

FUCK YOU FOR ASKING

BACKSTORY

Sal and Marty are siblings who have been working together in a life of crime since they were teenagers. Sal was imprisoned for a heist gone wrong, while Marty went free. Sal has recently been released on parole and has immediately gotten back into the game with Marty. Detective Holt, the cop who arrested Sal is on their tail and follows and torments Sal, warning that Marty is a bad influence.

PREVIOUS CIRCUMSTANCES

Sal is eating at the counter of a hole in the wall diner and Detective Holt sits next to Sal, hoping to convince Sal to stop hanging out with Marty. "Marty is a walking time bomb," Holt says, "Why do you keep following Marty around when you know Marty let you go to prison and got off scot free."

SAL

One time when I was a kid, I fed this stray dog that wandered into our yard. He came back the next day, so I fed him again, and he kept coming back. Of course, my mom caught on - - she lost her shit. Marty listened, but I had a defiant streak. Kept feeding it. Couple weeks later this bully named Paulie was chasing me and picking on me. One day, I tried to run and Paulie chased me all the way back home. Minute he stepped into my yard, the mutt sunk his teeth so far into Paulie's ass, he walks with a limp to this day. Paulie told his parents. My mom told Marty to take him out back and shoot him. I loved that dog, but then Marty marched over to Paulie's place and knocked out two of his teeth. Told him to tell his bitch mother never to call my mom again or he'd burn their house down. I loved that dog, but I didn't need him. I've got Marty. And fuck you for asking.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you refused to be stopped.
- 2) Personalization: someone who always sticks their nose into your business.
- 3) Sensory condition: the image of someone who you owe your life to.