

Creating an Emotional Response

Creating an effective emotional response is a key to good acting because it makes a character believable.

There are three basic steps to creating an effective emotional response:

- Recalling your own past emotional experience
- Transferring that feeling to your character
- Making your character's actions larger (heightened) so the audience can experience the emotion

It is not enough as an actor to say "I hate you", you need to feel that emotion as you say it, so that the audience will feel it too.

Your assignment is to create journal entries on the following subjects, and to think very carefully about how you felt at the time. Record any physical clues or descriptive words associated with your feelings. Journal entries must be a minimum of one page each.

Journal One: Discuss a time when you felt so angry with someone that you hated him or her. What did that individual do? Why did you get so angry? What physical clues would people looking at you see so that they could tell you were furious? Describe your emotional state as clearly as you can.

Journal Two: Think of a person you love and admire. Describe how you feel around that person. What signs do you use to show how you feel? Record all the description of your emotions that you can. Go and look in at yourself in the mirror. Think about the person you love until the feelings of love are clear, and record the changes in your face and body in your journal. If you cannot see any changes in your appearance, concentrate on showing your feelings visually.

Journal Three: Recall a time when you felt overwhelming sadness. Record the circumstances in your journal. Record the physical signs of the sadness and any descriptive words you associate with it. In your mind, try to make it very clear to someone else how you felt. Choose the key things you said in your mind and record them in your journal.