

I AM THE ONE WHO KNOCKS

BACKSTORY

Sal has been secretly involved in the manufacturing of dangerous illegal drugs for close to two years, without Sal's family knowing anything about it. Sal used to feel hopeless and constantly under financial pressure, drowning in debt and without a sense of purpose. As dangerous as Sal's activities are, Sal has found a sense of purpose and empowerment that only Sal can understand.

PREVIOUS CIRCUMSTANCES

Sal's criminal dealings have begun to hit close to home. A rival drug crime organization sent someone to kill Sal, and Sal was forced to shoot the intruder. Sal's spouse, Marty, was home at the time and Sal was forced to tell Marty about his/her secret life. Marty is terrified, and suggests that Sal is in over his/her head, and needs to go to the police. Sal stops Marty in a fit of rage.

SAL

I don't want to hear about the police. Who are you talking to right now? Who is it you think you see? Do you know how much I make a year? I mean, even if I told you, you wouldn't believe it. Do you know what would happen if I suddenly decided to stop going into work? A business big enough to go on the NASDAQ goes belly up. Disappears. It ceases to exist without me - no, you clearly don't know who you're talking to, so let me clue you in. I am not in danger, Marty. I am the danger. I guy opens his door and gets shot, and you think that of me? No - - I am the one who knocks.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you took ownership of your power.
- 2) Personalization: someone who tries to reduce you, make you feel weak.
- 3) Sensory condition: overall of feeling like a giant, like being nine feet tall.