

A Conversation With Myself

DRAFT 19

A One Act Play by Michael Sachter



Character and Setting

GREETER is male or female youthful 50-year-old with a passionate, approachable and kind spirit that forms trust.

M1 is a youthful male who could play 20 to +40

F1 is a youthful female who could play 30 to +50

F2 can play 20-40+

M2 is 35 to 55 looking

F3 is 35 to 55 looking

They can be a mix of races - very open as the actors themselves must deliver the embodiment of the people who said the lines. Transgender and gender non-conforming actors can be cast in male and female roles.

Other Notes to Reader:

1. The 257 written conversations were re-transcribed and sorted into related types of shared thoughts and feelings.
2. Each number shown is linked to a specific person's written thoughts from the experience e.g.(107). Some of the actors' lines are a combination of people's shared thoughts to capture a common/related feeling.
3. < ___> signifies any words added to combine the shared thoughts without detracting from its essence
4. Light blue copy are directions to the actors or staging comments
5. The letters **M**, **F**, **MC** and **FC** designate the gender of the actor and **C** stands for a child's words delivered in a childlike manner by the actor.

There are 6 actors, and the lines will be said by the designated actor **M1 M2 F1 F2 F3 and the Greeter**

They will be seated stage right to left as follows:

M1 - F1 - F2 - M2 - F3 (Seating order / plan to be worked out in rehearsal e.g. actors may change chairs at times/move around the stage and/or walk in from the audience (TBD))

6. There may be recorded elements and projections of words or images to add variety to delivery of lines and to give emphasis to specific shared thoughts. These are things to be explored in workshops.

Opening Scene

The room is dark, the images and words are projected onto a background that is in a wide semi-circle. The lights come up on the words and images against a black backdrop. There's 1 table, a book, and a pen facing the audience and the chairs behind the table

Content Warning - Recorded or delivered by a theatre staff member after giving a land acknowledgment

The actors will be sharing lived experiences that may surface deep emotions and anxiety.

If you feel anxious and need to leave the theatre to catch your breath and reset, please feel free to go to the lobby. In your program and in the lobby, there are resource materials with a 1-800 number, a QR Code and online support links. If available, an active listener volunteer or trained healthcare professional will be on site.

If you're having suicidal thoughts or need care now, please call (suicide hotline), 911 or go directly to the nearest hospital.

(GREETER enters from the left or is standing there at the start but says nothing - maybe the light on them comes up along with the lights for the images/words)

Spotlight on GREETER and the three images on stage

Spotlight hits each set of words...
I... I wish... I want... I regret... I will... as the GREETER speaks to them. These words remain lit after they are said by the GREETER

GREETER:

I... I wish... I want... I regret... I will...

It's so easy to be distracted by the challenges of our busy, stress-filled lives and lose sight of our hopes, our dreams and undermine ~~our~~ belief in ourselves.

And there's our inner worlds, where wishes, wants, fears, self-doubt and concern for our families and friends, our communities and the planet are all churning.

Sure, some people are generally doing ok, often growing into stronger places for themselves.

But so many are feeling anxious, depressed, exhausted and some of us are just hanging on in a world where we've never been so connected to information and each other yet feel so isolated and disconnected.

Tonight recreates Conversation With Myself art installation where over 800 conversations and 257 writings were shared. and uses them to rekindle your inner voice, your goals, and encourage your own conversation.

GREETER:

Looks over at the first actor M1
Who comes up from the audience

"Hi."

FIRST ACTOR (M1)

Enters from Audience... ~~stage-right~~
with other actors standing nearby

"Why is this here?"

GREETER

"I made it for you... I created a safe space where you're invited to step away from your busy distracted, stress-filled life... take a moment... stop time... and think about what matters to you most."

"There's a book, a pen and a place to sit if you like. You can read anything others have written, and you can write anything you're thinking or feeling and share it for others to read when they take their moment."

