

THE PAIN IS GONE

BACKSTORY

Sal has not been able to follow his/her dream after a horrible accident left both of his/her hands broken. Sal has not been the same since the accident and has become addicted to morphine.

PREVIOUS CIRCUMSTANCES

Sal explains his/her use of the morphine to Marty, a close friend. Sal is high as he/she speaks.

SAL

I have to take it because there is nothing else that can stop the pain - all of the pain - I mean, in my hands. Poor hands! You'd never believe it, but they were once one of my good points, along with my hair and eyes. They were a musician's hands. I used to love the piano. I worked so hard at my music - if you can call it work when you do something you love. My father paid for special lessons. I had two dreams. To be a nun/priest. To become a concert pianist, that was the other. I haven't touched a piano in so many years. I couldn't play with such crippled fingers, even if I wanted to. For a time I tried to keep up my music. But it was hopeless. See, Marty, how ugly they are! So maimed and crippled! I won't look at them. They keep reminding me - but even they can't touch me now. They're far away. I see them, but the pain has gone.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you did not know what to do with your pain.
- 2) Personalization: someone who you can confide in, who doesn't judge.
- 3) Sensory condition: high/numbed out - actor can use a specific drug or alcohol high that numbs everything out.