

IT WAS MY DUTY

BACKSTORY

Sal is a former FBI agent, who has just lost his/her spouse, Val, by suicide. Marty is a detective and good friend of Sal's, having comforted and Sal in this time of grief. The suicide has been investigated, and suspicious circumstances have been revealed, which prompts Marty to call Sal into the station to get a little bit more information about the specific circumstances of the suicide.

PREVIOUS CIRCUMSTANCES

Sal sits in the interview room with Marty. Rather than hide the truth, Sal instead begins by revealing the complete and difficult truth.

SAL

Marty, I'm not a murderer. Every morning I opened my dresser drawer I came face to face with them ... the suicide notes. It was like when kids are babies. Every time, you run into the room to take care of them. But these weren't newborn tears ... they were wails of pain. And they never stopped, no matter how much you soothed. *[Pause]* Val tried six times, at least ... each failure always made it worse. Finally, she/he decided. *[Pause]* I made her/him a nice dinner. Dressed her/him in her/his favorite clothes. Held her/him and kissed her/him for an eternity. I couldn't let go. I didn't want to lose her/him. Val was the strong one - she/he made me leave the room - said it was time. I stood on the other side of that door forever. Then, Val said she/he couldn't do it. Said she/he needed me ... like she/he always needed me. It was my duty. *[Pause]* I'm under arrest, aren't I?

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were punished for doing what you knew was right.
- 2) Personalization: someone who support you no matter what.
- 3) Sensory condition: someone you loved and lost - place them on the forth wall.