

ENOUGH BULLSHIT

BACKSTORY

Sal works at a greeting card company in Los Angeles. Sal has recently discovered that his/her ex lover has gotten engaged, and is devastated. Sal has been mourning the loss of the relationship for weeks, and this new development has taken its toll. For days, Sal only leaves his/her apartment for alcohol and junk food.

PREVIOUS CIRCUMSTANCES

Sal has finally returned to work, but is hung over from the night before, and is not nearly in the emotional frame of mind to clearly participate in the morning staff meeting. Sal's boss, Marty, leads the meeting and asks for feedback on the latest greeting card designs. The first contender is a card with a cartoon cat, trying to jump over a tall fence. Sal cannot contain himself/herself, and volunteers to speak.

SAL

Can I say something about the cat? And, Marty, you know I mean no disrespect ... but this is total shit. "You can do it?" "Go for it"? That's not inspirational. It's suicidal. If Pickles the cat tries to go for it right there, that's a dead cat. No, this is all lies. We're liars! I mean, think about it ... why do people buy these things? Not to say how they feel? *[Sal begins to get more excited]* I mean, seriously, what's this ... *[Picks a card up off the table]* "Congratulations on your new baby." Eh .. how about ... "Congratulations on your new baby ... guess that's it for hanging out. Nice knowing ya." Oh wait, what's this? Oooh, look at all the pretty hearts. Let's open it up. "Happy Valentine's Day - I love you" What's it even mean, "love?" Do YOU know? Do YOU? Does anyone? If someone gave me this card ... I would fucking eat it. I think we do a bad thing here. People should be able to say how they feel, how they really feel, without some stranger putting words in their mouths. Words like "love" that don't mean shit. I'm sorry, Marty - but I quit. There's enough bullshit in the world without my help. *[Sal exits]*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were fed up with all the bullshit.
- 2) Personalization: someone you want to wake up.
- 3) Sensory condition: overall of a vicious hangover.