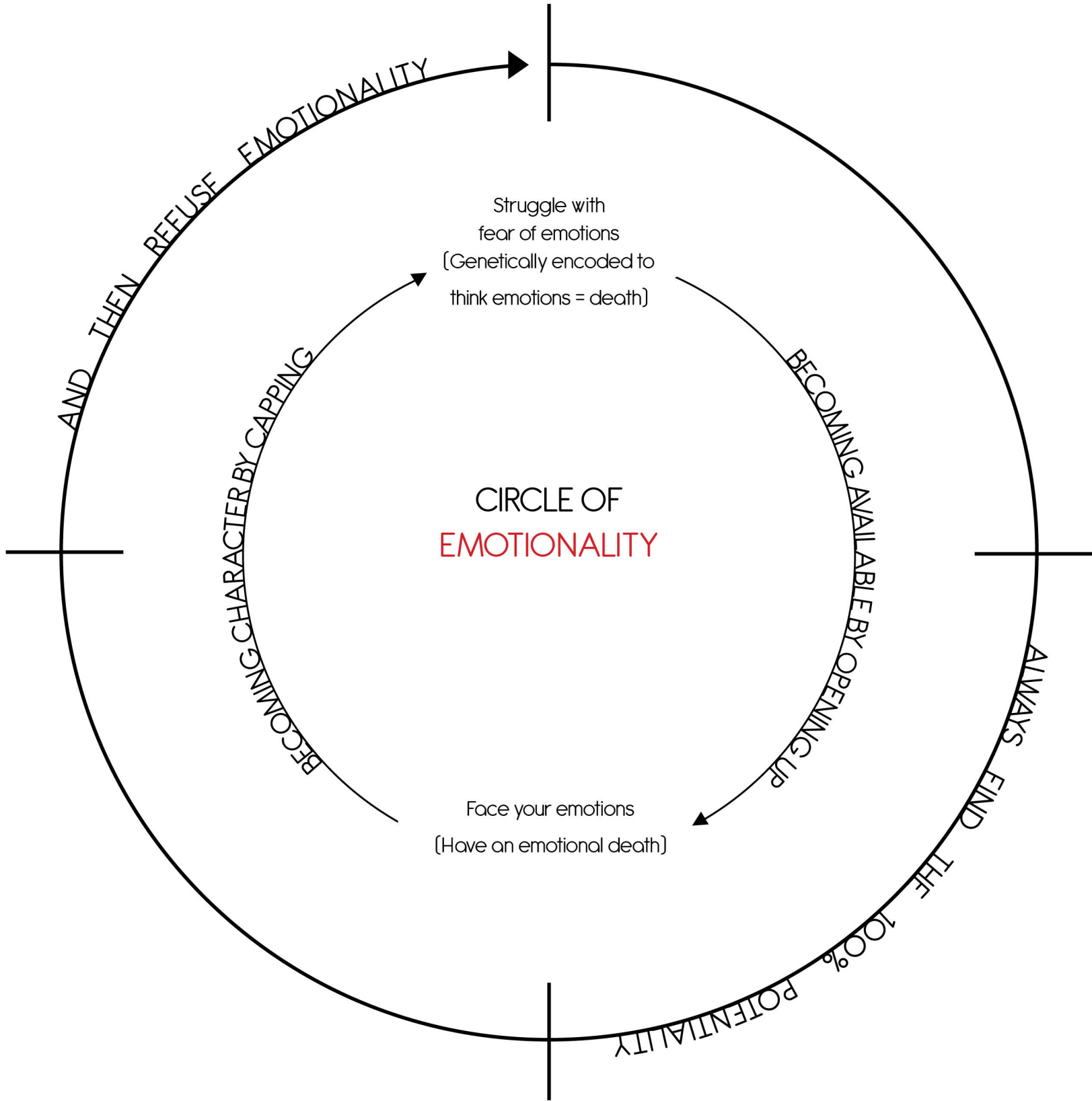


Emotion = e/ motion
(emotion is energy in motion)

