

INTIMACY DIRECTION TOOLS

----- REMINDERS -----

Change "yes/no" questions to "How do you feel about" questions.

When discussing the body, use the language of muscles and bones.

Do not justify or explain your boundaries. Do not ask anyone else to justify or explain theirs. You may ask for clarification if necessary.

Everyone's boundaries are perfect exactly where they are, and we can tell the story we need to tell while respecting boundaries

Communicate expectations for conduct in rehearsal and performances.

Have a clear system of reporting in place, and have clear and consistent consequences for misconduct.

BUTTON

Short for "pause button"

Means "time out" "no" "I have a boundary" "I need a minute"

Response to "button" is always "What do you need?" (Person who says "button" decides what happens next)

Standard answer is something like "I have a boundary around ___ and need to find another way to do this" or "I need five minutes"

PLACE-HOLDER

Can replace kisses during rehearsals

Use hands to slowly "high five" or touch the places where you would normally kiss

Scene partners should always check in with each other about kisses in rehearsals and performances

BOUNDARY PRACTICE

Do before every rehearsal and every performance (they are allowed to change)

1. Stand opposite scene partner and choose who will be A and who will be B.
2. Person A uses a slow wiping/swiping movement to show Person B all the places on their body where they are giving them permission to touch in this rehearsal/performance today. No talking is necessary.
3. Person A says "Would it work for me to take your hands?" If Person B says yes, Person A takes their hands and moves them in that same wiping/swiping movement over those places they're giving permission to touch. (If Person B has boundaries surrounding touching parts of someone else's body, they can call "button." Options for doing this another way include hovering, following hands, placing hands on top of another's, or just looking.)
4. Person B says "I noticed a fence around _____" (name parts of body where no permission was given to touch).
5. Person A clarifies as needed.
6. Switch and repeat!

DE-ROLE-ING

Purpose: Separate self from material and the character

HOW TO:

1. Sit/stand opposite scene partner.
2. Each person takes a few deep breaths. (OPTIONAL STEP: Each person taps their own thighs in an alternating rhythm for a few counts.)
3. Person A says "As the character of _____, I am feeling _____ and doing _____. As myself, I am feeling _____ and doing _____." (OPTIONAL STEP: "After rehearsal I'm looking forward to _____.")
4. Person B does the same thing.
5. High five OR a clap-then-hit-the-floor.