

# 9 in the Morning A Thought Process

Show #	Physical Health	Mental Health	Emotional Health	Notes
1	5	4	5	Fresh, lots of images. It feels like a flood. Nervousness because I want his committee to like it, and Shane was reviewing. Solid completion of task.
2	5	5	5	
3	4	5	5	Headset glitch. It made me feel drugged/drunk. Hard to hear my own thoughts.
4	5	5	5	
5	5	5	5	
6	5	5	5	
7	5	5	5	
8	5	5	5	
9	5	5	5	
10	4	5	3	Starting to get a bit tired. Going through the emotional journey. Slow motion felt like "aha" this time. Really cool.
11	5	5	5	
12	5	5	5	
13	5	5	5	

14	5	5	5	This feels like something I could do all the time. I feel rejuvenated.
15 (Sat)	5	5	5	It feels good to be back at it. We did a run for rehearsal and it all feels good.
16	5	5	5	
17	5	5	5	
18	4	5	5	
19	3	4	4	
20	5	5	5	I got food and apparently I really needed it. Haha I was starving and probably should've eaten sooner.
21	5	5	5	
22	3	4	4	My sound got turned down super low. This made it feel like the thoughts in my head were farther away/harder to grasp. My imaging had to be much stronger to compensate for the "fuzziness".
23	5	5	5	Back to normal sound. We taped the pack and it felt like a "standard performance".
24	5	5	5	The "david" right before "It was wet" is really a clear moment to transition into memory.
25	4	5	5	I had doubt in whether or not I was "doing it right". It was very nagging this time.
26	4	4	4	

27	4	4	4	
28	4	4	4	
29	4	4	4	I'm tiiiiiiiiired but full of ADRENALINE. There is nothing I can't conquer, she says, before she takes a long nap.
30 (Sun)	4	5	5	I feel ready to take the home stretch today. Matinees are weird. I looked at Alec during the restaurant scene and that was kinda crazy.
31	4	5	5	I looked at David during the restaurant scene. Continuing to practice "just do the thing". I have found moments where my actor brain can just chill. Felt like a good run.
32	5	5	5	The "fuck" felt good. The last few moments were clearer to me. The phone call tries to snap her into the real world and then she has to piece them together but it almost causes this disconnect by doing so.
33	4.5 (hungry)	5	5	There was a much longer path of disbelief.
34	5	5	5	When I used the blood as my power source for "fuck answer your phone" it makes the imagery much clearer.
35	4	4	4	The accessing of the "Wtf" moment was easier with a really sharp inhale. Lamp, dress, plaid shirt.

36	5	5	5	Pre show dreams: Leelee and Grandpa's pool. Solo w/Reinch
37	5	5	5	Fun audience
38	4	4	4	Sharp ending; some timing in the middle felt weird.
39	4	4	4	I felt very aware of the audience. Lost myself in tactile and physical things.
40	5	4	5	FELT GREAT. Progressive relaxation was on point.
41	5	5	5	Good show.
42	5	5	5	Felt really quick.
43	5	5	5	I'm getting nervous going into the last two shows because then it'll be over.
44	5	5	5	This felt great--so much adrenaline. I can't believe this is done. The images were crystal clear. "Finish line" mentality seems to be a thing.

Who wouldn't want to explore the inner landscape of a character's world, and then perform it 44 times?