

■ TEXT SELECTION

Exercise Sheet

Lesson 1: The Foundation of Actor Training

With Philiboss, Vahina & Belzébuth

■ Vahina's Wisdom

"The text is not a prison, it's a musical score. Without the score, the musician makes noise. With it, they create music."

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■ About This Exercise Sheet

This workbook accompanies the interactive lesson on Text Selection. It contains 5 progressive exercises to help you choose and work with your foundational text according to the Stanislavski method.

The exercises are designed to be completed over several days, allowing time for reflection and discovery.

■ Vahina's Guidance

"Dear intelligent master, choosing your text is like choosing your territory as a wolf. You must know it by heart. Every tree. Every smell. Every variation of wind. This INTIMATE knowledge makes you powerful, not weak."

■ Belzébut Warns

"HA HA HA! Why waste time with dusty old playwrights? My VIRAL-ACTOR-EXPRESS™ method gets you famous in 48 hours! Only €997!"

■ Philiboss Responds

"Belzébut's shortcuts create impostors, not artists. The real Stanislavski method requires work, but it creates REAL actors."

■ EXERCISE 1: Text Discovery

Objective: Explore Chekhov's major works to find a text that speaks to you.

Duration: 2-3 hours over several days

Instructions:

1. Read one play by Chekhov: *The Cherry Orchard*, *The Seagull*, *Uncle Vanya*, or *Three Sisters*
2. Don't analyze yet—just read and FEEL
3. Notice which character keeps coming back to your mind
4. Pay attention to your emotional reactions

📖 ■ My Notes:

Play I chose: _____

Character _____ that _____ intrigues _____ me:

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♥■ EXERCISE 2: The Three Criteria Test

Objective: Evaluate if your chosen character meets the three essential criteria.

Duration: 30-45 minutes

A good text must:

- **ATTRACT you** – You want to read it, reread it, understand it
- **SCARE you** – It touches something you don't want to look at
- **Be FLEXIBLE** – The character has enough facets for your personality

👉■ Criterion 1 - Does it ATTRACT me?

👉■ Criterion 2 - Does it SCARE me? What does it touch?

👉■ Criterion 3 - Is it FLEXIBLE enough?

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■ EXERCISE 3: One Monologue, One Year

Objective: Choose ONE monologue and commit to working on it deeply.

Duration: 1 hour

Instructions:

1. Select a monologue (1-2 minutes maximum)
2. Read it 10 times out loud
3. Notice what changes with each reading
4. This will be your training text for the year

■ Vahina's wisdom:

"Michael Chekhov said: True learning doesn't come from multiplying experiences, but from deepening ONE experience. Like us wolves—we know our territory by heart."

👉 ■ My Chosen Monologue:

■ EXERCISE 4: The 10 Re-readings

Objective: Discover how the same text reveals different things each time.

Duration: 45 minutes

Instructions:

1. Read your monologue 10 times
2. After each reading, note ONE thing you discovered
3. Don't analyze—just notice what emerges

📝 ■ My Discoveries:

Reading 1: _____

Reading 2: _____

Reading 3: _____

Reading 4: _____

Reading 5: _____

Reading 6: _____

Reading 7: _____

Reading 8: _____

Reading 9: _____

Reading 10: _____

■ Global reflection:

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■ EXERCISE 5: The Mirror Test

Objective: Understand what your chosen text reveals about YOU.

Duration: 30-45 minutes

Instructions:

1. Reread your monologue once
2. Ask: 'Why did I choose THIS character?'
3. What does this character have that I want?
4. What does this character have that I fear?

👉 ■ What attracts me:

👉 ■ What scares me:

👉 ■ What this reveals about me:

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■ Congratulations!

You've completed the Text Selection exercises. Remember:

- ✓ The text is a GUIDE toward self-knowledge
- ✓ One text studied deeply teaches more than ten skimmed
- ✓ The right text attracts you AND scares you

■ Vahina's Final Words

"AWOOOOO! Text is your territory. Learn to know it by heart. Theater is not there to comfort you in what you already know. It's there to REVEAL what you don't know about yourself."

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