

I'M HAPPY EVERY DAY

BACKSTORY

Sal is a marine, training a rookie soldier, Marty as they fulfill a mission in a small town in the middle east. Marty was just involved in his/her first real live firefight, and killed another soldier to save his/her own life. Marty is distraught, and is struggling to come to terms with what happened.

PREVIOUS CIRCUMSTANCES

Sal and Marty sit in an abandoned park at a picnic table and eat lunch. Sal also sips from a bottle of whiskey. Sal tries to enjoy the temporary quiet, but cannot ignore Marty's inner turmoil.

SAL

You gonna eat? *[Sal gives Marty the whiskey bottle]* Drink. *[Marty does]* Again. Look ... this happened to everyone their first time. So what? there's no shame in it. Everyone remembers their first time. My first time - Afghanistan. We were moving through a house, and suddenly a man was there and I shot him in the stomach. Yeah, that's a real war story. There're never any good stories like in the movies. They're shit. A man was there - - boom, stomach. I was so scared, I didn't pull the trigger again for the rest of the day. I thought, "Well, that's it, Sal. You put a bullet in someone. You're not you anymore. You'll never be you again." Bu then you wake up the next morning and you're still you. And you realize ... that was you all along. You just didn't know. *[Pause - Sal allows Marty to digest - Sal reads a war slogan graffitied on the side of a building, says it out loud]* "Our goal is the happiness of all mankind." I'm happy - - I'm happy every day. *[Sal gets up]* Alright. Back to work.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you doubted the morality of something you had done.
- 2) Personalization: someone that needs your guidance.
- 3) Sensory condition: overall of an image of the worst thing you've ever done - place on the forth wall.