Light fades on GREETER who sits stage right of the installation and a bit forward on a higher chair). All actors are standing around the first actor, hear the GREETER's welcome and all take their chairs after being greeted as a group. M1 moves to the closest chair while looking at the installation and sits. Each successive actor does the same thing after a pantomimed greeting from GREETER and sit in this order M1 F1 F2 M2 F3. As they each speak or a thought projection or recording of them is played, the actor has a spotlight on them.

The Conversations

Relationship with Friends and Family

These Grouping Titles like Relationship with Friends and Family could be flashed on the backdrop. I used these Titles to group themes in the writings. A song relating to each theme could be sung by one or more of the Actors (unsure of this - plan to experiment in workshops) or the GREETER can mention it. It could also be done using an image from the original installation along with the Grouping Title at the beginning of each section and change back to the 3 images: E.g.



M1 (233)

I wish I could hug him one more time and tell him I love him more than anything <and> make everything right with my mom < so > that I won't regret, < it > in the future. I regret not spending enough time with my dad. I will do my best not to let them down again.

F1 (60)

I wish my husband will believe in himself the way I believe in him. I want my daughter to grow up believing she can be anything she wants.

F2 (99)

I'm <praying> for better health for my son Raemond and I. (191) <and> be the best mother for my son.

M2 (59) [Recorded](#)

I wish I can go back to my family. (99) I <should not have let> of my brother and sister.

F3 (18)

My mom < should > see how beautiful I am ... and < be > proud of me. I regret hurting my sister, avoiding her when she needed me the most, and not knowing how to love others and myself.

F2 (50)

I wish I could heal my family of their suffering, especially any guilt or shame over my brother's death.

M2 (85)
 (portraying a teen)

I wish there was no poverty... and insecurity

Pauses and looks out at the
 audience

and incest.

F2 (156)

I wish I had a healthier relationship with my mom and could let go of my anger and guilt. To be happier in a general sense and focus on self-care... what others think needs to be less important to me.

M1 (175)

<Please let there be> a successful chemo treatment for my friend's dad.

Text below is projected
 while staring out

F1 (2)

I wish I never got married. I'm disappointed in my choices. I < had hoped to> help others more, but I can't even help myself. When I look around it seems that everyone's life is perfect, but it's not what it seems.

I wish I could stop faking my life and people accepted me for who I am < and that > people would stop using me.

F1C (174a)

Walking around the whole
 installation - transformed
 into a child

I love it in here... I feel that when I am in here, I'm protected and nothing else matters... I wish for love and family ... I'm Ella and I'm 5 years old... and this is my sister Lauren - she's 10." (Ella, Age 5 - **F1C**)

F1C takes one step sideways
 and looks to **F3C** her sister
 and smiles and declares)

F3C

(174c) It's very calm,

looks around approvingly

like a normal house... Ella's sister Lauren Age 10 **(FC3)**

I Want

F2 (40)

I want us all to be one < with > my Mom and Dad living freely, please let them live freely. They deserve rest, true rest. Take the politics away - Take the religion away - take the race away.

M2 (69)

I want an unconditional love... (82) to give someone the childhood I needed (182) < and > be the best husband and father I can be... (211) <To> live the best life I can... and raise my child to be a resilient, helpful, balanced human.

I Regret

M1 (20c)

I regret not being my best self, not controlling my emotions and hurting those I love... (13) and not knowing my worth. I should've been a better parent... < I'll > be the best grandparent I can be.

F3 (162)

I regret my marriage but want to stay in it for my kids.

Sitting staring out and the line is pre-recorded and played or a thought bubble projection

M2 (19)

... I regret not telling my father I loved him before he passed.

(45-213)are delivered at a faster pace

M2 (214)

... not telling people how important they are more often

F3 (45)

... not telling my best friend that I loved her before she died.

M1 (209)

... keeping my distance from others emotionally and not being more vulnerable

F1 (213)

... hurting John.

Then a pause

I Will

He jumps up from sitting in the chair and stands, full of hope and energy with hands on his hips like a super-hero during the last two sentences

MC2 (86)

I will continue to work hard. Hard work pays and love will always be in my heart. I am grateful for waking up and seeing sunshine.

