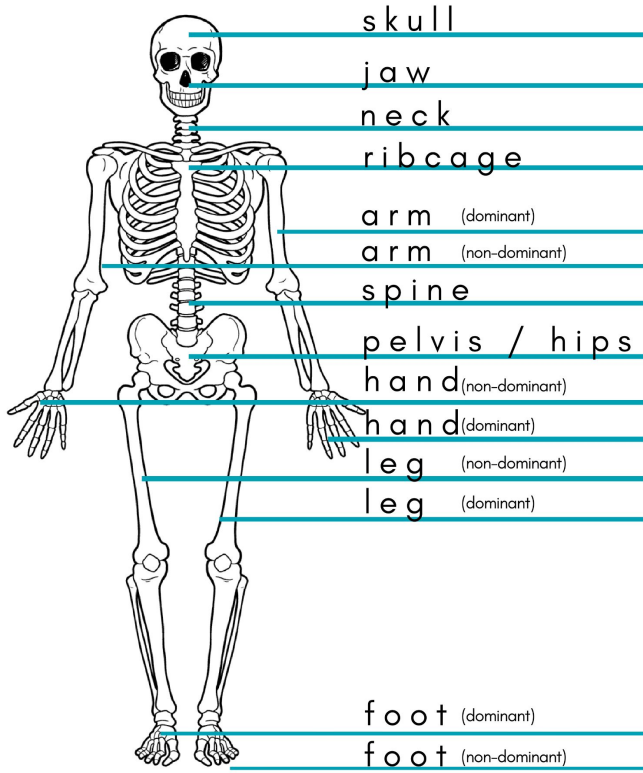


Skeletal Structure of Artist + Character Development

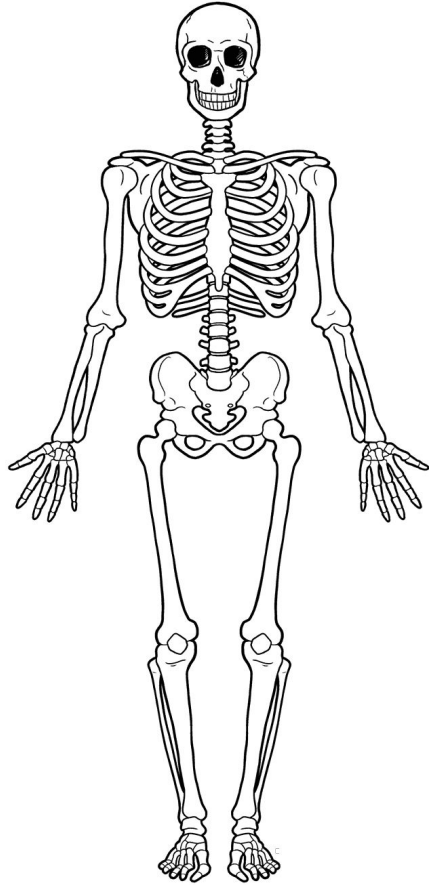


Skeletally speaking, everything on your body is connected to each other by your spine.

Character developmentally speaking, every single choice you make is connected directly to your highest need, your throughline, your true north.

How does the rest of your skeleton react in relation to your “Spine”? What about when you add in external circumstances and daily trials in life? Family? Friends? Strangers? Your job? Your career? Love? Mundane tasks? Entertainment? Inspiration? Depression? Fear? The weather? Money? Etc.

Understanding the skeletal relationship of your body to “Spine” will help you break down scene work, ask deep questions, navigate relationships... literally everything.



Before you dive into the minutia of moment-to-moment decisions, behavior and tactics- we must discover the SPINE of self/character.

Every belief, choice, tactic, question, answer, feeling, inspiration, fear etc... is connected directly to your SPINE. More specifically, how to protect yourself at all costs.

