

HELP ME, PRESIDENT OBAMA!

BACKSTORY

Sal has recently escaped from a psychiatric institution and suffers from mania, paranoia and anxiety. Sal has managed to find his/her way back to his/her uncle's house.

PREVIOUS CIRCUMSTANCES

While Sal's uncle is out of the house, the authorities have closed in on Marty - police are knocking on the front door - Sal sees the police cars and an ambulance parked outside through the window. In a panic, Sal begins to pray out loud.

SAL

Fear not, for God gave us a spirit not of fear but of power and love and self control. He renews my strength. He guides me along right paths, bringing honor to his name ... even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me ... Aww, no! Don't take the door off! No! Stop it - don't you take my door off!! Goddamnit, leave me alone - this is a crime! This is harassment - you are trying to break my door down illegally - this is my uncle's home!! *[Grabbing the telephone, dialing 911]* This is Sal Chamberlain! President Obama! The police are forcing their way into my uncle's apartment without a warrant, without probable cause - help me, President Obama!! *[Pause]* Please, I miss you - - don't let them take me. I can't do this without you, Mr. President. Don't leave me all alone like this ... *[Sal stays on the phone as the knocking on the door gets louder].*

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you felt absolutely trapped.
- 2) Personalization: someone who is your savior.
- 3) Sensory condition: overall of someone that blocks you - place them on the forth wall.