TRAIN WRECK

BACKSTORY

Sal has been moving through a rough patch in life where it seems like everything is going crazy. Since being left by his/her lover, it seems like everything else is also falling apart. Lately, with everything going on in Sal's personal life, Sal's job performance at the publishing house is also beginning to suffer. Sal's boss, Marty has been less and less patient with Sal's behavior and lack of productivity as of late.

PREVIOUS CIRCUMSTANCES

Sal has been trying in earnest, to improve his/her work relationship. However, as it has been the case lately, Sal's attempts to normalize things go completely awry. While on the way to work, in a 7-Eleven, Sal gets wrapped up in a violent argument between two random guys. Sal has just come into work late - - and is explaining to boss Marty what happened on the way in.

SAL

Okay, so I'm clearly late - - I know I am, and by the look on your face, it's not sitting well. Truth is I just cannot avoid attracting drama these days. I'm at a 7-Eleven on my way in, just to get a pack of cigarettes (this should tell me to quit smoking) - - anyway, turns out I walk straight into this violent argument between two guys right in the parking lot! Not only are they about to beat each other up, they somehow manage to also involve me! Before I know it, I'm holding one guy back from hitting the other guy in the face! The Police come, I'm trying to explain that all I'm doing is keeping the peace - - all the while I'm thinking, Jesus - - I must be in the wrong line of work! *[Sal chuckles - waiting for Marty to join - Marty doesn't]* Funny, right - - don't you think that's funny? *[Pause]* My life is a frigging train wreck - - can you tell? You know what, Marty - do whatever, I don't care - I quit life. *[Sal exits]*

EMOTIONAL FLEXIBILITY EXERCISE
1) Emotional/sense memory of a time when life was a constant battle.
2) Personalization: someone who thinks you are full of shit.
3) Sensory condition: overall of feeling beat up - - aches and pains all over the body.