

# ***MASOCHIST***

## **BACKSTORY**

Sal and Marty have been dating seriously for several months. Sal is beginning to meet Marty's friends, and discovering a side of Marty that is not so pleasant. Many of Marty's so called friends are toxic and rude, and treat Marty like shit. What's worse is that Marty does nothing to stand up for himself/herself.

## **PREVIOUS CIRCUMSTANCES**

Sal and Marty are in the kitchen - - Sal can no longer contain his/her outrage to Marty about the guests waiting in the next room. One guest in particular is being extremely rude. Dessert is about to be served.

## **SAL**

I refuse to go out there with that jackass you call your "best friend". I can't handle watching that monster - - that sorry excuse for a human being - - CRITICIZE the way you live!! What is he doing in your house, Marty?! He's drinking like a fish, smoking like a chimney, eating all of the food - - and on top of it all - - he tells you, "Hey, Marty - - you should really consider an interior decorator - - haha!!" Like that was supposed to be FUNNY??!! Don't expect me to go out there again because if I get the chance, I won't hesitate smearing the rice pudding in his face. Why do you harbor friends like that - - is there something wrong with your head?! Are you some sort of masochist?! *[Pause]* If you don't find a way to get that sorry shit out of this house, I promise you there will be a scene made like you have never before imagined. Unlike you, I do not tolerate abuse from strangers in my own house. So you better get going.

## **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you were outraged and offended by someone's behavior.
- 2) Personalization: someone you love who refuses to stand up for themselves.
- 3) Sensory condition: Rage - - animal - - overall of a caged lion/lioness.