

## ***I LAUGH IN YOUR FACE!***

### **BACKSTORY**

Sal, a film director has been isolating himself/herself for days after a failed project. Reviews have been terrible, box office has been miserable, and Sal cannot help but to sink into a massive depression.

### **PREVIOUS CIRCUMSTANCES**

Marty has come over to Sal's apartment because Sal is not returning phone calls. After seeing Sal's state, Marty tries to get Sal to look on the bright side of things, suggesting that Sal move on and try again - - this is Sal's response:

### **SAL**

No, Marty, you've got it all wrong - - I DO see the bright side. I have my brooding and my failing. I have my drinking, my grass, and my amphetamines. I have my girl/guy who dumped me and is now having an affair with my assistant director. I have my father who is stunned that I turned out to be nothing like the son/daughter he had in mind, my mother who actually expressed her gratitude that I wasn't blind or a crackhead - - limited expectations?! I think so. I have my Yale degree, my experience as a waiter and a public access cameraperson. I have the superior smiles of my college classmates all of whom I outshone as a student and none of whom I can afford to eat with. And you're asking me to give all this self-loathing up and give it another TRY?! I laugh in your face!

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of at time when you felt like you wanted to give up.
- 2) Personalization: someone who always tries to get you to see the bright side of everything.
- 3) Sensory condition: overall of filth and dirt all over your body.