

Lesson #9: Stalking Eric

Theme: What's the Story?

Useful expressions and proverbs:

(google the above to see how they are used)

What's the story? A picture is worth a thousand words. Seeing is believing. Truth is stranger than fiction. A sad story. A happy story. The moral of the story. True stories.

Cast of Characters:

Eric

Lucy

Don

Jason

Cheryle

Main Idea: Consider how your role play character sees him/herself in Stalking Eric. How fixed or flexible is their point of view about the role they play in the events of this situation? (for instance, how influential are they upon events and upon others? What is their relationship with the other characters? Do they feel they can affect the outcome/end results of this scenario? Is there another way to view the situation in terms of how it began, where it is going, and how it might be resolved?

Summary of audio lesson (10 - 15 minutes)

- *sit forward in a chair: notice posture, feet, knees, legs, hips, buttocks, ribs, chest, shoulders, head and neck, eyes
- *observe breathing, inhalations and exhalations
- *where is the beginning of the breath?
- *where is the middle? (the beginning of the middle, the middle of the middle, the end of the middle?)
- *where is the end?
- *stand up and sit down several times
- *note the beginning, the middle, the end
- *note the end of the beginning, the beginning of the middle, the middle of the middle, the end of the middle, etc
- * sit and rest
- * come to where the middle of the middle is
- * start there as the beginning, continue to the new middle (previous end)
- * make a new ending (small movement)
- * come back to new beginning through to new end (repeat in other direction)
- * sit, rest,
- * stand up again as usual, note if sense of beginning, middle and end have shifted
- * stand up and begin to walk slowly
- * note where beginning, middle and end of each step is (end of beginning, beginning of middle, etc)
- * walk quickly and stop/stay still when voice on recording says "freeze"..."freeze"... "freeze....." many times, each time, noting where you have stopped: beginning, middle or ending
- * walk at usual pace

- * note of sense of beginning, middle and ending have changed
- * sit and rest

Now, review your current life situation: where are you within it in terms of beginnings, middles or endings (for instance, the beginning of a job, the end of a relationship, the middle of a project?)

*could you view this any differently, for instance, could the end of a job be the beginning of a new.....? There is an expression in English: "When God closes a door, he opens a window." How might this be true for you?

*think of your role-play character and consider their story in Stalking Eric. Think of their beginning, middle and ending as you did with your own life. Can this be seen in a different way? For instance, could the beginning of a confession or confrontation be the end of _____ or the new middle of _____?

Follow-up Journaling Activity:

You can turn to the section on general questions for your role-play characters before doing the journaling activity for Stalking Eric, or play with them afterwards, time permitting.

When you feel you have sufficiently reviewed your role-play character's place in the story, sit down with a piece of paper and pen and answer the following questions:

- 1) Think about your role-play character's perception of reality within this scenario. Consider the proverb, "Believe nothing that you hear and half of what you see." Can this also be true for/of your role-play character? What is so real and solid? What is less substantial (for instance, what you think others

are thinking about you). Can there be more than one side (i.e. your side) to the story.

- 2) What is the story line of your role-play character? What is their beginning, middle? Is there an ending yet?
- 3) Have the seeds of the ending been there from the beginning? Could there be a different ending?
- 4) Write one.

Additional Questions:

- 5) Choose one event in your past and record the beginning and middle that led up to the ending. Did the ending lead to a new beginning?
- 6) Ask your role-play character where there might be some new beginnings for them. What do they say?
- 7) Arrange some note cards. Think of one past event in your life and write the first thing that happened on one card. Number the card #1. Write the second event on a new card and write #2. Carry on in this way till every part of the event has been numbered in chronological order on separate cards. Close your eyes and thoroughly shuffle the cards. Now make a new story based on this new order of events.
- 8) Repeat this above procedure, using an event from your role-play character. Make a new story, altering details as necessary in order for it to make sense.

Throughout the day, note all the big and little events that are taking place, and observe where you perceive the beginnings, middles and endings. Does this process help you to see that your personal stories are not as solid as they might, at times, appear to be?

