

CIRCLES, CIRCLES, CIRCLES

Presented at

ANATOMY

Friday March 4 2016

[PRIVATE PLAYS]

DO IT
THEATRE

@doittheatre

doittheatre.com

CIRCLES, CIRCLES, CIRCLES

Circles, Circles, Circles is a Private Play about a unique human condition. Not being able to concentrate or focus and always feeling paranoia. **Circles, Circles, Circles** is an original theatre experience that presents what it feels like to live this way.

Who are Do it Theatre?

Do It Theatre are a new and exciting arts collective who create work for people with mental health problems and autism. Our practice centres on illustration, literature and art installations to develop original theatre experiences for people who may be intimidated by traditional theatre spaces. We call these events Private Plays.

What Are Private Plays?

Private Plays are immersive encounters where the audience read illustrated theatre scripts in unusual settings. The scripts are developed to be read in these locations and the illustrations spark the readers imagination. It's site specific theatre without performers and mood lighting. Private Plays open up storytelling to a new audience.

What is Autism?

Autism is a lifelong developmental disability, which affects how people communicate with and relate to others. It can also impact on how people make sense of and interact with the world around them. Autism can affect people in many different ways, which is why it is so unique to every individual.

Why Private Plays?

Private Plays appeal to individuals who live with autism and mental health issues because they allow you to act out the script at your own pace and with minimal interaction with other people. The text includes extra graphics and artwork to guide you through the story. The plays are free of any unnecessary stimuli,

which some people with autism may find difficult to cope with. The stories themselves and the way they are presented with illustrations and text will also appeal to people without autism and propose a new and exciting way to experience theatre. More information on Private Plays can be found at:

www.doittheatre.com

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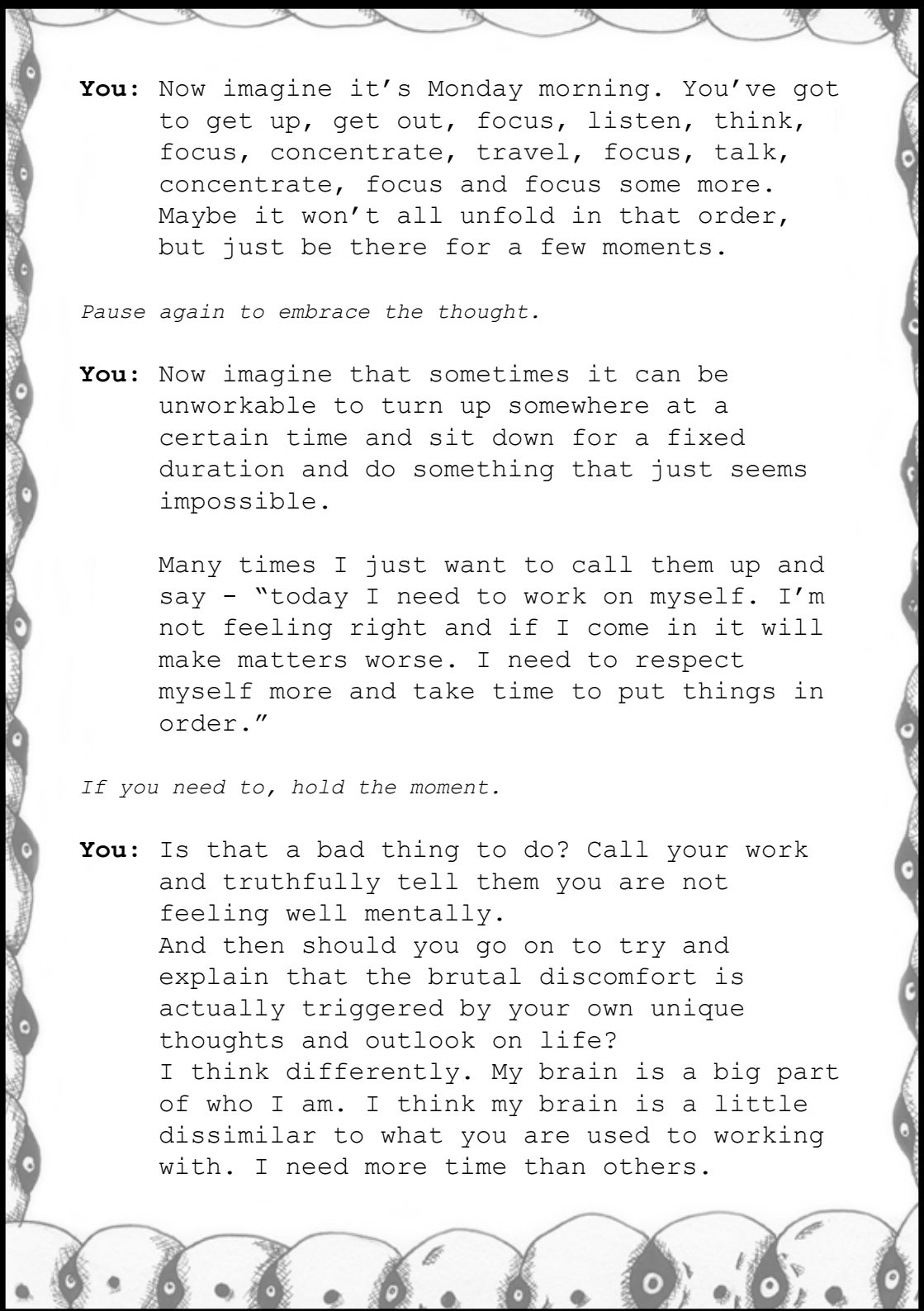
Begin by taking a moment to look around and experience your surroundings. Notice the slight sounds and the subtle smells. It's an old room and it's a cold room. It's the Anatomy Lecture Theatre in Summerhall. It's Friday 4th March 2016 and something is about to happen. Imagine it is you centre stage and you're comfortable and confident in the spotlight. When you are ready, read on.

