

## ***THAT ONE MOMENT***

### **BACKSTORY**

Sal is a young cop helping a legendary forensic criminologist hunt a deadly mastermind while taking on the most high-profile cases in the NYPD. Sal has dedicated his/her life to the pursuit of justice after his/her parents were both killed in a restaurant in front of Sal when he/she was a child.

### **PREVIOUS CIRCUMSTANCES**

Sal is in the hospital room of Marty, a young woman who was abducted and later found unconscious in a NYC park. Sal has been trying to interview Marty for any clues that could lead to the arrest of her abductor. The interview has been going nowhere, until Sal finally decides to share his/her painful memory with Marty.

### **SAL**

I watched my parents die. I was thirteen. We were eating dinner at my favorite restaurant. Angelo's in Astoria. Our waitress's name was Julie. A name I only remember because Julie's ex-boyfriend, Paul, wasn't taking their recent breakup very well, and he showed up that evening with a Glock 17 he'd bought in Pennsylvania that afternoon. Paul Vincent Whitehead shot 14 people at Angelo's Restaurant before killing himself. I barely remember the funeral, but I can place myself right back in that corner booth that night. The red leather, the dishes waiting to be cleared from the table. The smell of my mother's perfume as she leaned over to shield me. You can place yourself in the spot he attacked you, can't you? Take your time. I'm right here with you. Everything after is a blur, I know, but that one moment, when you knew something was wrong ...

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you fought for justice.
- 2) Personalization: someone who you want to help and protect.
- 3) Sensory condition: overall of a place of defeat.