I love my mom. I love spending time with her. <I'm only 7 ½ but > I believe in her. And one day, we can be a happy family when me and her are together. We can do anything

Relationship with People/Society - how we treat each other

I Wish

F1 (153)

I wish for peace and kindness from people and a muting of anger. < I hope for > a smile offered without fear - a nod of recognition from my neighbour - <the ability to> trust that the footfalls < I hear > behind me at night are friendly.

Actor does air quotes for the word finish

< And where > a flirt is just flirt without a "finish" ... And
 < for a > sleep full of promise.

F3 (234c)

I wish for a world free of any cruelty based on gender,
 religion, lifestyle and economic position < and > (173a) for
 harmony between humans and the natural world.

I Want

F2 (56)

I want to make a difference in this world with my work (27)
 I will empower 1000's of women to see the possibility of a
 financially secure future.

I Regret

M2 (9)

I regret being unkind at times, and less kind to others than
 they are to me. I've learned so much about the power of
 kindness.

F3 (74a)

I <should have more> compassion for my boyfriend's
 struggles.

M2 (126b)

Holds head in hands

I regret I couldn't have done enough to save my people

Economic Security

I Wish

M1 (86)

I wish for affordable housing... Just a place to rest my head
 and my family to be warm. (147) It is so sad that a place
 that was once wonderful is becoming unlivable. I wish
 someone would take action to allow people to find suitable
 housing and decent places to live within a reasonable
 distance of their jobs.

F1 (176)

I wish life wasn't so tough < and that I had > (162) enough money not to have financial difficulties (11) <and> live freely outside of a trapped job.

Loneliness and Connection

F1 (12)

I wish for a second chair to share with a future other. I want more space to fill with voices laughing, crying, feeling each moment and emotion.

Pause and exhale

F1 (12)

< It's hard> living alone, with one fork. <This> has become my norm. I will be a family <and> find my tribe. My single chair is ready to join the table with others.

I Wish

F3 (193)

I wish I could spend more time with family - that we lived closer together.

I Want

F2 (8)

I want to have one true love in my life, but without any labels. A love so strong no marriage is needed. **It** will just last forever without anything more holding it together.

Some people did not want to come in and have the experience - Example #1

One Actor (M1) appears and stands on the edge of the installation staring in but is unable to enter the experience.

Can show picture(s) of this a montage of 2 or 3 - I know I

have at least 1. All images were taken with permission, and virtually all were from behind to add another level of privacy

GREETER

"Hi, can I answer any questions? Feel free to go in."

M1

"No, no thank you, I heard what this is all about, I just want to stand here and look.

GREETER

"Can I ask why? You don't have to tell me, but it would help me make the experience better for everyone.

M1

Pauses to think

"I can't go in today - today is a good day - I can't face the questions... doing this today - it would trigger me - I just can't."

GREETER

"Thank you so much for sharing that with me

Here's a picture of the installation and when you feel up to it, take a moment in a safe space... anywhere when you feel stronger and give yourself time to think about what matters to you most."

M1

In a somewhat uncommitted neutral tone, he takes a card with pictures and words

"Thanks, maybe"

Fear, Lack of Confidence and Self-love

I Wish

F1 (19)

I have things I wish to do, < dreams >, but I am too afraid to try. I wish I had more confidence. (19) I will will myself to try!

F2 (90)

I wish to stop self-sabotaging myself. I wish I wasn't trapped in my body... afraid or embarrassed to dance, to talk my thoughts, < and > to sing in front of others. (90) I <won't> wait for a better moment <to> honour my time on earth.

M2 (173b)

I <hope I can> find a happiness that doesn't depend on anything outside < myself > (228)... and be kinder to myself.

F3 (194)

<Hummm... Wish and Regret>, I wish for many things I cannot change. The things of the past. I wish I ended up with my first love - I wish my boyfriend didn't cheat on me < and > lie about it - I wish I was stronger <and> more sociable - I wish I believed in myself as much as people believe in me.

