

IT'S MY LIFE

BACKSTORY

Sal, a cop, has been talking to attorney Marty about the corruption that has been going on inside of his/her workplace. There have been threats on Sal's life since the other cops have become suspicious that Sal is not wanting to go along with the corruption.

PREVIOUS CIRCUMSTANCES

Sal is the only one to come forward. Marty asks Sal to meet outside of the precinct, away from prying eyes and ears, underneath a bridge. Marty is trying to convince Sal to testify in court. Sal has been wanting to remain anonymous and immediately attacks Marty.

SAL

What are we doing here? You are aware that there is a price on my head - - that there are people who want me dead?! There is nothing that I can say in court, there's nobody that will listen to me, and even if there was it wouldn't matter because someone would shoot me dead before I had the chance to make it over to the fucking court house! The fact that I made it here to your office is a miracle. It's MY LIFE - - what are you getting out of this - - who's paying you off?! Testify to WHAT?! For WHAT?! Don't you know that everyone - - even the JUDGES - - even YOU - - are all part of this?! You want me dead too, don't you get it - - don't you know that I know?! You might as well just shoot me yourself right now - - this discussion is over! This is my life, you fuck!! [*Sal exits*]

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you thought everyone was against you.
- 2) Personalization: someone who lied to your face.
- 3) Sensory condition: overall of paranoia - - use a place where you felt absolutely paranoid.