

# ***IDIOT***

## **BACKSTORY**

Sal is a very talented fashion designer who has somehow persevered in spite of being adopted and always wondering about his/her biological parents. Even though Sal comes from a loving adopted family, Sal has had a difficult time maintaining healthy relationships. Sal has had mostly casual encounters, except for with Marty who Sal really loves, even though Sal constantly pushes Marty away. Marty has been very patient, knowing Sal's family background, although Sal has recently broken up with Marty for the third time.

## **PREVIOUS CIRCUMSTANCES**

Sal has just heard news that his/her biological parents want to meet Sal and get to know him/her. This sends Sal into an emotional downward spiral. Sal gets very drunk and shows up at Marty's apartment, drunk and very distraught. Marty asks what's wrong?

## **SAL**

Catholic Charities called and told me that both my biological parents were looking for me. They want to know who I am and I have all these unfinished designs and my life is a total mess and I have no idea what I'm even doing anymore or why I'm doing it. I ruined the only healthy relationship I had because I wasn't capable of being loved and now, I just go from hook up to hook up and it all means nothing. My life is nothing. Why can't I just be a normal person? What if they meet me and they just see failure written all over my face and they can just tell I'm a fuck up and they were right to give me up because who could ever love someone like me? I blew my last paycheck on cigarettes and shoes. Why aren't we together anymore? We were so good together. I'm just an idiot with abandonment issues - and now you have them too, thanks to me. Can I spend the night?

## **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you felt like you ruined your life.
- 2) Personalization: someone you love, but treated so badly.
- 3) Sensory condition: very drunk.