I Want**F1 (22)**

I want to live a more authentic life and not to care about what people think; (66) love myself (203a), make better choices <and stop saying "no" to> the opportunities presented to me because of the fear of failing.

M2 (226)

I want courage to share what I've learned and express empathy and support to others < who are > suffering.

I Regret**F1 (59)**

I regret meeting someone who I allowed to hurt me. (41) <and> not choosing myself earlier, loving myself more... trusting myself <more> (44) < and > not having enough confidence in myself.(73) <to> realize my self-worth earlier in my life... < I could have avoided so many mistakes >.

((60) to (165) said
slightly faster and
lights on all actors for
this)

F3 (49)

< I regret > not speaking out, overthinking my answers (70)
<and> not following my gut.

F2 (93)

... not following my dreams and intuition when I was younger.

M2 (226)

... not starting sooner ~~and~~ speaking up more <and> (103)
finishing my professional designation

F1 (111)

... not taking more chances, (163) doubting myself < and >
(69)< settling>.

M1 (165)

... not sleeping with my boss.

Lights dimmed again
except for (143) that comes
next

F3 (143)

<I should have put> myself first (126a) Why do I take more
time to help others than helping myself? Is it an avoidance
or a selfless act?

F2 (149)

I regret all the times I didn't go somewhere or didn't act
because I was too scared of connecting or what other people
thought of me...

Pause then **F2** Continues

< And > accepting all the responsibilities.

M2 (183)

I regret being passive, and if I am being honest with myself, the thing I want most is to dive in and take charge... to start taking risks again!

M1 (215)

I < don't like > being so hard on myself. <But>(208) I feel like an imposter. I regret not having more lessons from my dependence. I need to do something else to get different results. I will listen more to my needs... and take more actions each day to follow this path.

F3 (229)

Ahh regrets!!! How many things I regret - most are not what I did... but what I didn't do.

I Will**F1(1)**

I'll take time to be in the moment, to reflect, to appreciate, < and > work to protect my energy, including being more choiceful where I spend it... <and> finding more ways to say 'no'.(6) I will, I will, I will do what is right for me.

F2 (7)

I will love myself always and approach each challenge with courage and commitment. I will (8) work on myself every day and stop pleasing everyone. I am alone, and I am scared ... but I will learn to accept that soon ...

Stands up and says

(10) I will survive.

M2 (23)

< I'm going > to take time to appreciate how far < I've > come - "You're doing great." (45) I will be kinder to myself, (69) love me first (70), and > let go of perfectionism.

F3 (134)

I will carry forward the inspiration I feel in this moment and make a promise to myself to take 5 minutes, every day,

to tune out all distractions and to come back to myself - to meditate - to breathe - to be - because I deserve it!

M2 (235)

I wished it but failed - however, I want to go again... I WILL TAKE IT! (10) I will survive!

M1 (157)

One day, I'll believe in my journey - I will be strong; I will be confident. I will be healthy. I will be me. (216) < and > not be afraid to move through life with my talent and with grace, humility and open-mindedness. Thank you for creating this opportunity.

F1 (161)

I'm ready to love large, forgive more, accept more, listen more, judge less, believe in me and my truth < and > my story with a desire to learn, grow and contribute.

M1 (74)

< I'm going to> pursue my dreams, make a happy life for not only myself but my family who I cherish with all my heart. (51), love myself < and > (52) keep moving forward. (56) I will do it!

F3 (154)

I love myself. I love myself. I'm beautiful. I love myself. I love myself. (209) Accepting me isn't a weakness (154) I'm grateful for my amazing life full of incredible opportunities.

Health and Addiction

I Wish

M2 (93)

I wish I discovered that I am more concerned with others and less about myself. This is a way to keep distance and control. **Pause** I wish I wasn't an addict.

I Want**F2** (59)

I want my life back, (61) to find peace < and for >(46a) my mental health to be as recognized as my physical health.

