

ALL GREEN LIGHTS

BACKSTORY

Sal is a skilled safecracker - - in fact, she/he is renowned. Sal has been recruited into a group of elite thieves led by notorious fugitive heist planner, Marty. Sal appreciates their “talent” and she/he likes that the Robin Hood gang always gives a percentage of their take to the poor. But in regards to this particular job, Sal is careful - - very careful.

PREVIOUS CIRCUMSTANCES

Sal, Marty and the rest of the group are meeting in an abandoned warehouse - - all of the typical ingredients of a heist about to happen are there: heavy artillery, bulletin board with detailed diagrams, a smoldering ash tray with too many half smoked cigarettes, etc. After answering a series of questions from Sal, Marty detects that Sal may be getting cold feet - Marty confronts Sal: “Are you in, or are you out?”

SAL

I said I’m in Marty, and I am IN!! What’s wrong with a few questions - - you know my father, Marty - - every detail had to be worked out - - and he was the best!! Now, let me get back to the subject of traffic! Doesn’t matter what time it is - - it’s either bad traffic, peak traffic, or slit your wrist traffic. Our cargo is going to be a ton of GOLD! Now unless we have all green lights, for 14 minutes - - we’re fucked! Now, I did the route 20 times, by myself - - because I can get us into that safe and we can get the gold - - but then what - - that’s what I wanted to know - - 20 times, I did it - - and the average was 32 minutes - - my top time was 50 minutes ... so I repeat: how do we get all green lights? Marty?

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like something bad was going to happen.
- 2) Personalization: someone you absolutely need the truth from.
- 3) Sensory condition: overall of dread - - connect to a place where you feared something horrible was going to happen - place the sensation in your body.