

## ***NO GREEN M&M'S***

### **BACKSTORY**

Sal is a famous rock star. Sal has experienced all of the excesses, extremes, and power associated with fame and fortune. Over the years, however, the sense of entitlement combined with consistent abuse of every substance known to man, has contributed to Sal's troubling personality transformation. The price of fame has cause Sal to become increasingly isolated and resentful. Not knowing how to express his/her loneliness and frustration, Sal can only lash out, which has gotten increasingly worse as of late.

### **PREVIOUS CIRCUMSTANCES**

Sal is in his/her dressing room, complaining to Marty, the road manager about the accommodations.

### **SAL**

Marty - - Marty - - this is catastrophic! Do you SEE what has been placed before us here - - I can't believe the disgrace. I SAID - - before we booked the place, before you made the phone calls to CONFIRM our dates here - - that there should be no green M&M's in the fucking assortment. Do you see green M&M's?? [*Pause – Marty is frozen stiff*] Say yes, Marty - - there are GREEN M&M's in the fucking dressing room. They're like parasites - - I've never been so outraged! Let me do the honor of describing you fucking JOB again - - you are required to oversee the finite details of what gets placed in our path at all times. I am not going to say this again - - you should be ashamed - - now PICK those little monsters out of there - - or the band doesn't play. JESUS FUCKING CHRIST! [*Marty begins to do so*] There you go - - that's much better. See - - I can breathe easier now. AAHHHHH.

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you acted like a baby.
- 2) Personalization: someone who you consider completely incompetent.
- 3) Sensory condition: disgust - - bad taste.