

TELE-THERAPY

**NOTE TO READER: When in doubt, a long pause means it's your turn to speak!
Don't worry - if you get lost, the actor will prompt you! 😊**

YOU DO NOT NEED TO ANSWER THE PHONE WITH: "Converge Against Corona!"

(Your phone rings. You answer it. You are the first person to speak:)

THERAPIST: Hello and thank you for calling our "Tele-Therapy" hotline.
My name is _____. May I ask who I'm speaking with?

JEAN: ...

THERAPIST: Hello Jean. My apologies if you were on hold a long time.

JEAN: ...

THERAPIST: What are you baking?

JEAN: ...

THERAPIST: Sounds delicious!

JEAN: ...

THERAPIST: Do you live on your own, Jean?

JEAN: ...

THERAPIST: Do you have anyone checking in on you?

JEAN: ...

THERAPIST: I'm sorry, that must be very difficult for you, Jean.

JEAN: ...

THERAPIST: No, I didn't see it.

JEAN: ...

THERAPIST: Please don't apologize. A heightened fear of death is an unfortunate reality for a lot of people right now.

JEAN: ...

THERAPIST: No need to apologize, Jean, that's what I'm here for. You know, 90% of the people who call this hotline have expressed similar feelings, especially those in your age group. There are people all over the world right now experiencing this "Collective Grief". People everywhere are grappling with some sort of loss, and the idea that life as we know it will never be the same again.

JEAN: ...

THERAPIST: I guess what I'm trying to say is that these feelings you're experiencing – this amplified sense of not knowing what's going to happen, and anticipating the worst – that way of thinking can cause a great deal of anxiety in people. And so, if and when you start to spiral, it can help to remind yourself that people all over the world are feeling the same way as you. Does that make sense, Jean? ...Hello? Jean? Are you still there...?

JEAN: ...

THERAPIST: I'm afraid our time is up, Jean. I hope I've been helpful.

JEAN: ...

(THE END)