

TRAIN WRECK

BACKSTORY

Sal and Marty have been involved in a whirlwind romance ever since meeting by chance on a train. From different walks of life, they are an unlikely couple. Marty is known to run away from intimacy as soon as the relationship gets too serious, and this is no exception.

PREVIOUS CIRCUMSTANCES

Sal and Marty are in a huge fight at Sal's apartment - Marty tried to destroy the relationship by badmouthing Sal to a mutual friend. Sal confronts Marty and Marty uses the opportunity to push Sal even further away. Sal is not having it, and unleashes his/her wrath.

SAL

You're like a train wreck, tearing people apart leaving chaos and destruction in your wake. It's obvious to me that it's all based on some kind of mammoth insecurity. You play this rebel - free spirit. It's all bullshit. And it's sort of pathetic when you're thirty, and you're still doing that shit. You know what's just occurred to me? The only way you think you can get people to like you is to fuck them or at least dangle the possibility of getting fucked in front of them. And I think you're so desperate and insecure that you'll just go around fucking everyone! You said that I was a disaster and you wouldn't want to have kids with me because I had "creepy little genes". Well, I'm not a concept, Marty - I'm just a fucked up person looking for my own peace of mind. I'm not perfect. Good luck finding someone that's as perfect as you need them to be - my guess is you're in for a long, lonely fucking life.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were sick of being treated like shit.
- 2) Personalization: someone you will never be good enough for.
- 3) Sensory condition: overall of an animal - rabid dog.