

JACKIE In regard to chair selection at least.

Fred chuckles. Jackie looks at her notes.

JACKIE (CONTD) Oh wait, today we're doing hypnotherapy, you're in the wrong chair!

Fred switches chairs slowly.

JACKIE (CONTD) I do the chair test for my other patients.

FRED It was a test!

JACKIE Before we begin, what do you want?

FRED What do I want? What do you mean?

JACKIE From hypnotherapy. From life.

FRED I don't know. What a horrible question. To be happy.

JACKIE You don't want that.

FRED Why ask what I want if you tell me I'm wrong!

JACKIE You told me you were wrong.

FRED My head hurts.

JACKIE You want to be in control. You want to make sure people don't mock
you. You want to walk tall, and not carry yourself in that weird,
hunched up way. You know like (FUNNY GRUFF VOICE)
"uh, please help me".

FRED I don't do that!

JACKIE You do, it's off putting.

FRED What I want, is to be someone else.

JACKIE Yeah that makes sense.

FRED I want to be someone people look up to. Someone who can help
people. Someone like you. Could I become a therapist?

JACKIE Ha! Oh, uh, yeah? Why not? If that's something you would like to do I
couldn't stop you, no matter how I tried. Let us begin. Close your eyes.

A shimmering pattern appears

JACKIE (CONTD) Relax into your chair. Feel the rhythm of your breathing as you relax
further and further, deeper and deeper.

JACKIE (CONTD) Imagine you're at the top of a long staircase. As you start walking down, on each step, count down from 100.

Walking down a staircase

FRED 100, 99, 98, 97

JACKIE In your head, count in your head.

FRED Sorry.

JACKIE Apologise in your head.

The word "SORRY" appears.

JACKIE (CONTD) With each step you're going deeper into relaxation, deeper into your subconscious. You reach the bottom of the staircase. In front of you is a door. Open it and go through.

Door opens into a room full of monstrous pistons and machinery.

JACKIE (CONTD) This is your Control Room. Fred's Control Room.
Look how amazing and beautiful it is in here.

Fred squirms in his seat.

JACKIE (CONTD) At the back of this room is another door. Open it and go through.


The door opens on to Walberswick beach.

JACKIE (CONTD) Again, look around, what do you see? How do you feel in this room?

A child dressed as a pirate appears.

JACKIE (CONTD) What can you see in here? Tell me, out loud.

FRED I am.

 JACKIE I know that, what else?

FRED No, I am, when I was young. Child me. He's got my old pirate outfit on.

JACKIE Weird. I mean, fascinating. Is it, are you, doing anything?

Child Fred draws his cutlass and speaks mockingly in a pirate accent.

CHILD FRED You can't "be someone else", that's my job! Argh!

Child Fred attacks.

Fred opens his eyes and leaps up.