

ARE YOU SURE?

BACKSTORY

Sal lives in a very small religious town and has been isolated for much of his/her life because of Sal's history with psychological problems. Sal marries Marty, an atheist and somewhat worldly career person. Sal is steadfast and pure of heart, but extremely childlike in his/her beliefs. During Sal's frequent visits to church, Sal prays and carries on conversations with God using his/her own voice, believing that God is responding directly through him/her.

PREVIOUS CIRCUMSTANCES

Sal has difficulty living without Marty when he/she is away for work. Sal goes to the church to pray for Marty's immediate return.

SAL

[As God] Sal McNeill, for how many years you've prayed for love, should I take it away from you again, is that what you want? *[As Sal]* No, no. I'm still grateful for love. *[As God]* What do you want then? *[As Sal]* I pray for Marty to come home. *[As God]* Marty will be coming home in ten days. You must learn to endure, you know that! *[As Sal]* I can't wait. *[As God]* This is unlike you, Sal. Out there, there are people who need Marty and his/her work. What about them? *[As Sal]* They don't matter. Nothing else matters. I just want Marty home again. I pray to you, please, won't you send Marty home? *[As God]* Are you sure that's what you want? *[As Sal]* Yes.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were hopelessly in love.
- 2) Personalization: someone who represents the purest love you've ever experienced.
- 3) Sensory condition: overall of your personification of God - how God sounds, and what God would look like with a body. Become him or her.