

NEURO ACTING™



5 KEYS TO MASTERING THE MONOLOGUE

Workbook for the Neuro Acting Workshop

Learn to choose, prepare, learn, rehearse and perform a successful monologue performance.

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STEP 1

Choosing the Monologue



- 🌀 Choose a monologue that will fit your personality and your type.
- 🌀 Preparing a set of monologues? Start off with the monologue that most fits your personality, then go for a contrasting piece (i.e. tempo, personality, serious vs. comic)
- 🌀 Consider taking a Myers Briggs personality test. Besides helping you choose the right monologue, it will help you understand the future roles that the industry will want to cast you in.
- 🌀 Stay within your age range.
- 🌀 Follow your gut when you find a piece that really give you a buzz. It probably represents some stage of your life that you're currently struggling with. Express it!
- 🌀 Try to avoid story monologues. If you choose one, decide specifically why in the present moment you are sharing this past event – it must relate to your needs in the present.

STEP 2

Preparing the Monologue







What's your audition scene or piece about?

You will give a better performance if you understand your part in the entire story that's being told. **READ THE ENTIRE SCRIPT A FEW TIMES**, asking these questions:

- Why is this moment when I'm speaking this monologue important to my character?
- Within this part of the story, what are the most important moments? (i.e. discoveries, changes, disappointments)
- What is the outcome that I want to occur as I talk to this other person?
- How do I want this person to change as the result of this event?
- If I had to isolate this event from the overall story, how would I express it?

Monologue Worksheet

To develop a monologue, it is important to think through the “background” of the person you are playing, and **crucially: your relationship** to the person that you’re talking to. Answer the ten questions below, using your imagination to fill in details that you don’t know.

1. Who am I? What kind of a person am I?
2. What happened to me immediately before this moment?
3. Where am I now?
4. What are four objects in my environment that might draw my interest? These are called ‘anchoring images’.
 _____
 _____
 _____
 _____
5. How do I think about myself in this moment, based on what just happened?
6. Who am I talking to, and what’s my attitude toward them **at this very moment**? What is it in them that I’m really trying to connect with?
7. What is my objective – what I’m trying to get from the other character that will fulfill my needs? (i.e. I have a problem, and I can look into your eyes to see if I’ve found the solution.)
 - “I want you to _____ ,
 - but you _____ .”
8. What is my secret? (i.e. what I’m dying to tell, or what I **might** tell or what I’ll **never** tell.)
9. What am I afraid of happening during this scene?
10. How am I similar this character in my real life?
11. What are four things that I will do to the other character to get me what I want? You can consult the Collected Table of Actions for guidance.
 1. _____
 2. _____
 3. _____
 4. _____