M1 (90)

<I don't want> a co-dependant addictive partner - even if they are a temporary relief. Maybe they helped me make it through the day/the week/the year. ... but now, it's hindering me.

I regret using marijuana weed, cigarettes, sometimes alcohol, family, school, career, religion, sex - just about anything "Bad and Good" to escape from my pain and from myself... only to have to go back to myself with more and more addictions.

Some people didn't want to come into the installation and have the experience. Example #2

Lights off and 2 actors go to Stage Right then the lights go on them as they walk by rather fast and are looking at the installation then stop and stand in the middle, in front of the installation staring. They see the GREETER and ask...

M2+F2 Couple (F2 - wife)

They are standing and observing the installation

GREETER

"Hi, I see you read what this installation's all about... do you want to come in and take a moment to yourselves?"

Couple is holding each other and sweetly and awkwardly/hesitatingly say:

F2

"Thank you. We can't stop now. We're just grabbing some food and going back to the hospital to be with our son. We recently lost our eldest to suicide... and his brother is now struggling with thoughts of suicide too. We are desperately trying to save him."

M2

"But Thank you so much for doing this. It's so important."

GREETER

"Thank you both for stopping and sharing what you're facing at such a difficult time for you and your family. I hope you and your son find healing together."

M2 and F2

They smile and walk away
arm in arm

"Thank you"

Gratitude (feeling pretty good) and Give Back (hopeful)**I Wish****F1 (150)**

I am grateful to have life. (177) <and hope to> achieve a level of happiness I dream about, (215)... to be my best, to grow every day (222) < and > to be successful.

M1 (181)

I'm at the crossroads of my life - who I want to be and who I am. I don't really know who I am right now. I hope to figure it out soon. I'm excited for myself and the future.

F2 (212)

I wish to make a difference. To find time with family and friends to make special moments, quiet loving times, and enduring warm, impactful memories. (95) I'll take time out to speak with my loved ones today.

F3 (238)

I wish to leave my regrets behind and ~~<to>~~ have more > play and joy in every day going forward.

M1 (5)

I want for nothing.(184a) It saddens me to read about the struggles of others. Mine are so minor < in comparison>. I'm grateful for all I have to support a good life. May I find ways to give others from my own abundance.

I Want**F1 (20 a and c)**

I'm <trying> to prioritize my family, friends, and success. That's how I want to live my life. AND be my best self.

M1 (105)

I want to support people who are struggling in the city to make it a better and fairer place. I <dream of> a city with no homelessness where people feel like they truly belong < ...and I hope to > find the courage to act on my convictions and make my time here < count so our city is a > place where everyone has a chance to grow and be loved.

F2 (30)

<I think a lot about my Mom,> I want to pay it forward with the love she gave me and look < for > ways to help others with what she taught me.

M1 (140)

< I have > so much gratitude to be in a space of peace and the country where artists can express themselves. Thank you.

I Will**M2 (41)**

I'll act with courage and love, (200) make the best of each day, and take a lesson from the bad days- thank you for this space.

F3 (44)

<I'm> always <doing> my best < and > (47) striving to create more moments like this elsewhere in my life. (61) I will remember this forever.

F2 (193)

I will continue to enjoy walking my puppy each morning and connecting with nature.

M2 (158)

We are often told to think in a particular way; to act a particular way ... but I am unique to my own experiences so I will feel things the way they are felt to me! I am my own light!

F3 (162)

I'll practice more mindfulness and being in the moment, (179) have fun for the rest of today (211) <and > use my life to help others - which helps me.

F3 gestures a heart emoji towards the audience using hands.

Stress, Anxiety**I Wish****M1 (35)**

I wish more people understood today's youth challenges.

M2 (98a)

I wish I could learn to have fun.(149) I did fun things as a teen and in my 20's <but> I've become too serious over the years.

F1 (143)

Text below is projected and spoken

I wish I had less fear.

