REDUNDANT BULLSHIT

BACKSTORY

Sal is a Psychologist who has worked with Marty for several years. Marty has always suffered from anxiety and depression. Sal has been troubled by a recent breakup, and has been having difficulty separating his/her personal struggle with work.

PREVIOUS CIRCUMSTANCES

Sal is at the end of his/her patience. Marty has finished unloading all of the pain that he/she feels every day and the paralysis that results. Sal lets Marty finish before responding.

SAL

It's tragic. Very, very sad. But taking on the pain of others, it's an unrealistic burden to place on yourself. *[Sal is suddenly struck with a thought]* I'm sorry, Marty. I'm sorry because … I think I've reached some sort of saturation point. It's as if … part of me feels for you, and another part is like … "Oh, no! Some old fart jumped off a bridge, how will I ever go to Cafe Luxembourg again? The ocean is full of plastic, I'm removing "Project Runway" from my DVR …" Your empathy runneth over. And it's very shrill. *[Off of Marty's shock]* I agree. Completely. It's wrong, it's unprofessional, I'm sorry, yet … Marty, I think you should see someone else. I think you should see someone with a little more patience … for redundant bullshit. Anyway, I need to close my eyes for a bit. Sleepy. *[Sal shuts his/her eyes to take a nap, leaving Marty to sit awkwardly, not knowing whether or not to leave.]*

EMOTIONAL FLEXIBILITY EXERCISE

1) Emotional/sense memory of a time when you reached a breaking point.
2) Personalization: someone you feel needs to grow up.
3) Sensory condition: overall of exhaustion.