You: So you all came here for a reason. If it is to experience the ramblings of a frustrated, annoyed, ignorant and emotionally fragile human being then you are going to be very, very disappointed.

Take a moment to pause, smile on the inside and then continue.

You: This is not my story. It could actually be anybody's story. I only put it to words. So here's a manifesto for getting by when you find yourself going against the grain. I think you'll all agree that this Lecture Theatre is the perfect place to discuss the mind, as well as the body.

Take a deep breath and read on.



You: Now imagine it's Monday morning. You've got to get up, get out, focus, listen, think, focus, concentrate, travel, focus, talk, concentrate, focus and focus some more. Maybe it won't all unfold in that order, but just be there for a few moments.

Pause again to embrace the thought.

You: Now imagine that sometimes it can be unworkable to turn up somewhere at a certain time and sit down for a fixed duration and do something that just seems impossible.

Many times I just want to call them up and say - "today I need to work on myself. I'm not feeling right and if I come in it will make matters worse. I need to respect myself more and take time to put things in order."

If you need to, hold the moment.

You: Is that a bad thing to do? Call your work and truthfully tell them you are not feeling well mentally.

And then should you go on to try and explain that the brutal discomfort is actually triggered by your own unique thoughts and outlook on life?

I think differently. My brain is a big part of who I am. I think my brain is a little dissimilar to what you are used to working with. I need more time than others.

Pause for as long as you need, then read on.

You: During these intense and raw moments I actually feel a lot worse than when I have the flu, or when I had meningitis, or the time my wisdom tooth came through or when my heart was ripped right down the very middle.

Take a moment, then continue.

You: So, back to today and the point in hand. The topic of this lecture is work and well-being. It's short, but I think there is a lot that you can take home with you.

Clear your throat, then carry on.

You: This "problem" is not because I'm bored or uninterested in working and earning a living...

(Although, yes I would be lying if I said that wasn't a factor)

... It's because I was born a certain way and my mind and brain just happens to be wired a bit "off".

After this evening is over, I want you all to do something for me. Find an old TV. Not an expensive flat screen, plasma, LCD TV. A big, bulky, unbelievably heavy and old tattered cathode-ray tube television. It might be in your house, a friends flat, or even one you've found in a skip. Take it to a secluded area.

(Up the top of a multi-storey car park during the dark hours for example).

This might be a struggle, but you will see why in a moment.

When you get to your private spot look around. Pause. Focus. Concentrate.

(I know that's hard, but take as long as you need - trust me I understand how difficult it can be to focus).

And when you are one hundred percent certain that you are all alone - smash the utter shit out of that television. Kick it. Pick it up and throw it. Take a hammer, a saw, spade, brick, whatever you can find and let out all that anger and frustration.

Pause to take a breath and carry on when you feel ready.

You: When you're done, you will notice quite a lot of loose wires, broken plastic, beat up metal, shattered glass and other small and essential elements that made up that now tragic TV.

I want you to stare real hard at that smashed up mess. Once it used to bring exciting entertainment to someone's living room. Now it is a broken, unfortunate husk of an appliance. It will be difficult to put back together, possibility impossible to fix.

Stare off in front of you for few moments and feel whatever you are feeling. Then continue.

You: I except you all know where I am going with this. It's a mess, the wiring is wrong, everything is broken and that's a metaphor for life and how horrible everything is. Especially when you live a life like this.

Stop for a moment. Maybe just to draw out the tension a little, maybe to collect your thoughts.

You: But suppose it is not as easy as that. Smashing the TV was fun. It brought about a moment of satisfying, uplifting clarity. But after you're done, stop and look around. You're hot, sweaty and standing over a smashed up appliance, wondering if anyone saw you.

Pause.

You: That's right, you look like a fucking idiot.

