Emotion = e/ motion  
(emotion is energy in motion)

e = mc^2  
(mass is energy)

You = Mass  
(You are matter)

SO: You ARE emotion
Struggle with fear of emotions (Genetically encoded to think emotions = death)

BECOMING AVAILABLE BY OPENING UP

FACE YOUR EMOTIONS (Have an emotional death)

AND THEN REFUSE EMOTIONALITY

BEGINNING CHARACTER BY CAPPING

CIRCLE OF EMOTIONALITY
THREE RULES OF EMOTION:

I. YOU ARE EMOTION

II. YOU ARE AFRAID OF YOUR EMOTION

III. DIG INTO EMOTION... AND THEN CAP IT.
THE APPROACH TO **EMOTIONAL PREPARATION:**

I. Define the “Grand Emotional Moment” (Release of the character’s emotional core)  
   “The greatest moment of teaching.”

II. Actor prepares the possibility of the emotional core.  
    (“Going full Medea” – 100%)

III. PUSH AGAINST IT  
    Action to action based on the realizations and decisions along the 3 act structure.
TWO VOICES:

JOY
(Life)

PAIN
(Pain)

“I’m Alive”

“I’m Afraid”

PASSION
HOW IT WORKS:

NATION OF IMAGES
(Imagination)

Actor's Core Passion (Joy + Fear)

Hundreds of millions of images from experience.

New Image

Character's Core Emotion

Step 1

Step 2

Step 3

Actor: Now

Character's Emotion

Chapter Three
3 - Experience & Emotion
www.actorfoundry.com
EMOTIONAL PREP CHART:

- CHARACTER’S EMOTIONAL CORE TRUTH
- ACTOR’S EXPERIENCE OF THAT EMOTION
- ACTOR’S IMAGES OF THAT EXPERIENCE FROM ACTOR’S LIFE

MIX THE IMAGES

PHYSICALIZE THE HOOK
STEPS OF EMOTIONAL PREPARATION

I. Isolate the character’s core emotional truth
(The character’s emotional story)

II. What is the actor’s experience of that emotional truth?
(memory and imagination)

III. What are the actor’s images associated with that experience from the actor’s life?

IV. Mix the images into a new potent image.

Physicalize the emotional hook (literal, vocal, physical)

Literal: Write or speak it out loud.
Vocal: Speak to the ceiling or a spot on the wall
Physicalize: Mime the image.