

## ***WE'RE ALL SO LUCKY***

### **BACKSTORY**

Sal has been in a struggle in his/her life ever since losing his/her mother. Things have come to a head and everything has been effected by the loss: Sal's job, relationship, friendships, and recently Sal has felt an increased sense of dread and panic. Sal finally decides that he/she needs to seek help, and makes an appointment with a psychologist.

### **PREVIOUS CIRCUMSTANCES**

Sal sits in the psychologist's office - it is Sal's first time in therapy ever. The therapist asks, "How can I help you?"

### **SAL**

I don't know why I'm here. I'm--I mean, I do. I'm...nervous, I guess. Anxious. I don't sleep that well. And my hands...Well, they're fine now. It's like when you have a problem with your car and you go to the mechanic and it's not doing it anymore. Not that you are a mechanic ... I guess a lot of people must come here worried about climate change - - or Donald Trump. Is that true? It's a common nightmare, people say. I read it on BuzzFeed. My mother always told me that it wasn't polite to talk about yourself. She passed away, recently. I guess I already said that. We're all so lucky to be here ...

### **EMOTIONAL FLEXIBILITY EXERCISE**

- 1) Emotional/sense memory of a time when you felt like you really needed to be taken care of.
- 2) Personalization: someone you reach out to for help.
- 3) Sensory condition: the presence of your mother - place the image of your mother on the forth wall.