

WHAT ARE YOU GOING TO DO?

BACKSTORY

Sal is in a police station - - it's the middle of the night and Sal has just been terrorized by a group of young punks who robbed Sal blind. They also beat Sal before finally running off, one of them landing a good punch right in Sal's eye.

PREVIOUS CIRCUMSTANCES

Sal is nursing a brand new shiner, speaking to an officer at the front desk of the precinct. The officer is acting less than interested in expressing sympathy for Sal's situation. The more upset Sal gets, the more the officer shuts Sal down, finally saying, "Go home and get a little rest."

SAL

Really? What kind of place is this, anyway? This is the last place I thought I would be so blatantly dismissed. Look - - I know it's two o'clock in the morning, maybe you had a long shift or something, but did you hear what I just said? I said that I was just assaulted by a group of young men. Isn't this your job? Do you get the extent of the violation I have just experienced - - in a dark alley a half hour ago - - I was smacked around and I was robbed - - there is a lump on my head, I'm sure I will have a black eye - - and two hundred bucks has been stolen from me! And you're giving me this blank stare from behind your little desk and you're telling me that I should just go home and have a little rest?! Officer - - I am asking you a question as a citizen that has fucking rights - - what are YOU going to do?! Wake the fuck up and do your job! *[Pause]* I'll wait right here!

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you were fed up with being abused.
- 2) Personalization: someone who completely dismisses you.
- 3) Sensory condition: overall of a swollen, black eye. Endow the black eye with all of the different ways that you were treated disrespectfully.