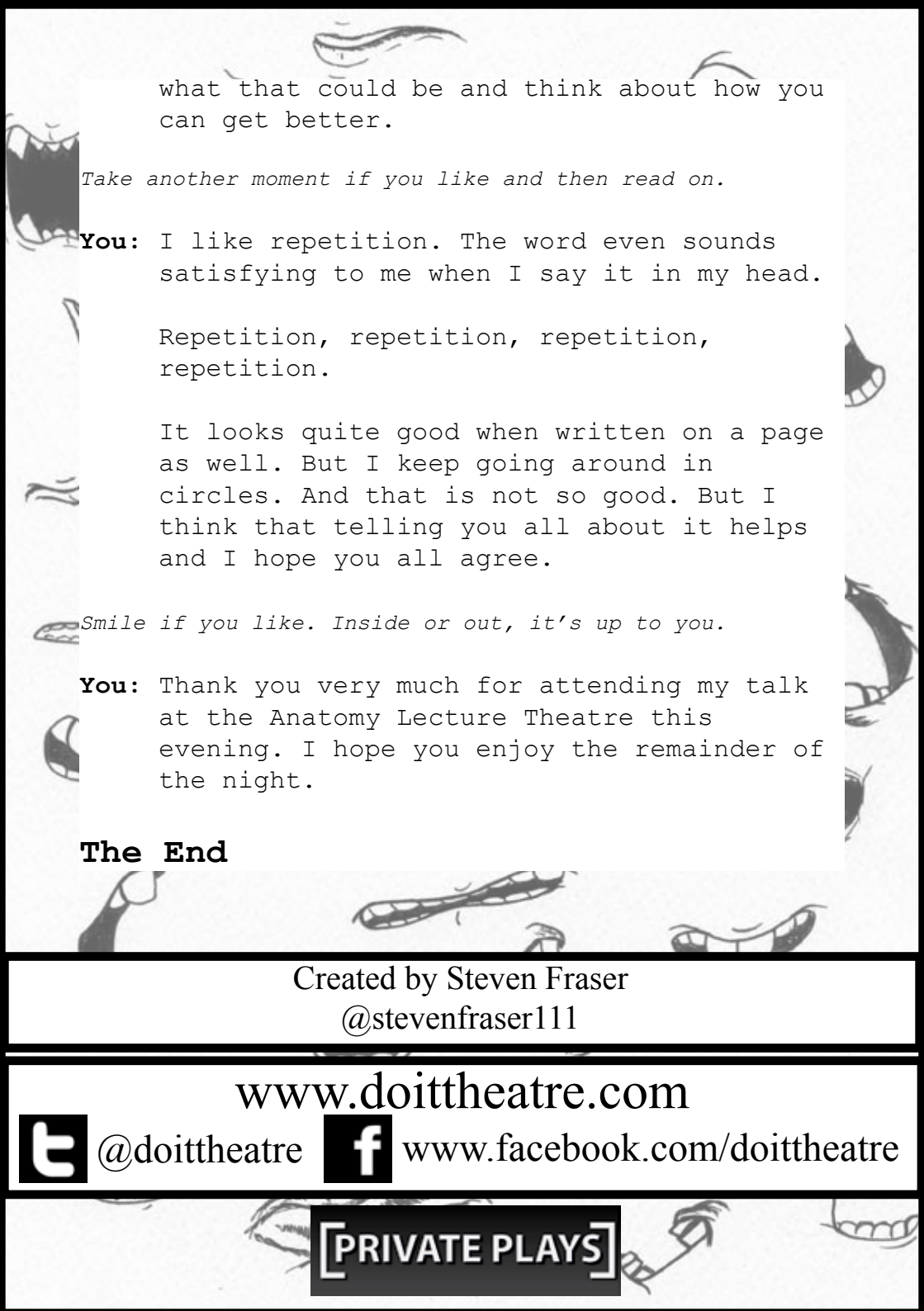
Not so clear headed and satisfied now are you?

That feeling of being watched, the feeling of doing something wrong after a moment of joy. The paranoia that only smashing up a TV in the middle of the night, on top of a multi-storey car park can bring. That's the feeling. Right there.

And that's why sometimes it's good to take a bit of time off to work on yourself.

Pause again and smile on the inside.

You: To conclude - There is something different around every corner, but maybe it is best to just take a break to prepare for



what that could be and think about how you
can get better.

Take another moment if you like and then read on.

You: I like repetition. The word even sounds
satisfying to me when I say it in my head.

Repetition, repetition, repetition,
repetition.

It looks quite good when written on a page
as well. But I keep going around in
circles. And that is not so good. But I
think that telling you all about it helps
and I hope you all agree.



Smile if you like. Inside or out, it's up to you.

You: Thank you very much for attending my talk
at the Anatomy Lecture Theatre this
evening. I hope you enjoy the remainder of
the night.

The End

Created by Steven Fraser
@stevenfraser111

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