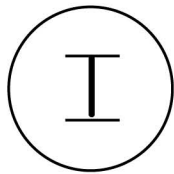
$e = mc^2$
(mass is energy)

You = Mass
(You are matter)

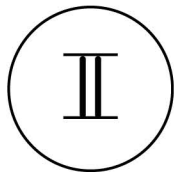
SO : You ARE emotion



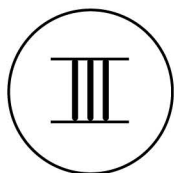
THREE RULES OF EMOTION:



YOU ARE EMOTION

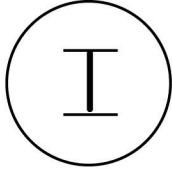


YOU ARE AFRAID OF
YOUR EMOTION

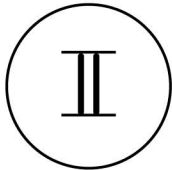


DIG INTO EMOTION...
... AND THEN CAP IT.

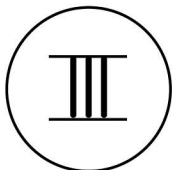
THE APPROACH TO **EMOTIONAL** PREPARATION:



Define the "Grand Emotional Moment" (Release of the character's emotional core)
"The greatest moment of teaching."



Actor prepares the possibility of the emotional core.
["Going full Medea" - 100%]



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

EMOTION
[DOING]
VERB
In the Moment

EMOTIONAL
TRIANGLE

PLOT
[THINKING]
IDEA
"Before We Start"

FEELING
[FEELING]
NOUN
"After the Fact"

TWO VOICES:

JOY

PAIN

(Life)

+

(Pain)

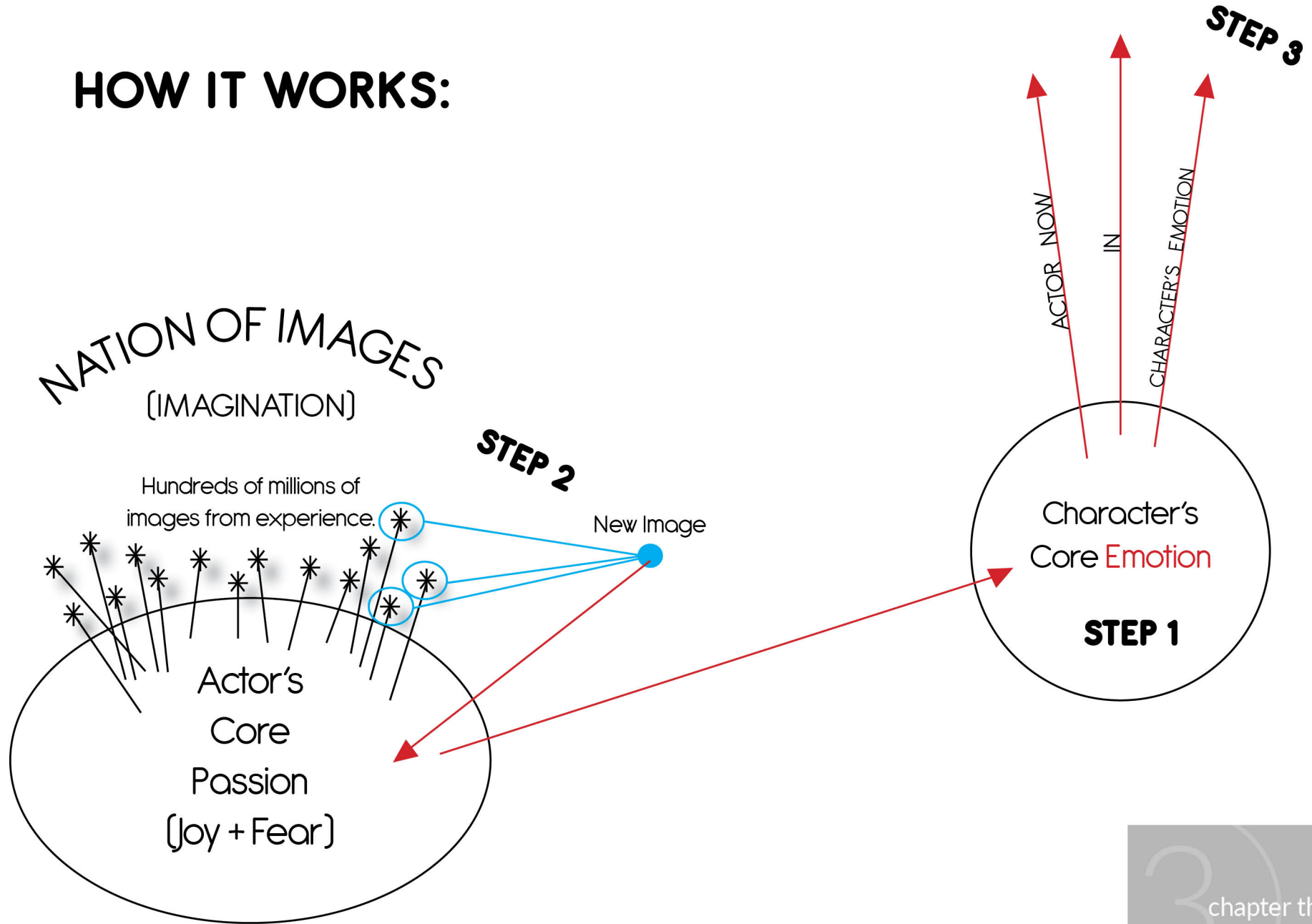
"I'm Alive"

