

I'M NOT WORRIED AT ALL

BACKSTORY

Sal is a successful business man/woman that lives in NYC in an affluent neighborhood on the Upper East Side. War has broken out in the Middle East, and everyone has been talking about the news headlines. Everyone in the nation has been confronted with the fear of a potential attack on American soil.

PREVIOUS CIRCUMSTANCES

Sal and fellow worker Marty are waiting outside of their office building in the Financial District mulling over their potential plans for dinner after a hard day's work.

SAL

Well I haven't really paid much attention, as long as we bomb the hell out of those fuckers and put this to rest there's really nothing to worry about. I know I'll still have my business - - if they blew up my apartment building, I'd move to my house in the country - - if they bombed the house in the country, I'd move to my place in the Caribbean - - nobody would send any bombs out there, right? Who the hell would be dumb enough to bomb a tropical island? NOBODY, that's who ... so like I said - - I'm not worried at all. *[Pause]* So what's the plan, drinks at Elaine's or dinner at the Oak Room? Remember, the world is and always will be our oyster, my friend. Here's to being fuckin' privileged. *[Sal begins to hail for a taxi]* What happened to taxis now a days - - hmm, not stopping like they used to. *[Sal continues to wait for a taxi to stop, trying to hide his/her embarrassment].*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt invincible.
- 2) Personalization: someone you feel the need to impress.
- 3) Sensory condition: overall of a soothing, cool breeze.