

WHAT HAVE I DONE?

BACKSTORY

Sal and Marty are siblings. Five years ago, they conspired together to murder their parents. Marty encouraged Sal to carry out the murder, promising to take all the blame. Marty has been serving prison time and Sal remains free, all the while carrying the burden of guilt. Needless to say, this has created a deep abyss in their relationship.

PREVIOUS CIRCUMSTANCES

Sal is visiting Marty in prison, as he/she always does. Marty informs Sal that he/she was just granted parole and can “be a family again.” Sal bristles, and feels the need to confess how he/she really feels about their relationship.

SAL

I killed them. I was there when they were laid to rest. I never told you that I went to the funeral. There was no snow, for the first time in forever. The sky opened and the sun looked down, and blinded me. I told them everything as you said, that you got the gun from their closet, that I wanted to stop you, but it was too late, and just like that you were gone, too. I was all alone. The longer I carried the lie the more real it became. I began to resent you - no matter how terrible things were, was it worse than not having our family? The loneliness was unbearable. I hated you for what you had done, and over time I stopped loving you. I don't feel you now. I want to but I can't make it so. My God, what have I done?

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like you carried a great burden.
- 2) Personalization: someone toxic, who has brought you nothing but pain.
- 3) Sensory condition: overall of a heavy pressure on your chest.