"I'm Afraid"



PASSION

HOW IT WORKS:

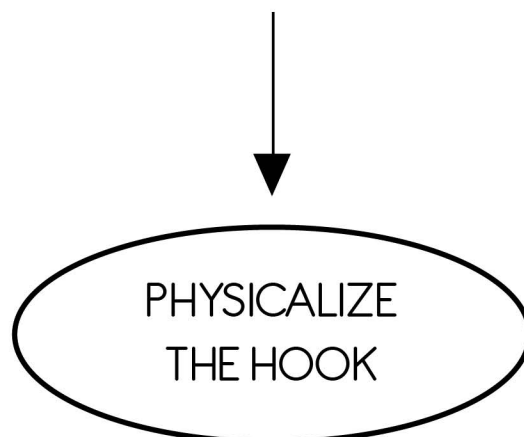
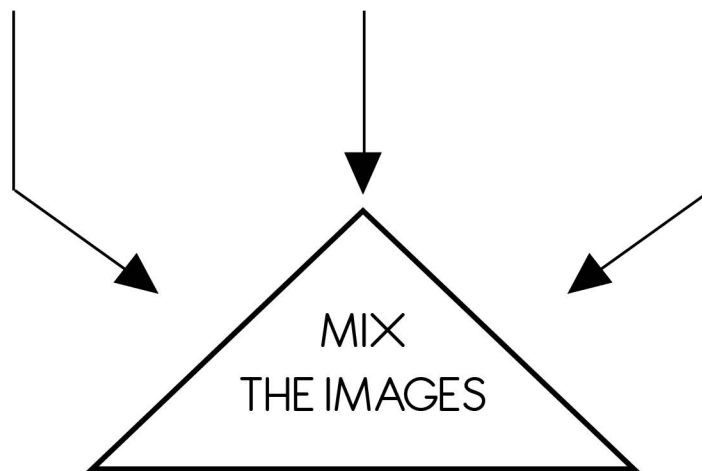


EMOTIONAL PREP CHART:

CHARACTER'S
EMOTIONAL CORE TRUTH

ACTOR'S
EXPERIENCE OF THAT EMOTION

ACTOR'S IMAGES OF THAT
EXPERIENCE FROM ACTOR'S LIFE



STEPS OF **EMOTIONAL** PREPARATION

- I Isolate the **characters 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**.

- V **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.