

SOME BREAD?

BACKSTORY

Sal and friend Val are having a luxurious dinner at a new, famous, Michelin starred restaurant. Sal is a foodie, and is not ignorant about the way in which higher end chefs run their dinner service.

PREVIOUS CIRCUMSTANCES

Sal and Val have just had their appetizers, a delicious, but very small portion of greens and poached salmon. They both have heard about the famous bread, but it seems that the bread is not on tonight's menu. Sal takes a risk and calls their server, Marty, over to the table.

SAL

Excuse me. Excuse me. *[Marty heads to the table and asks, "Is everything to your liking?"]* Well, actually, no. Thanks for asking. I mean, look, we like the food so far, and we totally get all the conceptual stuff, but could we please get some bread? You guys are super famous for your bread, and we don't know when we'll ever get a chance to eat here again. Everybody talks about your amazing bread. *[Pause - Marty just stares blankly and smiles]* Can we just get some bread? You know, just sample your bread? *[Marty says "No"]* No? *[Marty stares and smiles]* This is all clever and funny and whatever, but - - okay, I really don't want to play the card, but you know who we are, right? We work for Doug Verrick. So you know we all play on the same team. Just bring us a little bread, please - we won't tell a soul. *[Marty, again says, "No"]* Did you just say no? *[Marty politely nods]* Okay. Wow.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like you were robbed.
- 2) Personalization: someone who treats you like crap.
- 3) Sensory condition: overall of extreme hunger.