

## INDIVIDUAL HANDOUT 3.3

# Tuning in to the Four D's

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Your group has 30 minutes to create a scenario which contains a number of D-statements — statements which *diagnose*, *deny* responsibility, *demand*, or imply that someone *deserves* a particular situation.

### Here is a list of the “Four D’s of Disconnection.”

1. **DIAGNOSE**, judge, label, criticize  
e.g. “The problem with you is that...”
2. **DENY** responsibility for one’s actions and feelings  
e.g. “I have to pay taxes.” “He made me feel bad.”
3. **DEMAND**  
e.g. “You have to (must, should, got to, ought to, are supposed to) take out the garbage.”  
“You can’t wear that.”
4. **DESERVE** as in “They deserve (don’t deserve)...”

## GUIDELINES FOR CREATING SKIT

In creating the skit, work together in whatever way is most effective for your particular group. Use the following steps as a reference. Time in parentheses are suggestions only.

1. **(2 minutes)** Brainstorm and then pick a scenario involving two or more parties who are not in full harmony with each other. Examples: a parent-child scene over homework, a disagreement between cellmates (neighbors or co-workers), a disciplinary action at school (prison or workplace), a dispute between citizens and government officials, etc.
2. **(5 minutes)** Begin by “playing out” the scenario you picked. Have everyone chime in spontaneously to create the draft of a script-dialogue. At this stage, any person can speak out in any role. Include statements demonstrating the four D’s as well as statements that do not. (Take notes so you can later recall the lines that had been spontaneously generated.)
3. **(3 minutes)** Decide on the outline of your 3-minute skit. Define and write down the following:

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- a. Who are the parties involved? How many roles will there be in the skit? Make up a name for each character in the skit. What is their relationship to each other?
  - b. Where (and when) does this scenario take place?
  - c. What appears to be the main issue in the dialogue? Give the skit a title.
  - d. In what direction do you intend the dialogue to go?
4. **(2 minutes)** Decide who will play which role. Reserve one member of your group to serve as a “referee” during the performance when the audience teams will be challenging each other.
5. **(5-10 minutes)** Create the dialogue. Either:
  - a. work together as a team to generate a script; or
  - b. have the actors improvise their own lines
6. **(5 minutes)** Have each actor write down the lines they will be delivering which contain a “D”. Explore the need(s) that the speaker may be trying to meet by saying that line.
7. **(5 minutes)** Rehearse the skit. You will be performing it twice — once straight through, and the second time with interruptions from the audience.