

STANDING UP FOR YOURSELF

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INT. AUDITORIUM - DAY

James walks on stage. He is lanky and speaks nervously.

JAMES

Hi everyone...wow there are a lot of people. Hi. Welcome to my seminar on "Standing Up For Yourself"

On "Standing Up For Yourself" he does a gesture that's a hollow attempt at empowerment. Repeats on all "Stand up..."

My name is James if you want to know. If you don't that's okey-dokey, too. By the end of this quick seminar, I promise, you will know how to stand up for yourself in any situation. Say, someone comes up - walks right up - a friend comes up and says "Hey! Do you want to go to the new uh - um - meat place tonight? For some food?" And you're there thinking "Oh shoot darn! I just became a vegetarian!" What are you going to do? I'll tell you what - because that's my job. You look the person straight in the eye and you say "Yeah that sounds great whatever the group wants". But James, you might think, or not, I don't want to assume, why not just tell your friends you're a vegetarian? Well, you see, at most meat places, there's a veggie option. So why make a conflict if there isn't a conflict? "Standing Up For Yourself"! Next situation! Say someone walks by you and bumps your shoulder.

Every time the shoulder's bumped, James acts it out.

And you think to yourself "wow what a crazy mistake". And then they walk past and bump you again. And again. And again. And suddenly you're getting the hinkey feeling that maybe, just maybe, they might be trying to bump into you on purpose. So what do you do to "Stand Up For Yourself"? You look

them straight in the eye and you just say "I'm so sorry, am I in your way? I'll get right out of here! Sorry!" and then you run away as fast as you can. Because that person seemed violent and the best way to "stand up for yourself" against someone like that, is to run away. Now say -

Off stage voice yells "You suck!"

Thank you so much that brings me in to my next point if you're ever giving a presentation, something you've poured your heart and soul into, researched for 20 years, and someone starts um uh - heckling you - how do you "Stand Up For Yourself?" Well, you look that heck teller - that heckle guy- that heckler right in the eye and you say "Thank you so much for your notes. I'll see what changes I can make" because only a real wimp can't take constructive criticism. This is my 623rd draft of this presentation! Heck yeah!

James bumps his fist in the air weakly.

One more example! Say you're standing on a street corner, and someone walks up and starts to mug you and then you realize that she's your high school bully and she starts saying things like "You sad pathetic shallow conch shell of a man. You've always had the nerves of a plush toy and the goulish complexion of a Tim Burton claymation. I have a gun, and I won't even use it" and she throws the gun away and says "give me all your money you store brand version of a pop tart". And you know what you do? You look your bully right in the eye and you say "So sorry here you go!" and you give her your stuff and you run because the best kind of confrontation is no confrontation. Hope you all learned today how to "Stand Up For Yourself"!

BLACKOUT