

For Immediate Release

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“My Teenage Angst” Celebrates Five Years of Adolescent Embarrassment, Heartbreak in Denver

DENVER—Looking back on your teenage years can be a happy trip down memory lane or a seemingly endless flashback to discomfort and heartache.

"Why am I here? I have no purpose. I'm not smart or dumb. I'm not beautiful, I'm not talented, I don't have a boyfriend! I don't think I even exist. I'm just a person in someone's dream. Maybe all the plants are asleep and they dreamed us, humans, people"

—August 15, 1988

Megan shared memories from her diary nearly five years ago at the initial installment of “My Teenage Angst,” an anything-can-happen show that has adults recounting their most private thoughts from their teenage years. Today, “My Teenage Angst” is still going strong at Lannie’s Clocktower Cabaret bimonthly and will make its Boulder debut in September.

“My Teenage Angst” features adults reading from their adolescent diaries, sharing embarrassing and heart-breaking stories on a variety of topics: crushes, body image, self-esteem, suicide, sexuality.

“Participants can share whatever they choose,” says Nyce, who spent her teenage years in Loveland and now calls Denver home. “There are plenty of giggles at each show as well as one or two soulful tales that leave a mark on your heart.”

Readers are not pre-screened and organizers do not work with them to curate the material, making My Teenage Angst the most authentic journal-sharing show in the world. Anyone can get behind the microphone, and anything can happen the night of the show. The only caveat is that each reader needs to be prepared to deal with the audience’s reaction to their stories.

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“You have to be ready to laugh at yourself,” says Nyce, who recognizes the therapeutic benefits of the show for readers. “Sharing something challenging from your past can transform the memory into a positive experience.”

“My Teenage Angst” celebrates its five-year anniversary of therapeutic storytelling with

- A special queer edition of the show Friday, July 22, at Lannie’s Clocktower Cabaret, 1601 Arapahoe St, Denver (Cost \$20); and
- Its Boulder debut Wednesday, Sept. 21, at Shine Restaurant and Gathering Place, 2027 13th Street (Cost: \$12).

Additional episodes are scheduled for Wednesday, August 3, and Wednesday, October 5, at Lannie’s Clocktower Cabaret. Tickets are \$12.

To order tickets for “My Teenage Angst,” visit www.myteenageangst.com.

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