

YOU MAGGOT

BACKSTORY

Sal has just gotten a divorce from his/her nightmare of an ex, Marty. Sal and Marty also went into business with a company they started together in Paris. Not only did Marty have an affair, but he/she also drained their business account and left Sal completely broke and having to pick up the pieces. Sal sold their house, and booked a flight for New York to stay with his/her sibling. Strangely enough, Marty is still begging for Sal not to leave the marriage.

PREVIOUS CIRCUMSTANCES

Sal has just gotten to his/her brother's place after a long, exhausting flight - Sal has already avoided several of Marty's phone calls. Sal settles in with his/her sibling, filling them in on everything that has happened.

SAL

My asshole ex drew a swastika on my passport so I wouldn't be able to leave the country - HA! But the TSA guy said it's fine as long as they could read the chip. HA! Marty thinks if he/she makes my life miserable he'll/she'll feel better. Marty's so unhappy. Oh my god, so unhappy! I'm just praying for him/her. Did I tell you he/she took all my money from the company we started together? I had to sell the house. *[Sal's cellphone rings - it's Marty - Sal jokingly mouths, "Guess who?" then picks up]* Hello? It's been a great trip, thanks for asking. The more time zones that separate us, the happier I am. Unless you're calling me to tell me you've wired me the money you stole from me and have found a way to fix my broken heart that doesn't involve seeing you again, you can fuck the fuck off, okay? Yeah, up yours too, you deadbeat fff ... maggot! *[Sal hangs up - pause]* I think I'm gonna be sick.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you extricated yourself from a toxic situation.
- 2) Personalization: someone who brings out the absolute worst in you.
- 3) Sensory condition: overall of nausea.