

## ***THANK YOU!***

### **BACKSTORY**

Sal has just won the grand prize on a major game show - - five million dollars! It has been an entire week of preliminary rounds, semi finals and finals. All of the episodes were aired live as the entire country sat at the edge of their seats to see if Sal would make it through the final round of tough trivia questions. Sal's life has very recently been filled with tragedy and loss, and the timing of this could not have been better.

### **PREVIOUS CIRCUMSTANCES**

The entire studio audience has been going crazy - - Sal has been screaming with joy for two minutes straight. As things finally begin to settle down, Marty Rebeck, the host of the game show, asks Sal if he/she has any words.

### **SAL**

*[Catching his/her breath]* ... I don't know, I've just been screaming - - there's not really anything else I can think of to do right now ... I cannot - - believe this! From tonight on, and for the rest of my life I am in a completely new situation. That's what this is, Marty Rebeck! A new situation! What do I think? I think it's fucking awesome! Shit, I can't say fucking on television - - I am a winner!! *[Pause]* My life is actually going to be good now - - for a while there I didn't think that would ever be possible - - everything has new meaning. I am going to take care of everybody! Everyone in my family is going to be happy again. I'm going to be happy again ... Marty Rebeck, I love you so much right now - - thank you for saving my life ...

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time in your life when you were lifted out of the darkness.
- 2) Personalization: someone who saved your life.
- 3) Sensory condition: overall sensation of floating in the air.