



Game 2: Emotional Part of the Body

Your body is a gateway to your emotions, but most of us play with a very limited palette. This game will add many colors.

Pretend you're at your kid's baseball game. You're arguing with the umpire about your boy being called out at home plate. You say the words "Are you crazy? He was safe by a mile!!!!"

But say it with a sad nose. I know. Go ahead. Try it. Just for 15 seconds. Then, and only then, read the next sentence.

Did it force your whole face down? Did it make you do something utterly different with your lips? Your eyes? Didn't that feel weird? I'll bet you \$10 your face has never done that before while you were talking. And you didn't even have to try to make that happen, right? Crazy!

Let's try another one.

Pretend you're a lawyer talking with your client about his divorce settlement. And it's really bad news for your guy. But all you can think about is your happy earlobe. Now negotiate terms. Hard. For 15 seconds.

Did one side of your head kind of tilt up? Did a smile cross your lips that you had to suppress? Strange, isn't it? OK. One more.

Pretend you're doing a cooking show on TV in front of 10 million people. But all you can think about is your angry belly button. Now make that lasagne! But just for 15 seconds.

Did your tummy get all tight? Did your eyes crinkle up?



Analysis:

These are just some of the many things that can happen to you when you're on camera. The problem is that you rarely notice them until later. That wouldn't be a problem if all the things you did were happy accidents. But they're usually not. It takes being present to your body to make the Role work.

Warning:

There's a world of difference between being simply aware of your body and self-conscious about how you look and sound. The first is the work of you as an artist. The latter is the work of your critic.

Yes, I said artist, because that's exactly what you are. Creating a Role is an act of a courageous artist. And while it doesn't sound very PC to say this, it's time to kill the critic. He never did anything useful for you. All he did was judge. And steal your cookies. He never took a risk. Useless to you as a business person. And as an artist.

I hope you're starting to see that now...



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