

Monday, February 1, 2021

Curtiss

Young Adult

1st incarnation

C: That didn't feel great. I was connected to myself, affected by Megan. The words were my own except "bat shit crazy". That's pretty constant. I probably have a judgement. I've never said that and I think it's corny.

S: I like it.

C: there are things that could be deeper. Like my broken cock. I was self conscious a lot but I tried to put that on her. Place was in and out but was alright.

S: why point out self conscious? Is there a sense that you shouldn't be?

C: Of course.

C: I think my beliefs around what she's doing with Buddy can be stronger. I felt like a loser for starting over and tried to bring that in but I don't think I was successful.

S: I agree your cock could be more broken. We can deepen the experience. Your buddy, the nice jock, could be truer for you. At the same time, you must recognize any time you go into being someone with low self worth, you're going to feel bad after. That's the idea of organic acting. You will be experiencing these experiences. When they are based in doubt you will credit that with yourself instead of story. You'll never be able to tell the difference. Whenever where a guy is fucked up, low self worth, recognize this will come up. Especially self consciousness if you have a broken cock and you're with the woman you have a crush on and she's talking about your friend.

C: I don't think I'm doing a number. I'm coming to terms with the fact that when the low self esteem touches or mirrors a belief I've had it's so much harder for me to feel like I can get behind the circumstances of the story.

S: Fortunately for us we don't have to be perfectly balanced creatures to be an actor. It's going to create greater self abuse. Going into these worlds will do that. You have to make sure you have an exit so you can go in and get out. You'll be more effective by taking a break and getting out.

Let's talk about the broken cock. If those circumstances are not taking right now, was that avoided or not sticking

C: it wasn't sticking. I would always go to scenario based thinking and I wasn't aware of that. I'm building the memory of what happened.

S: how gives a shit. You can't fuck again. You're not going to get married. You're going to die alone because of your dick. You're never going to be with anyone. These are beliefs that will cost you a lot more than remembering how often you were kicked. Staying with what it has cost you and what does it do every time you see someone who is attractive or nice.

C: I would start down that road but would go to the incident.

S: think about her. If you weren't like this, maybe. But there's no way now. Sit in it. It's good, there's a lot that's working. Given the path that we're on and where we started at the beginning of lockdown I would not know that muscling something was your problem. We do need to

deepen and optimize. But you're making mad gains. That's really fast for that issue. That one can take years. Go easy. You're doing great. You need to arrive at bat shit crazy. Can you imagine what bat shit smells like. It's nasty. If you go into that, it's a smelly nasty crazy. It sinks in and you build a relationship to it.

C: That never occurred to me- the smell.

S: When you have a line that isn't sitting right you have to think about why it needs to be that way. Why does it need to be that line. That's how you come to it from a different angle. You have to know the math behind it.

Megan

Young Adult

1st incarnation

M: I was connected to self, Curtiss. Circumstances real. Words are my own. Place is good. I did a number on myself thinking she's not like me doing a psychological profile. I stopped that and got to beliefs. I found more beliefs and why I was thinking it wasn't me. I was able to incorporate the shit I was doing into her life. Even if I wasn't doing the work I wanted to do, I could incorporate. I was making it other. In finding that there was a lot of acceptance. What he is to me could be something more. I know you're the only person here that makes me feel better about myself. I feel like I have state, she's not very drunk.

S: I think your recall is on point. I think the degree which you're tearing up your life.. You have everything in this. This is your chance at happiness. The biggest difference between you and her, you strive for an inner sense of honesty. That's important to you- and understanding and leaving the place better than you found it. That's not this woman.

M: I tried to come from that place. I wrote things out that justified what I was doing. It felt corny. Wrote it as if it were a character.

S: Your inner brat is not your inner child. The one that when you don't get what you want, you get pissy. I want to lean into- to arrive to your brat. Start with "I want" and "no, no"- whatever voice your brat has. It is your time. You're taking what you want now. Aren't you trying to take this guy who is married? Fuck everyone else. You have to accept that part of her. It's in the belief system. You can also have that you're a total bitch and being selfish and self involved. It's one thing to be hard "fuck you" when the sun is high. It's another thing when you're up at night thinking about things.

Question: B: In paradigms we were talking about the difference between scenario and beliefs.

S: It was a guided meditation through things you might think about.

B: How is the attack not relevant?

S: I'm not saying don't think about it. I'm not saying you can't create that traumatic event. I would actually store it in my body. What are the beliefs about that event and that affects how he thinks about that. I don't think I've ever said "don't think that". If we keep going back to a scenario, sometimes that is a safer way to explore. We keep going back to the event rather than the impact on my life and what I wish could happen. It's more active and more powerful. Getting a beating is one thing- living with it for the rest of your life is another.

Question: C: In some characters abandonment is an issue. If you're seven when it happened, you don't know what that is. How do you explore an event that shaped the life?

S: Often people with abandonment, they say people lie and say "no one will ever.." because you believe they will leave, you don't have attachment. What is that like actively when you're talking to someone. On one hand I'm a piece of shit but on the other, people do things. It's giving them a belief system. Like schizophrenic- it's real that there is another voice in my head that isn't mine.

Question: M: do these beliefs only bubble up if they are pertinent to the scene or is it a background thing that is always there.

S: I think a broken cock would fuck with everything. I think it's a primary component of our life. I think when you're exploring something your brain will throw in what it thinks will help just like it does in every other circumstance in your life.

M: The abandonment issue you have to make it pertinent to the scene.

S: The scene will always be the key.

