



Tips For Working on Intimate and Violent Scenes

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- o Accept that you have to be open and vulnerable with each other. Take a few moments to silently stand in an open neutral position and seek eye contact
- o Talk about the scene
- o Articulate clear objectives for the scenes
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- o Use “Button” the Self-Care Cue, all action should stop. Concerns should be discussed, addressed, and full permission from all parties in the room given before rehearsal can start again.
- o Do the boundary establishment exercise.
- o Discuss your “Fences.” Be specific and clear about boundaries – especially physical boundaries.
- o When it comes to making physical contact always work slowly and ask, “May I touch you.”
- o Incorporate boundary practice into your warm-up. Always have a boundary check-in before working.
- o When you find complicated physical touch in a scene make sure you repeat it in slow motion until both partners are comfortable with picking up the pace.
- o Use derole-ing as a way to close the rehearsal and process what you accomplished. Derole-ing: address each action with the following phrase, “As my character I want to (state the character’s intention), as the actor I (describe in detail how with the technique this was accomplished).
- o Always keep working towards telling the story, not showing clever .
- o Never leave the rehearsal without discussing what you achieved.
- o Be honest if you are feeling uncomfortable. If you do not feel you can be open with your partner immediately contact your teacher, director or stage manager to discuss your feelings.
- o Make sure you are in agreement about how the scene is working. Never leave the rehearsal with unanswered questions for your partner.
- o Document your rehearsal in a journal or a log, and if possible have a third party present.