

The unbearable heaviness of being

for String Quartet and Jazz Ensemble

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♩ = 90

Recording
 4 In the subway I write emails. I do not look at the people around me. I do not look at the people around me. If my work is not optimal I feel unlovable. I feel unlovable. My worth is measured by my productivity. I feel unlovable. If my work is not optimal I feel unworthy of love. This week I tried to be as human as possible

Violin I *pizz.*
mp cresc.
pizz.

Violin II *mp cresc.*

Viola *pizz.*
mp cresc.

Violoncello

Piano

♩ = 90

Electric Guitar

Double Bass

Drum Set



10 so I bought a membership to a brand new club. Being part of a club makes me feel seen and accepted, even if I have to pay for it. On week ends I go to the club with people I met from the brand new club with my VIP membership. We do not talk. The music is too loud anyway. The music is too loud, too loud, too loud. My worth is measured by my productivity. My worth is too loud. My productivity is too loud, too loud. My membership to a new club is too loud.

poco *mf*

poco *mf*

poco *mf*

23 I feel unlovable with my membership to a new club.
I feel too loud. If my work is not optimal I feel too loud.

My worth is measured by my credit score.
My credit score is too loud, too loud, too loud.

This week I tried to be as human as possible.
This week I tried to be loud.

This week I tried to be my credit score.

We don't know how to make eye contact anymore
because we forgot how to (STOP)

Be my credit score

I don't know how to make eye contact anymore because
I forgot how to be loud like a credit score.

mf

mp dim.

p

mf

mf

mf

5/8 4/4

36

p

mf

mf

mf

mf

mp espress.

mf

arco

44 arco

sub p

mp

mp

mp

mp

mp

sub p

mp

arco

sub p

mp

57

mf *port.* *sub p cresc.*

mf *port.* *sub p cresc.*

mf *port.* *sub p cresc.*

mf *port.* *sub p cresc.*



64

mp

mp

mp

mp

pizz

mp

[Cymbal]

mp

71

71

[This week I tried to be as

ff clusters

ff

Play those clusters slightly out of time like you are struggling to express yourself



79

79

[human as possible.] [This week I tried to be loud] [This week I tried to be my credit score] [We don't know how to make eye contact anymore because we forgot how to

ff

ff

83

[My worth is too loud]

[My productivity is: too loud]

[too loud]

Musical score for measures 83-86. The score is in 4/4 time and consists of four systems. The first system includes a vocal line with lyrics: "[My worth is too loud] [My productivity is: too loud] [too loud]". The second system features a piano accompaniment with a melodic line in the right hand and a bass line in the left hand. The third system continues the piano accompaniment. The fourth system shows a drum line with a consistent rhythmic pattern.

87

[The music is too loud anyway,

[The music is too loud, too loud, too loud

too loud]

[Slightly detuned
pizz

Musical score for measures 87-90. The score is in 4/4 time and consists of four systems. The first system includes a vocal line with lyrics: "[The music is too loud anyway, [The music is too loud, too loud, too loud too loud]". The second system features a piano accompaniment with a melodic line in the right hand and a bass line in the left hand. The third system continues the piano accompaniment. The fourth system shows a drum line with a consistent rhythmic pattern.