

NOT GOING TO HAPPEN

BACKSTORY

Sal and Val are having triplets with a surrogate mother. The mother is in the middle of having labor and Sal and Val are in the hospital waiting room, eagerly awaiting the arrival of their new family.

PREVIOUS CIRCUMSTANCES

Dr. Marty is concerned that the mother is going to have complications with the delivery because of the positioning of the babies. Dr. Marty sits down with Sal and Val and expresses his concerns. Sal interjects:

SAL

I'm sorry, no - - we are not having this conversation. We are not having this conversation because it's not going to happen. We are walking out of this hospital with three healthy babies. I have three cribs at home that we bought specifically for our three children to grow up in. My mother has already knitted three "Fearsome Threesome Onesies". Three of them. And she's a slow, no talent knitter. It's also my birthday today, by the way, which tends to be a pretty good day in our house, a day where I get pretty lucky. So I need everyone in this room to believe me when I say that only good things are happening today. Actually, no, I don't want you to just believe it. I want you to know it.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you refused to believe you might not get what you want.
- 2) Personalization: someone you need on your side no matter what.
- 3) Sensory condition: overall of a knot in your stomach - endow with the fear of loss.