F2 (168)

I wish life wasn't so tough. I get it that if we don't experience hardships, loneliness < and > nature's curve

balls, we <won't> know how to appreciate the blessings that come our way. But sometimes, life's curveballs are just too much to take... but through these difficulties and hardships, < it > brings out your true and inner personality.

Actor stands up

It's < in > these times < you learn > who is really your friend and who will stand by you through good and bad.

It's easy to find friends and family when life is good - especially financially - but when times are hard, you stand alone to power through it... if you are lucky enough to survive.

Actor sits down

M2 (189) (203A)

I wish that I had more time, (150) <that it > would slow down, (211) <and that I make> better < use of> my time.

F3 (198)

**Text below is recorded
Hand resting on head**

I <need> more quiet moments of rest, unincumbered with no masks.

M1 (207)

I am uncertain, I wish ...

**Pause and the line below
is said feeling
downtrodden**

I am not allowed to wish... I need to be happy with what I have.

F2 (82)

I wish I had known how long it would take and how much each failed attempt would drain me - well us - emotionally, mentally < and > physically. <We shouldn't have> waited so long to start trying for a baby.

I Want**M1** (156)

I hope for more peace in my thoughts... that my mind stops racing and that I have the capacity to live in the moment, (99) clean up my life and house, and let go of anxiety.

M2 (3)**Text below is recorded**

I want to be happy more... I'm sad more than I'm happy.

F1 (157)

My life's been so scattered. I often keep moving and doing so that I'm not left with my own thoughts. My thoughts and memories can be scary at times as I remember the past. The past hurts, and when it creeps into the future, it draws me down where I don't wanna be.

I've worked so hard, for so long, to change the hard-wired messages... I'm stupid. I'll never amount to anything. You failed everything. You're not worthy. No one will ever love you. < This > pain is hard to sit with.

M2 (159)

I feel so isolated in the midst of a busy city. Maybe the isolation is a welcome respite after a busy day. Or maybe it's the pain of isolation when all around me seem connected and happy.

M1 (237)**A sigh and long pauses -
he's dressed rough**

Homeless - sick - tired - hungry - missing my parents

I Regret**F2** (101)

I regret giving energy to my anger. (101) I will <work on> giving myself permission to be happy with a life that doesn't live up to expectations.

I Will**F1** (189)

<I'm going to> stay < here > for a little longer, (214) be present, and make more time to pause and breathe.

Clinical Mental Health Struggles**I Wish****M1** (121)

I wish more people had compassion for mental illness < and that > (226) everyone could experience this.

F3 (65)**Pacing and standing**

I love the sound that this space creates with the children wandering outside. I'm 52. I'm at peace right now and I feel the strongest I have ever been. This space, and particularly the photographs, remind me of each of the seasons, going round and round with a safe roof over my head.

Steps towards the audience

Right now, my brother who is schizophrenic, is being asked to leave his home because the landlord doesn't understand him. Where does he go? 7 to 10 years wait for social housing. Can he live here in this space? Sleep on the chair in the photograph facing out into the world?

I'm writing this down here in City Hall hoping someone reads this. Can you my brother, < can he > live here in this < installation >? Or in a warm safe space with others in a community, not < in > isolation, so < his > mind and body can be at peace ... < just > like mine?

Sits Down**I Want****M1C** (4)

I'm Ara and I'm 10 years old. I want to be free from ADHD.

F2 102)

I took a step-by-step approach to change the directions of my life, but I have felt overwhelmed in the process. I want to live a simple life with meaningful moments.

My relapses of mental health due to life changes and extremes have discouraged me, and I lost my direction and life purpose. I want to be alive and make a difference just by liking me.

M1 (164)

I want people to be free from being told they are "ill and disordered". (194) I'm still figuring out a bunch of stuff, but I know I will rise; LIKE A FUCKING PHEONIX IN HARRY POTTER!!!

M2 (175)

Text below is projected

I want to feel like myself again.

