

Get angry.

You'll need a place to shout and another person.

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This play is a part of Starters by JETco.

Bear in mind that it doesn't tell you what to do or when or how to do it.

You'll have to decide that for yourself.

To find more Starters, visit jet-co.org/starters.

A

Say this with me.
I'm pissed off.

I'm thinking of something that happened a month ago.
I didn't realize it until just now.
It's been bugging me.
Someone did something.
I'll spare you the details.
Because it's probably just me.
But it's been bugging me.
I've been running through these questions.
Have you ever had questions on loop in your head when you've gotten mad?
What did they say?
What did they do?
What did I expect to happen?
What did they say exactly?
What didn't they do?
What did I really expect to happen?
The answers make me angrier, and the questions make me angrier.
I like being mad at someone.
I don't like it.
It's so easy to do.
I like easy.
It's like a mosquito flying around the room. Flying around and buzzing so incessantly and every so often, when I've finally given up caring, landing on my skin and sucking my blood.
Or at least trying to.

Say this with me.
I'm pissed off.
And this is hard.
This isn't working.
I don't know how to say the words at the same time as you.
I wish I could, but I can't.
And I'm pissed off because I can't.
And I can't.

It's kind of like something that happened to me this week.

B

Say this with me.
I'm pissed off.

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What did I expect to happen?
What did they say exactly?
What didn't they do?
What did I really expect to happen?
The answers make me angrier, and the questions make me angrier.
I like being mad at someone.
I don't like it.
It's so easy to do.
I like easy.
It's like a tick stuck in my arm or leg. Burrowing in towards my vein without my knowledge because I picked it up on some walk in the park, sitting in my skin and sucking my blood.
I just don't want Lyme disease.

Say this with me.
I'm pissed off.
And this is hard.
This isn't working.
I don't know how to say the words at the same time as you.
I wish I could, but I can't.
And I'm pissed off because I can't.
And I can't.

It's kind of like something that happened to me this week.

There's this person that I sometimes
have to interact with.
Their name isn't important because
really this is about how they do this one
thing.
You know how some people have that
one thing that for no reason, for no
good reason, for no really good reason,
whenever they do it, it just lights you
up?
Lights you up in a bad way.
It's so specific.
It's so dumb.
It shouldn't be annoying.
But it is.
I have one of those people.
And it happened this week.
Again.
And I wanted to scream.
Quietly.
Quietly scream.
Maybe loudly.
Because they don't know that they do it.
And it would be rude to point it out.
But I want to.
But they can't help it.
But they can.
And I want to point it out.
I don't want to punch them in the face.
I want to point it out.
But I don't.
I want to knock something over or break
something.
But I don't.
I want to scream.
But I don't.
Can we both scream for a second?
Okay, great.

Say this with me.
This is hard.
Earlier today was hard.
It was annoying.
It was aggravating.
Earlier today was infuriating.
I'm stuck in here.
This isn't how it's supposed to be.

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have to interact with.
Their name isn't important because
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You know how some people have that
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Say this with me.
This is hard.
Earlier today was hard.
It was annoying.
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I'm stuck in here.
This isn't how it's supposed to be.

We're always breathing the same air.
All of these people are so close to us, but
it's always just us breathing the same air
in here.
I don't know if this makes sense.
I want to inhale something different
than you.
Sorry.
I'm angry.
That's not an excuse.
It's an explanation.
I don't know if that makes sense.
I want to inhale.
I want to inhale and scream.
I want to run out of breath.
I want to inhale.

Inhale.

Scream until you run out of breath.
I'll wait.

Say this with me.
Inhale.
Now hold it.

We're always breathing the same air.
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