

LION?

BACKSTORY

Sal and Marty are rival detectives. In spite of their animosity towards each other, they have been forced by the head detective to work together on the same case.

PREVIOUS CIRCUMSTANCES

Sal is sitting at his/her desk doing paperwork as Marty storms in, accusing Sal of being a fake. Marty has just ended the barrage of insults with the following: "If I were a lion and you were a tuna, I'd swim out in the middle of the ocean and fucking eat you." Sal responds:

SAL

OK, first off: a lion? Swimming in the ocean? Lions don't like water. If you placed it near a river or some sort of fresh water source, that make sense. But you find yourself in the ocean, 20 foot wave, I'm assuming off the coast of South Africa, coming up against a full grown 800 pound tuna with his 20 or 30 friends, you lose that battle, you lose that battle 9 times out of 10. And guess what, **you've wandered into our school of tuna and we now have a taste of lion.** We've talked to ourselves. We've communicated and said 'You know what, lion tastes good, let's go get some more lion'. You just lost at your own game. You're outgunned and out-manned. ... Did that go the way you thought it was gonna go? Nope.

EMOTIONAL FLEXIBILITY EXERCISE

1. Emotional/sense memory of a time when you refused to lose.
2. Personalization: someone who thinks they're better than you.
3. Sensory condition: overall of bad smell.