

THE GUILLOTINE

BACKSTORY

Sal, who has been hailed by the critics as America's best actor, has been asked to appear on a popular talk show to promote the hit film, "Justice", in which Sal currently stars. Meanwhile, a tabloid story has recently been circulating claiming that Sal used to work in pornography before becoming a serious actor.

PREVIOUS CIRCUMSTANCES

As Sal's nerves are completely shot just before having to walk out on the stage, Sal tries calming down by speaking backstage in an animated fashion to Marty, the show's producer.

SAL

... so, they're about to drop the axe right down on me! Right, Marty? In just a couple of minutes, I'll be broadcast all around the world! That is how it works, isn't it, Marty? You are the producer, right? *[Sal laughs, a little bit too long and too loud]* Don't take what I'm about to say the wrong way, Marty, but I've never been so scared shitless in my entire life. I mean, what the fuck are they gonna ask me? Have you read what they're writing about me? I'm literally shitting myself. Are you offended? Don't be alarmed, I always talk these things out. It helps prevent my nerves from fucking me over. *[Sal holds out his/her hands out]* Ya see? Not a single tremor - steady as a rock! *[Now, more to himself/herself]* Deep breaths, deep breaths. Countdown ... moving right along ... straight towards the electric chair where they fry you into tiny little bits! Oh, the masochism! *[Applause signals the end of the previous guest's interview]* There it is! So, wish me luck while I step right out and face the fucking guillotine! Those fuckers are gonna love me! *[Marty walks toward the stage]*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were scared shitless.
- 2) Personalization: someone who you can make an ass of yourself in front of.
- 3) Sensory condition: overall of the need to pee very badly.