

THEY CHEATED US!

BACKSTORY

Sal is an obsessed fan of novelist Marty Brooks. Marty has come to this small town to work on his next novel. Sal has kidnapped Marty after Marty gets into a nasty car accident. Sal has been nursing Marty back to health, but is also forcing Marty to write his/her next novel at Sal's house.

PREVIOUS CIRCUMSTANCES

During the following, Sal explains why he/she feels cheated by what Marty wrote in the last episode.

SAL

When I was growing up, my favorite thing in all the world was to go to the movies on Saturday afternoons for the Chapter Plays. (*Marty says, "Cliff Hangers."*) ... I know that - - I'm not stupid ya know... Anyway, my favorite was Rocket Man. The bad guy stuck him in a car on a mountain road and knocked him out and welded the door shut and tore out the brakes and sent him to his death, and he woke up and tried to steer and tried to get out but the car went off a cliff before he could escape! And it crashed and burned and I was so upset and excited, and the next week, you better believe I was first in line. And they always start with the end of the last week. And there was Rocket Man, trying to get out, and here comes the cliff, and just before the car went off the cliff, he jumped free. And all the kids cheered! But I didn't cheer. I stood right up and started shouting. This isn't what happened last week! Have you all got amnesia? They just cheated us! This isn't fair! He didn't get out of the cockadoodie car!

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional Memory: A time when you felt cheated.
- 2) Personalization: someone who treats you like an idiot.
- 3) Sensory condition: overall of bugs crawling all over your body.