

BE THE BULLY

BACKSTORY

Sal is a struggling painter, unable to move his/her career forward. It didn't always used to be this way for Sal. Sal grew up in Omaha, Nebraska. Sal learned that he/she had a great artistic talent - everyone noticed and everyone encouraged Sal - teachers, parents, other kids - - except Marty. Marty was jealous of Sal's talents and tormented Sal all through High School - this became something that Sal is not able to shake. Because of Marty's bullying, Sal stopped believing in himself/herself. Cut to: years later, New York City - Sal is struggling in the art world, not able to get ahead. Then Sal comes across a profile of Marty in "New York Magazine" - Marty has a painting in the Whitney Biennial.

PREVIOUS CIRCUMSTANCES

Sal shows up to Marty's art studio and ties him/her up - then attaches electrodes to Marty's head with the intention of torturing and causing great pain to Marty. Marty is pleading for Sal to let him/her go.

SAL

You remember what you did to me? You have ruined my life. You were supposed to disappear. You were supposed to be a failure, a fat, drunk loser still living in Omaha. And I - I was the one who was supposed to succeed. I was the one who was supposed to be rich, successful, and respected, and written about. And famous. Because I'm the underdog. I'm the one who deserves all the fucking accolades, and parties, and opportunities. I'm supposed to be you. And you're supposed to be nothing. [*Marty says, "I'm sorry"*] No! You are not sorry! If you know who the fuck I am, then you know that I am nothing. You know that I am totally insignificant. and that means you won. You are living my dream. And I - I can't let it go. Can't get it out of my head ... can't forgive you. You want to know what the lesson is that I learned from all this? Be the bully. That's what it takes. Be the bully. [*Sal presses the button and electrocutes Marty - Marty screams in pain*]

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt like everything had been taken away from you.
- 2) Personalization: someone who bullied you.
- 3) Sensory condition: overall of a bitter taste in your mouth.