



**SEVEN DAYS
TO**

intense

**INTERNAL
CONFLICT**



DAY THREE: CATAclysmic EVENTS

THE CIRCUMSTANTIAL WOUND

Okay, so maybe your character *did* have a fabulous childhood with a pony next door and the ocean a few blocks away. But, something happened that changed their whole outlook on life (HOT TIP: this is not Spotty the dog leaving home.)

Maybe their husband of thirty years upped and left them with the debt of a thousand men.

Maybe their fiancé died in a tragic car accident while she was pregnant with his baby. The baby didn't make it either.

Maybe they were healthy and mobile one day and struck down by an incurable disease the next.

Life happens. Things happen when we think we're in control to remind us that we're not. One thing is certain – you are never the same person again. And, these events often mean we're still stuck there between the before and the after.

Also, just because you have emotional wounds of a different kind, doesn't mean that you're immune to whatever life has in store for you.

What are some cataclysmic events?

(again, draw from your own life, I've bet you've had some humdingers or know someone who has)

Hint: You can usually identify between 'before' and 'after'

EXERCISES

Activity 1: The second it all changed

Your **character** suffered a horrific event that changed them forever. Write the scene of the aftermath of that event.

Activity 2: Time to play amateur psychologist...

Cherry's dad left home when she was a little girl. She hero-worshipped him, a former soap opera doctor. Her mother tells her all the time, "All men can't be trusted," because not only did he leave them, but he always cheated on her mother before he slunk out the door.

- What type of man is Cherry attracted to?

- What are Cherry's beliefs about romance?

(We'll be coming back to Cherry's story in Day 4)

