

LET'S BE FUCKING POSITIVE!

BACKSTORY

Sal has recently been released from a mental health facility for bipolar disorder. After eight months of treatment, Sal is released into the care of his mother and father at Sal's childhood home. Before going into the hospital, Sal discovered his/her spouse having an affair. Sal's main goal is to find a more positive frame of mind and heal.

PREVIOUS CIRCUMSTANCES

Sal has been reading Hemingway's "Farewell to Arms" in his/her bedroom into the wee hours of the night. The tragic ending of the novel sends Sal into a panic and Sal wakes up his/her parents at 4am and goes into a full tilt rant.

SAL

I just can't believe schools are teaching that shitty book to the kids. I mean the whole time - - let me break it down for you - - the whole time you're rooting for this Hemingway guy to survive the war and the with the woman that he loves, Catherine Barkley ... and he does. He does. He survives the war, after getting blown up he survives it, and he escapes to Switzerland with Catherine. But now Catherine's pregnant. Isn't that wonderful? She's pregnant. And they escape up into the mountains and they're gonna be happy, and they're gonna be drinking wine and they dance - - they both like to dance with each other, there's a scene of them dancing, which is boring, but I liked it, because they were happy. You think he ends it here? No! He writes another ending. She dies, Dad! I mean, the world's hard enough as it is, guys! Can't somebody say, "Hey, let's be positive? Let's have a good ending to the motherfucking story!" [*Sal's mom says, "Sal, you need to apologize."*] Mom, for what, I can't apologize. You know what I will do? I will apologize of behalf of Earnest Hemingway, because that's who's to blame here. [*Sal walks out the door*]

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like the world was going crazy.
- 2) Personalization: a parent that you go to for help.
- 3) Sensory condition: overall of a panic attack.