I'M SO WRONGED

BACKSTORY

Sal has recently been deceived by lover Val, having discovered that Val seduced and manipulated Sal in order to drain Sal's bank accounts and drop their relationship in order to begin a new one days later. Sal followed Val from relationship to relationship, until finally deciding to confront Val publicly.

PREVIOUS CIRCUMSTANCES

Sal has just made a scene in a restaurant - - a crowd of employees, including the manager have gathered. Sal is trying to keep from being kicked out as he/she is confronting Val.

SAL

… all of you … and to all of the customers in this lovely establishment … I apologize. I really am sorry … it's uncalled for; bringing domestic woes into such a fine establishment … I cannot recall ever acting out so completely and so publicly! *[Pause]* Let me put it to you like this: if you have known the deception, if you have seen and heard what I have and endured what I am now up to my ears with … you'd understand. The woman/man at this table, saying NOTHING … is a deceiver, an abuser, and a liar. You are all witness to what happens when someone is pushed - - believe me when I tell you, this was a long time coming! *[Pause]* I'm so wronged - - and so hurt by this … fuck!

EMOTIONAL FLEXIBILITY EXERCISE

1) Emotional/sense memory of a time when you were done with being abused.
2) Personalization: someone who treats you like you're stupid.
3) Sensory condition: wind knocked out of you - - like being punched in the stomach.