

## **The Frustrated Friend**

*(Upset but trying to stay calm)*

I don't get it. Why do people think they can just... say whatever they want? Like, I try to be nice. I try to help, but it's never enough! And then when I mess up, it's like the end of the world. I'm just tired, okay? Tired of feeling like I'm always the one who has to fix everything. Can't someone just see me for once?

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### **Performance Tips**

#### **1. Emotional Journey**

- Start with tension, holding back frustration, but gradually shift to vulnerability, especially on "I'm just tired, okay?" End with quiet pleading on "Can't someone just see me for once?"

#### **2. Control the Pace**

- Begin quickly to show urgency, then slow down on key lines ("I'm just tired..."), allowing the emotion to settle and resonate.

#### **3. Use Physicality**

- Show frustration with small gestures and posture. Slouch or clutch your chest on "I'm just tired" to convey exhaustion. Facial expressions should match your internal conflict.

#### **4. Internal Conflict**

- Keep your tone tense at first, but allow it to waver slightly as you express vulnerability. Hold back at first, then release on "Can't someone just see me for once?"

#### **5. Eye Contact**

- Start avoiding eye contact to show frustration, but make brief, meaningful eye contact toward the end, especially during the plea for empathy.

#### **6. Relate Personally**

- Tap into a time when you've felt misunderstood. Let that experience guide your emotional shifts.