tu origen/nacionalidad
- la pasara que nos lleva hasta el dolor

= 19. Think of all the times someone touched you  
but without your consent

- for who they questioned your nationality
- ~~asked~~ you were embarrassed by  
your parents (accent, appearance, ~~hair~~ hair, ~~eyes~~ eyes)
- for who you were the only person that looked like  
you in that space

how to  
regret  
for  
not make it  
the regret  
who use it

- who they said you were attractive for - "x me"