

# TEACHING YOUR DRAMA CLASS

## INSTRUCTIONS

1. Think of a current issue that is repeating in your life that you would like to be different.
2. Pretend you have been hired by a university to teach a class on how to create the EXACT same issue that you are having in your life. Your students need you to give them very specific instructions that they can follow to create the outcome you are currently experiencing. Using the questions below as prompts, define the steps they would need to take to recreate your issue in their life.
3. Questions to answer to help you create your recipe:
  - What actions do you take or not take?
  - What do you have to believe about yourself, others and the world?
  - What feelings do you repress/conceal
  - What are you trying to control that is NOT in your control?
  - What do you have to be right about?
  - What do you withhold and from whom?
  - What do you not face?
  - How do you numb yourself from the discomfort?
  - What “shoulds” do you have to believe?
  - To what do you feel entitled?
  - What do you believe you do not have enough of?
  - What either/or story do you have to hold about this issue?
  - Who do you blame?
  - How do you fix it, but only temporarily?
  - Who do you have to be better/less than?
  - What agreements do you have to make and/or break with yourself or others?
  - What do you have to be afraid of?

### Course Title

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Example: *How to have a dissatisfying relationship with your boss* 101