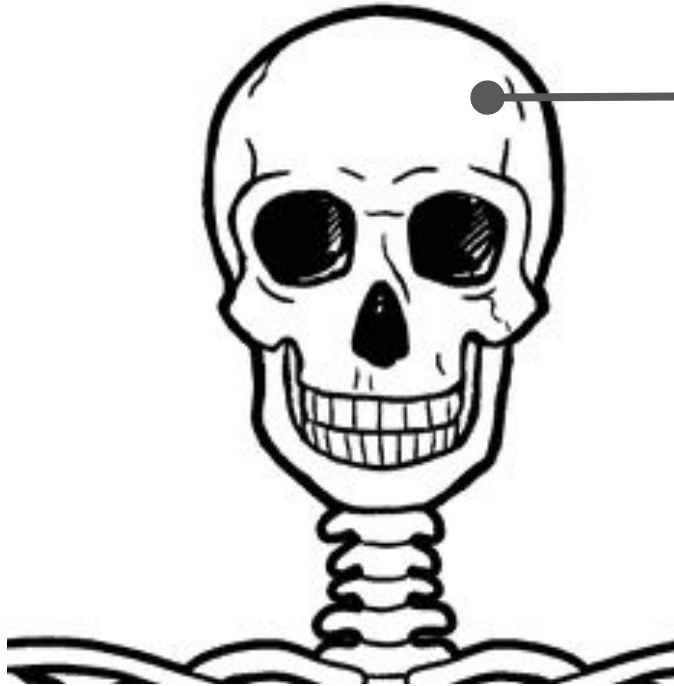
- live your truth
 - How do you go about that?
 - How do you protect it?
 - To what end?



1. Spine

- *Center*
- *Truth*
- *Strength*
- *The lens that colors yours listening*
- *The lens that colors your perception*
- *What you live for*
- *What you'd die for*

Your spine connects the nervous system thought the whole body. Provides a strength, flexibility and offshoots into every other body part in an effort to instinctively, directly or indirectly protect your truth.



2. Skull

- *Your Skull colors your listening and determines your actions, attention, reactions, direction and intention*
- *This is where all of your thoughts happen.*
- *Your mantra / self talk*
- *Intellectual beliefs / knowledge*
- *“Skull” directly activates your “Spine”, other skeletal parts will re-act accordingly.*

How does this state of being, tactic or behavior relate back to your Spine?



3. Jaw

- *“Jaw” holds tension, no matter how relaxed you are. USE all levels of jaw tension in ways that connect you to your “Spine”.*
- *“Jaw” blocks or regulates air flow, emotions, intimacy, vulnerability and communication.*

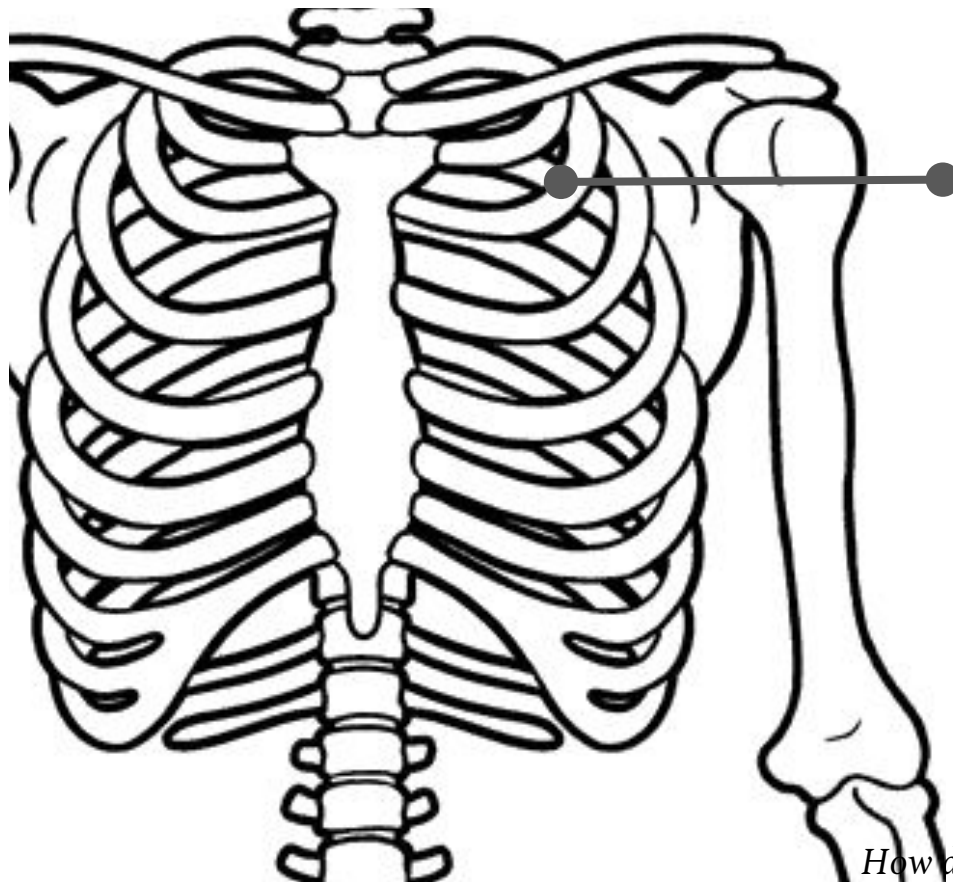
How does this state of being, tactic or behavior relate back to your Spine?



