

WE ARE GONNA BEAT THIS

BACKSTORY

Sal is a 911 operator. The world is basically ending, there are real-life nightmare creatures roaming the earth and chaos is ensuing.

PREVIOUS CIRCUMSTANCES

Sal fields calls, mostly knowing what to do and how to deal with each emergency. Just another day at the office, with steady determination to overcome every obstacle, no matter how impossible it seems.

SAL

Okay. You say the oil blob ate part of your husband's leg? Okay, did you staunch the bleeding? 'Cause the blood loss is going to be the biggest problem. *[Beat]* Ma'am, I will send an ambulance just as fast as I can, but we are stretched to our limit here. You've got to hold on and try to stay positive. Screaming is just gonna make the whole thing much, much worse - - Ma'am, I've got to put you on hold. Just try and stay calm. *[Sal pushes a button]* Lodeville Police Department, how may I assist you? *[Beat]* Sir, the most important thing with clowns is to not show any fear, and tell it it's neither funny nor scary. Just, tell it that its job is to make people feel good, not bad, and to get over itself. *[Beat]* I am completely serious, this will disrupt the pattern. Tell the fucking clown its job is to make people feel good. Come on, sir - you can do this! Yup, that's it! Keep going, sir, you're doing great! *[to himself/herself as Sal swathes back to the previous caller]* Fuck yes, we're gonna beat this. *[To the previous caller]* Ma'am, are you with me? I'm not going anywhere, I promise - now tell me how your husband is doing ...

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you absolutely refused to go down.
- 2) Personalization: someone you need to motivate and inspire.
- 3) Sensory condition: overall of a place of fear.