I DON'T WANT TO DIE

BACKSTORY

Sal is directing his/her first major feature film with a massive budget and big star names. The pressure has been astronomical for weeks. This is now the final, most expensive day of shooting as the crew prepares to shoot the movie's climax. Marty, the star of the picture, has been behaving like a Prima Donna for the entire shoot.

PREVIOUS CIRCUMSTANCES

Sal has been trying to rehearse the shot, and Marty pushes Sal to the edge of his/her patience asking about the character's motivation. In an attempt not to make a scene, Sal pulls Marty aside and tries desperately to keep his/her volume at a whisper.

SAL

Marty - - I'm not going to fight with you. This is the climax of the movie - my movie - - and the shot is, you burst into the room and discover that you've been betrayed. The door opens ... you see him/her ... you turn away, you turn back ... and then you say the line. Now, what is the big whoop? I'm killing myself trying to get this thing done and get these people out of here tonight - ALL OF THESE PEOPLE WHO ARE WORKING OVERTIME BECAUSE YOU WON'T MAKE THE EXTRA TURN FOR THE STUPID SHOT!! [Pause] Marty - - I'm begging. I'll give my left arm if you just find the motivation. Do you enjoy watching me kill myself? Do you see the producer having a heart attack over there, next to the camera because we're over budget? Please, Marty - - I don't want to die on this picture. If I do ... then it's totally your fault.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you could no longer handle the pressure.
- 2) Personalization: someone that drives you absolutely insane.
- 3) Sensory condition: bugs crawling all over your body.