

HERE I AM!

BACKSTORY

Sal and Val have been in a relationship for three years. They were the kind of couple that everyone would want to be. In this last year their relationship, however, the more successful Val became, the more Sal's eyes started to wander. After Sal's eyes landed on the couple's mutual friend, Marty, Sal and Marty began having a torrid, hot affair.

PREVIOUS CIRCUMSTANCES

Sal, after ending the long-term relationship with Val, has impulsively shown up at lover Marty's doorstep, with a packed suitcase. Apparently, the breakup just happened. Marty has just opened to door.

SAL

Thank GOD! Jesus, I was afraid you weren't home. How are you? Christ, what a day! Do you mind if I ... *[Sal steps inside, catches his/her breath]* Well, I did it! I broke everything off! It's done! I really did it ... finished it ... Kaput ... Finito ... Over! *[Pause]* I feel fantastic! I feel like a new person! you were right - - your words - - all the things you said were ringing in my ears. You were right - - you were right about all of it! We were just watching TV, and the words just started pouring out of my mouth, "I think we should separate." And then, just like that - - Val turned to me and said, "Yes, absolutely! Let's separate," and started laughing. Val was laughing so hard that I started laughing too! And then we kissed, and had the best sex of our lives! It was fucking great! Then we went upstairs, and Val helped me pack ... we kissed goodbye, and here I am! *[Pause]* What's the matter?

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of at time when you made an outrageous/dramatic change in your life.
- 2) Personalization: someone in your life whom you constantly jerked around romantically.
- 3) Sensory condition: hyperventilation/shortness of breath. Imagine a place where you felt smothered.