

HEAR ME

BACKSTORY

Sal lives in a small rural town, and stands accused of stabbing Marty to death in a parking garage. Sal swears that he/she didn't commit the crime, but was seen running from the scene of the crime. Sal has a long history of addiction, and being in trouble with the law.

PREVIOUS CIRCUMSTANCES

Sal is in the attorney visit room talking to the public defender that will be representing Sal's case. Sal can tell that the attorney is guarded and skeptical. Sal takes the risk to lay everything on the table.

SAL

I'm not as good a person as I should be, there's no question. And if you already made up your mind, I get it, I wouldn't blame you one bit. I know what it looks like. I went back one more time just to explain and say I was sorry, but - that was the night ... *[Pause - this is hard]* When I heard the scream, my first thought was - just run - it's gonna look bad for you. Someone else was running too, and I told the cops that, but I don't think they believed me. Like I said, I've done bad things, you can ask my mother. But every minute of every hour of every day since that night I've been asking myself - why'd I run? Marty wasn't dead yet, maybe I could have helped her, saved her even. I didn't kill her, but I did run ... so maybe her dying is still my fault. I'm just looking for someone - anyone - to hear me, you know?

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like a horrible person.
- 2) Personalization: someone you need to hear and comfort you.
- 3) Sensory condition: something you blame yourself for - place it on the fourth wall.