

HE DESERVED BETTER

BACKSTORY

Sal has lived his/her whole life in a lower middle class neighborhood. Sal has always been determined to stay away from hanging out with the wrong crowd and always focused on getting into a good school and living a better life than his/her parents did. Sal's younger brother Marty, however, did not have the same discipline. Marty ran with the wrong crowd and was murdered senselessly by a group of drug dealers.

PREVIOUS CIRCUMSTANCES

Sal is standing at the front of a poorly maintained church to give Marty's eulogy. Sal takes a deep breath as he/she looks out at his/her little brother's poorly attended funeral.

SAL

I'd like to make a correction. In the program it says, "Marty Frederick Johnson is survived by his mother and half older brother/sister." It is true, we had different fathers, but I loved him with my whole body so I don't know how he could be my half brother. We shared a whole room, he got on all of my nerves, and I loved him. I loved him a whole lot. He was my whole brother. He was my responsibility. I'm not ready to say goodbye to him. I don't know how. I'm just mad. I'm mad at him for being a product of his environment. I'm mad at this city. I'm mad at our existence. This is no way to live, man. You know what? I'm glad he's gone, because now he's not going to live like this any more. God took him because ... he took him because he knew - - Marty deserved better. He deserved better than this.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like life was unfair.
- 2) Personalization: someone you miss.
- 3) Sensory condition: overall of a deep loss in your body.