

How to Attack a Monologue

3 Basic Building Blocks: **Emotional, Intellectual, and Physical**

A. Relationship

Who are you talking to?

Where are they?

Construct the moment before.

Know what your "other" said or asked that makes you respond with the opening beat.

Be able to see their responses to initiate your motivation for each successive beat.

What is your relationship?

What is the history of your relationship? Have memories for all possible beats.

B. Environment

Define the space and all that it contains. See every detail for your environment.

Make decisions to ignite all the five senses (touch, taste, see, hear, smell).

Identify alternate anchors.

C. Objectives and Obstacles

Know what you want in relationship to your "other".

Make big choices on super objective.

Break down all the mini objectives. Construct tactics.

Know the obstacle. Obstacles make the tension interesting.

D. Physical

Know the speed that the character moves.

Know what part of the body the character leads with.

Choose their unconscious mannerism or gestures.

How do they hold their body?

What is their speech pattern? Accents? Tone?

Is their pain or joy center Head, Heart, or Pelvis?

Is (s)he a Fighter, a Flyer or a Freezer?

Move into the character space away from the intro space.

Find motivated, interesting movement to use - use the space.

Don't let your body be a box.

E. Beats/Specificity

Work on every single beat. Don't generalize. For every beat, have a verb, metaphor, action verb, color, or music, etc.

Rhythms: Only pause for a reason. Choreograph when to take breaths.

Look for poetic use of words (repeated sounds).

Be aware of all antitheses.