



The Ten Object Exercises

1. **The Basic Object:** Re-creating behavior which Exercise leads to the achievement of a simple objective
2. **Three Entrances:** Preparation and its influence on the entrance
3. **Immediacy:** Dealing with the problems of anticipation while searching for something lost or mislaid
4. **The Fourth Wall:** The guarantee of privacy while using, not ignoring, the visual area of the audience
5. **Endowment:** Dealing with objects which cannot have total reality because they might otherwise totally control you; heightened reality
6. **Talking to Yourself:** The problem of the monologue
7. **Outdoors:**
 - a) Relationship to space and nature
 - b) Finding forward-moving occupation without the help of furniture and props
8. **Conditioning:** Learning to put together three Forces or more sensory influences— heat, cold, physical pains, hurry, dark, quiet, etc.
9. **History:** Identifying with and finding realities of historic time and place (the character taken out of crisis in the play)
10. **Character Action:** Objects as they affect two different characters in terms of behavior