

Distance



REFLECTIONS FOR
ARGENTINE TANGO DANCERS

IN 2020

A WORKBOOK

In conjunction with *Until Forever: The Dark Silences of Argentine Tango* and
Silences: A Workbook for Argentine Tango Dancers.
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This workbook is intended to help dancers use this Distance to get some perspective on how Argentine Tango affects our lives.

This investigation will only serve you if you promise yourself to be totally honest. Please be sure to keep this document safe and private.

The questions below are intended to help you discover things you didn't realize, to take different perspectives, and to work toward positive decisions. The questions are just to stimulate your own thoughts. Write whatever comes up for you while thinking about each question.

If you feel uncomfortable or uncertain or blank about a question, just mark that one for further consideration. These feelings are a sign that there is some important information inside you. Just give it time to come to the surface. Return to that question later.

Many of the questions ask you to describe your feelings. Try to get beyond “good” or “bad” but don’t censor. Write down whatever comes to you... “Flat”, “Light”, “Tight”, “Sleepy”, “Stuck”, “Confused”, “Shy”, “Hungry”, “Achey”, “Lost”, “Dizzy”, “Calm”...

Take your time with this process. After a few days, re-read your answers. Try to gain a deeper understanding into what you meant by each word.

See if you missed anything. Go a little further.



Download and print the workbook.
Find a nice pen. Honor your experience
with time and space to reflect.

When did you start dancing tango?

What was your **GOAL** when you started to dance?

Have you achieved that goal?

Is that goal still relevant?

Do you have a new goal?

During this period of Distance, did you at first feel that you didn't know what to do with your time/evenings without tango?

Did you have a period of withdrawal in which you felt stressed by not being able to go dancing?

How have these sensations changed during the period of Distance?

Dancing in the Distance ...

Are you dancing alone? When? Where? To which music?

Are you dancing with someone?

What is different about this dancing from your normal tango life?

Do you **MISS** tango events more or less than you expected?

What do you miss the most?

Are there things you don't miss?

Through milongas, we usually spend a lot of time with **PEOPLE**.

Have you been in contact with any of your milonga friends? If not, think about why not. Are these people really friends?

Maybe you don't have contact info... If you did, would you choose to spend time with these people outside of tango?

Are there tango people who you are relieved to be **NOT** seeing? What is it about those people?

Consider the money you usually spend on tango. Has tango caused **FINANCIAL** stress for you in the past?

Consider the late nights with milongas. Are you less **FATIGUED** now?

Do you drink more or less **ALCOHOL** during this Distance? What relation (if any) does that have to tango/milongas?

Consider your body.

How is your exercise and training regime different during the Distance?

Is your nutrition different during the Distance?

How does your body feel now? Do you feel more/less strong?
Flexible? Confident?

Consider your “normal” tango life before the Distance. Can you identify **RISKS** you were taking? (Risks might be related to driving while fatigued or drinking, reducing your performance at work, risks to your personal property, unwanted or unsafe sexual experiences, risks to your primary relationship...)

Consider the **PSYCHOLOGICAL** landscape of tango-life.

During the distance, are you aware of receiving less ecstasy?

During the distance, do you experience less rejection/disappointment?

During the distance, are you aware of receiving less flattery/admiration?

During the distance, do you experiencing more/less success? Failure?

Let's consider **EMOTIONS**.

Are there some tango relationships in which you have feelings but the other person doesn't? How does it feel to have Distance?

Are there some tango relationships in which you know the other person has feelings, but you don't? How does it feel to have Distance?

Do you have some heartaches associated with tango? (from breakups or unrequited love?) How has it affected you to have Distance?

Do you generally feel pressured by teachers or organizers to attend their events? How does it feel to have Distance?

Do you feel taken advantage of by teachers – financially or in another way? How does it feel to have Distance?

Consider **PAINFUL** tango experiences.

Have you experienced tango as a cycle of pain and pleasure?
What do you remember about this? How does it feel to have
Distance?

Do these cycles – and the feelings that accompany them – remind
you of any other experiences in your life?

Which of the following are important to you?

- Kindness
- Humility
- Forgiveness
- Honesty
- Self-development
- Age inclusivity
- Open-mindedness to beauty/fitness standards

Make notes under each item above about whether you find it adequately in tango.

Many dancers believe they are dancing tango to have a chance for self-expression. Have you found other forms of **SELF-EXPRESSION** during the Distance? How are they similar and different to what you get from tango?

Most dancers say that the most important part of tango is the experience of **CONNECTION**. Have you found connection during the period of distance? How is it similar and different to what you get from tango?

Consider the day that you will receive the news that your local milongas will reopen next week. How do you feel?

Map: Draw a map below of your tango journey. Include descriptive words, icons, etc. Include where you are Right Now.

First dance →

This is a special edition of the Silences workbook designed for this period of distance. If you would like to do the whole 33-page workbook, you can download it here:

[TangoForge.com/reflect-and-train](https://www.tangoforge.com/reflect-and-train)

The Silences workbook was created to accompany the book, *Until Forever: The Dark Silences or Argentine Tango*. To learn more about the book, visit **[TangoForge.com/untilforever](https://www.tangoforge.com/untilforever)**

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