4. Neck

- *Fulfills or denies the intention of the “Skull” based on active listening and relationship to “Spine”*
- *Allows for expanded of limited periphery*

How does this state of being, tactic or behavior relate back to your Spine?



5. Ribcage

- *Takes up space*
- *Expands and collapses based on active listening*
- *Fulfills or denies the intention of the “Jaw” in relation to your heart aka what you love*
- *Ideals connected or intentionally disconnected from your spine*

How does this state of being, tactic or behavior relate back to your Spine?



6. Dominant Arm + Hand

- *What you reach for.*
- *Potential*
- *Safety*
- *Direct offshoot of your “Spine”*

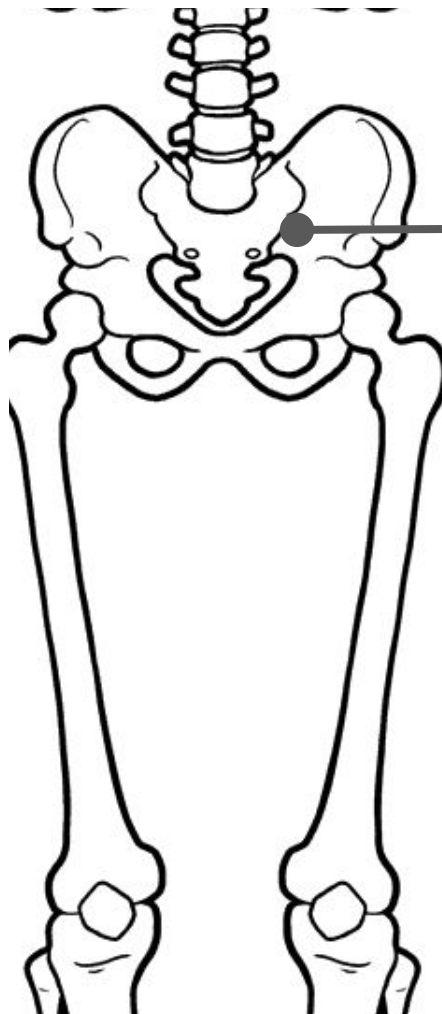
How does this state of being, tactic or behavior relate back to your Spine?



● ————— ● **7. Non Dominant Arm+Hand**

- *What you reach for out of fear, compensation, ego*
- *Risk*

How does this state of being, tactic or behavior relate back to your Spine?



8. Hips + Pelvis

- *Grounded support*
- *Assertion*
- *Width*
- *Sexual Power*
- *Intense vulnerability*

How does this state of being, tactic or behavior relate back to your protecting your Spine?



9. Dominant Leg + Foot

- *Moves you forward?*
- *Sets your pace?*
- *Unapologetic momentum*

How does this state of being, tactic or behavior relate back to your protecting your Spine?



10. Non-Dominant Leg + Foot

- *Hesitation*
- *Pace*
- *Where you run to in fear and ego*

How does this state of being, tactic or behavior relate back to your protecting your Spine?