F2 (64)

I sit here trying to be calm, my son is using weed - a curse with someone like himself being a person with Schizo Effective Disorder. Our mental health system has failed him. As parents, we try to pitch in, but we don't know how much to help and how much to draw the line so he can take some responsibility. A struggle at the best of times.

I look to keep my good health, deep breathing, positive thoughts, not to be manipulated while still being kind, taking charge of my life and not being dragged down, < all while > getting my son the help he needs!

Thank you for the space to see my thoughts and take this time to say a few prayers for my son... and for all of our family.

I Will

F1 (122b)

This is such a joy to come across. Too many stressed people today. I have struggled with mental health and survived brain cancer. My mission is to become a life coach and serve others. Thank you.

M1 (123a)

Sitting here gave me a sense of security. (215) I'll try to let things go, be free <and> (191) continue on my journey of therapy... connecting to spirit < and > continuing to seek kindness, love and joy.

Humorous Conversations

F1 (173)

I wish for endless coffee...

F3 (200)

I wish for a nap.

M2 (214)

I wish I could travel < more, > (234a)... go around the world and follow my love.

F1C (187)

Stands

I wish I will not be naughty for Christmas. I regret that I will steal candy. I will be a very good girl - I'm Madelaine and I'm 7.

M2C (100)

I love my Sis and I love my mom. I like my toy (91) trains and PJ Mask and Paw Patrol. (100) < And > I miss my sis - <I'm 10>.

General Writings - Other Conversations

F2 (14)

The difference between I Want, and I Will are interesting to me, I want to say "I will" ... but usually I < just say > "I want" < and don't take steps forward >.

I'm getting better at meeting new people and learning about their life experiences. I'm sad to read some of the things written here. I hope people who are sad, find happiness.

M1 (25)

TANSI < that's hello >) (in Cree) from Treaty 6 Territory. This is good - **Miyosin** - finding time to reflect on both good and bad is so important on my healing journey.

NISAKIHITIN - I love this - thank you - **Aye Aye EKOSIMAKA** (that's it - goodbye)

F1 (29)

I am "blown away" by < this > concept and bringing me down from a very high energy because of my type of work. I was meant to come in here -(24/25a) < with this > amazing tranquility - Inner reflection - Solace - Peaceful. Thank you for creating this safe space ...thank you for the moment ... It was needed!!!

F3 (39)

< I'm feeling > many emotions stir as I sit and absorb. Instinct tells me to bottle it up. I'll take this vulnerability home to reflect further.

M2 (62)

I moved here a month ago and I remember how I used to spend "me time". My life has been so busy since I moved here... and there's so much happening. I miss listening to the sound of my breath and heartbeat. Thank you for creating a space where I could experience those again, < because > right now, I have so much going on in my head.

F3 (88)

I am so moved by the words written in this booklet

Points to the table and booklet.

Familiar feelings and thoughts I can relate to. I am grateful that this space has been made available to us to just sit and reflect and relate to our "human-ness". Today, I found out I'm having a boy - I think I will call him Jake.

F1 (136)

I felt relaxed; I am a producer. My house burned down - been feeling sad. This was a few good minutes.

M1 (220)

The blue makes me hopeful. The black-and-white makes me solemn. The red makes me energized! (118b) < It's > a small welcome isolation from what doesn't move me

Pause

I < was > moved.

F1 (117)

I guess what strikes me as I sit alone with myself, I imagine myself in the chair < with the > beauty of all < that's > behind me. The future is an open book.

F2 (149)

I'm tougher and braver than I think. Thank you for this space. Some days I wake up and just wanna pull the covers over my head, but then I hear my mother moving and I paste a smile on my face and help her to greet the day.

Pet peeve: people not doing what they say they are going to do when they say < they will >... so unreliable. I don't understand why I'm alive. What is the purpose? So far, it seems that it's me doing for others. It's one thing to volunteer and another when others just expect it to be done for them.

I find a lot < of > people <are> self-centred or self-absorbed these days. I am a good listener and can just hold your hand. I wish others can do the same.

Pause - then shakes her head and says

I should've been an only child.

