

## ***A GREAT MEAL***

### **BACKSTORY**

Marty and Sal, who have known each other since they were in Middle School, have shared many highs and lows together. Ever since Marty's father passed away, Marty has slowly descended into a depression, which has left Marty almost homeless. Sal is a top executive in a ad agency, working round the clock. Nevertheless, Sal remains loyal and generous to Marty, who's going through hard times.

### **PREVIOUS CIRCUMSTANCE**

Marty, in tears, has been sharing a major complaint with Sal about how life seems to be going nowhere. Sal regards Marty as being filled with too much self pity to take charge of life, especially after Sal had given Marty a check for \$2,000 - supposedly a loan.

### **SAL**

Okay ... your mother is a narcissistic three-year-old. Your stepfather is a scumbag, and your biological father resides somewhere between purgatory and heaven (hopefully). Maybe that's all true! But it's no excuse to not pay your rent, Marty! And I swear to God, this is the last so-called loan I'm gonna give you. *[Sal starts to write the check]* You gotta change your life. You gotta start doing the right thing, Marty. Come on - do the right fucking thing - start loving yourself. Just try it once before you die! I promise you, you won't regret trying! Loving yourself, even just a little bit, can do so much. I'm not preaching, Marty. You know that. You know the shit I've gotten through. So you know it can be done. Today is my last day of enabling you. How about a great meal to celebrate. *[Sal hands Marty the check]* How about we have a great meal to celebrate? On me ...

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you felt used.
- 2) Personalization: someone who you love who cannot get their shit together.
- 3) Sensory condition: overall of a place where you felt successful, and in your power.