

I'M BEING DISSED

BACKSTORY

Sal is a TV-show host on a show called "Cross-over" - - Sal is able to make contact with people on the other side.

PREVIOUS CIRCUMSTANCES

On this show Sal is having trouble with someone on the other side.

SAL

... wow - - I think I'm being dissed by the person on the other side - - his name is Marty, ladies and gentlemen - - okay wait - - I'm being led right here - - right over here to ... you! [*Pointing to the center area of the audience*] Alright, here it comes - - something about a brain tumor. [*The audience stares blankly*] Parking lot - - wow, this guy, Marty, is tricky. Marty's being like the Don Rickles of spirits - he's roasting me from the other side, I wish you all could hear this. Marty, you're a piece of work, man. There are people here that are trying to get peace of mind and feel hope. You're the one who's on the other side, so why don't you set an example and grow the hell up? [*The audience member starts to laugh*] You're laughing - - and he's laughing at us - - he's sorry - - he abused you - - he's glad you can laugh. [*The audience member starts to cry*] Wow ... hey ... drug overdose in the parking lot, is that right? [*The audience member doesn't answer*] Let's take a break - - I'm sopping wet ...

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you really wanted to make a difference.
- 2) Personalization: someone who is juvenile and inappropriate.
- 3) Sensory condition: overall of a cold shower.