Question: J: What you've said about the doubts from the character

S: I think we are experts at getting in our own way. Whatever the exploration is causing we will think it's just our and not a product of the exploration. It can pop up in a myriad of ways. Keep an eye on it.

Jenna

Orange Flower water

1st incarnation

J: I was connected to self, affected by Aubree, connected to place and words. I hated the facetime call coming in. I folded it in. It was my first time doing a scene in this world and it was ok. The givens were ok. My homework was not easy but I could drop into it- fluid. I would get inspired to spin in the middle of the day. I didn't know what was going to happen so that was good. I can go deeper into our relationship. My experience was a B+. My prep was jammin. It was the facetime call took me in a different trajectory and I would have had an A if not for that.

S: You have great chaos going about the thoughts on her. Acting on zoom is not a problem, it's a camera and person. It's surprising and it will get better from here. You're not showing rust for your first time back.

J: I have the chaos and oppositional thinking. I have no light.

S: I think there are few places we can look to that. There are a few places to lighten it but it won't make the scene lighter. It might just be less wretched or might make it more fucked up. What was the promise of this relationship? Every relationship has a promise. What was the notion of the life that is not going to happen.

J: I spun a lot on what I imagined life to be.

S: what was it when you first had babies. He was not happy with your kids. Having that out of the house is awesome. The kids might miss him but having that presence out is good. You get to do what you want now. You say "did he make you stop" because he could make her stop. I

can't imagine making my wife do anything. It wouldn't occur to me to make someone give up something they love. That shows how controlling he can be. There are possibilities. Financially it's not easy. That will open it up some.

Aubree
Orange Flower water
1st incarnation

A: I was connected to myself, affected by her, words my own. Circumstances alive. The environment was kind of there. I was putting up a block with her but that was in story. For all of the distractions - the call didn't throw me. My dog did because I didn't know if I should address it. Everytime I came back everything felt deepened. Homework was not a fun place to live but it was flowing well. I got bogged down by guilt and depression so it was hard to work the opposite/light. Every time I worked the light the kids came into it. It was chaotic. Next time I would sit with the light side of it more.

S: I agree with where I want you to look. That scene with your husband. I wonder what the expectations are when she's standing there. Is it irrational?

A: yeah. It's irrational but there's a hint of "I deserve it".

S: you've been living with a verbally abusive man for a long time, being called names, being suppressed. He's a piece of work. The man you're with now, would never do anything like that. That change has to be a miracle.

A: I do find the light and spin on our future together and how to bring the kids together and how I deserve to start my life. The guilt slams in. I've ruined everyone's life.

S: that is one side of it. Maybe they'll be better off seeing a man treat you with respect. What I'm saying is not the right answer, it's another part of the equation. Sometimes it will just be your fault. Other times you will be able to recognize that it's not the whole truth.

A: I feel like I have all of that. I think it's more of the judgement on how the oppositional thinking should feel.

S: it doesn't make it better, it makes it more complicated and nuance. Maybe it's too late because of how you got together. It might now work and then you're really screwed. Keep running with it. It's not going to feel good. It's going to whip you around a lot.

A: I didn't anticipate it fucking with me so much.

S: it's people's worst relationship fears. Let yourself get swung around. Keep immersing in it.

Alyssa
House of Cards
2nd incarnation

A: connected to self, affected by craig. Circumstances were real. I studied journalism and had so much rapport. Space was a lot more present and more realistic for me. My words felt like my own. I reabsorbed the scene. The one line "Can we speak again" affected me differently in my exploration. I worked on the note of living in squalor. My sink is clogged now. I folded that in.

The means to the ends, whatever I have to do I was ok with. I was not fucking around and playing with the big boys. I took that in.

S: the gritty underbelly was there.

A: I was too polished last time.

S: the work is very strong. Let's talk about look the part. You are great with that. You brought in the gritty underbelly. She is putting on your best face and clothes because everything is riding on this. This was great but if I'm shooting it. Right now for both of you I just have notes. It's in good shape. It's really mask. I love the underbelly work you did but don't let him see it. Do everything to hide it from him. That's where the play is going to be fun. You cooked it beautifully. There's a little process there.

Craig

House of Cards

2nd incarnation

C: I was connected to myself, to alyssa. The circumstances were there. The words, there's lines at the end. "a prudent man..." It's the rhythm of the words are not natural so I have a sense that i will stumble on them. It's in my head but I have a block about saying them. I explored what words mean to him and what they are in politics. In the game of "i can beat you at your word game" She keeps up with me and I need her and I think she knows I need her. There's codependency. She's a little eager.

S: About the fumble. She's smart but not as smart as you so the need to spell it out for her slowly. Make sure she is getting where you're at. Make it deliberate and make sure it lands on her. What's your next scene?

Casting for Cat

Ingrid goes West

*Being John Malkovich - his wife

Practical Magic

*Beauty Queen of Lenane - daughter

August Osage County - Middle sister

Eternal Sunshine of the Spotless Mind

Mississippi Burning - wife of racist deputy

*House of Yes - Jackie O

Blackbird

Groundhog Day

Where's my Money

*Blue Jasmine - Jasmine's sister

Mud - Juniper

*Flowers for Algernon

*Trip to Bountiful - Son's Wife
*Baby Dance - one that wants the baby
Manchester by the Sea - wife
Cold Mountain - the one longing for her husband
Bohemian Rhapsody - wife
Birth
Orpheus Descending
*Waiting for Lefty - Edna
Indecent
Stranger than Fiction - baker
Time Traveler's Wife
Golden Boy - Iorna
The Killing - TV
The Favorite - older love interest
*Sophie's Choice