F1 (196)

In our busy world, it's nice to take a moment and be given permission to stop, think, focus, turn off (204) and not feel guilty. Signed, a tired mom.

M2 (108)

Thanks for the opportunity to disconnect from devices and over-information and have a quiet moment (145) < in > a cocoon of peace and tranquillity.

The room goes dark, and a spotlight then goes onto the GREETER.

GREETER

Now you're all invited to take a moment, have a conversation with yourself and think about what matters to you most for the next 10 (or 15) minutes. AND, If any of you are willing, we will collect your thoughts and then the actors will share them with all of us tonight.

You don't have to participate or share your thoughts, but if you want to here's how.

You can

1. Text to 416 - XXX _XXXX
2. Message using Instagram [@A_Convo_With_Myself](#)
3. Email us at Share@convoWithMyself.com
4. Scan the QR code in the program and seen behind me
5. Write on the loose paper in the program and hand it to an Usher or Actor.

**Project how to interact on
backdrop at same time and may
use fewer options (TBD)**

We won't retain your contact information from your shares without your permission.

But we really hope you'll allow us to reproduce your shared thoughts anonymously and stay connected with all of you and stay connected with our journey.

Everyone gets a folded notecard that has the images and words I - I wish etc. and inside is blank so they can write an "I Wish / I Will " statement to themselves to be opened in a week or a month.

- a. The card will have links back to the community we build, and resources printed on the back.
- b. The card and digital spaces like website and social media will help us stay connected to audiences as we build a mental health wellbeing community

It also will have a separate or perforated piece to write in and give to Ushers /Actors that can be performed.

~10 minute PAUSE and the lights rise a bit for ease or writing or getting a comfort break. (music - or a type of calm white noise may be playing or nothing) and then take 2-5 minutes to gather and get the list prepared to read by the actors.

Many of the conversations shared by the Audience are then ~~read~~ performed by the actors with edits where appropriate - removing any names and nothing hateful or violent. Lights come back on the stage lighting the GREETER, Actors, Words and Images.

GREETER (CONT'D)

Thank you all so much for taking the time to have a conversation with yourself... and a special thanks for those allowing the actors to share your thoughts and feelings with everyone tonight.

The actors read out many of the shared thoughts. Light goes onto the actors, and each may read 2 or 3 in a row before moving on to the next actor until done or lights are on all actors now for 10-20 minutes. (TBD) They could sit on stage edge or bring chairs forward to edge closer to audience

The Last Scene

All actors in a semi-circle seated but get off their chair when each speaks and stay standing until the last line

(8) when they all step forward. Actors get spotlight one at a time when they speak then dims to half. Then all are lit, step forward to say final line.

GREETER

Said to the actors.

"So how was that? How do you feel?"

The last scene captures feelings visitors shared with the GREETER (as they left the installation).

All Actors on Stage - seated

M1 - F1 - F2 - M2 - F3

Spotlight goes on each as they answer)

F1

In a very upbeat tone

"That was great... I do yoga... and I've started meditating and I'm really trying to be mindful."

M1

"I'm sad and surprized to see so many people suffering; I wish I could do more to make things better"

F2

Sounding a bit surprized and appreciative

"I didn't expect to experience this today "I'm really struggling with anxiety and depression... this moment helped".

F1

"That was peaceful. I needed that today."

M2

"This is so important". I'm really struggling with grief...
 "it's been so hard".

F3

"I never knew there were so many other people struggling...
 I'm Bi-polar, trying meds, in therapy and doing my best
 to cope... "I thought is was just me"

M1

"I thought is was just me"

Pause and said in a tone
 of realization - M1 says
 looking across to F3
 while saying this next
 line

"but I see I'm not alone"

Spotlight goes on all
 actors; they step forward
 and say the next line
 looking at each other

All Actors

"We're not alone"

Now looking at the
 audience, all actors
 pause and say in unison

"You're not alone"

House lights go on as the
 last line is read ...
 Applause and bows then
 music comes up gently
 "Carried Away"