■ WHY BECOME AN ACTOR?

Exercise Sheet

The Existential Question at the Heart of All Acting

With Philiboss, Vahina & Belzébuth

■ Vahina's Wisdom

> *"The question is not 'why become an actor' but 'why do I need to express what I cannot say otherwise?' Theater is the language of the unspeakable."*

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■ About This Exercise Sheet

This workbook accompanies the lesson on Why Become an Actor. It contains 5 progressive exercises to help you discover and articulate your deep motivations for pursuing acting as a craft and life path.

■ Vahina's Guidance

"Peter Brook wrote: 'Theater is not there to entertain or distract. It's there to reveal.' Why do YOU need this revelation? What in you demands to be expressed through the body and voice of another?"

■ Belzébuth Warns

"PFF! Why all these existential questions? You want to be an actor? Simple! FAME! MONEY! RED CARPETS! My CELEBRITY-EXPRESS™ method gets you on TV in 30 days! No soul-searching required! €997!"

■ Philiboss Responds

"Belzébuth confuses BEING an actor with APPEARING as an actor. Real acting is a quest for truth, not a quest for applause. If you don't know WHY you act, you'll never know WHAT you're truly expressing."

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■ EXERCISE 1: The First Memory

Objective: Reconnect with your first acting impulse.

Duration: 25 minutes

Instructions:

1. Close your eyes and go back to your FIRST acting memory
2. Not your first class or audition—the first time you FELT the need to play a role
3. Describe it in detail: where, when, what you felt
4. What need were you satisfying?

✍■ My first acting memory:

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_____
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_____
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_____
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_____
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✍■ What need was I satisfying?

_____
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❤■ EXERCISE 2: The Forbidden Words

Objective: Discover what you cannot express in normal life.

Duration: 30 minutes

Instructions:

1. List 5 things you've never been able to say out loud in your real life

2. These can be emotions, confessions, desires, fears

3. For each, ask: 'Could I express this through a character?'

✍■ Forbidden word 1:

_____

_

Could a character say this?

_____

✍■ Forbidden word 2:

_____

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Could a character say this?

_____

✍■ Forbidden word 3:

_____

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Could a character say this?

_____

✍■ Forbidden word 4:

_____

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Could a character say this?

_____

✍■ Forbidden word 5:

_____

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Could a character say this?

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■ EXERCISE 3: The Personal Manifesto

Objective: Write your personal acting manifesto.

Duration: 35 minutes

Instructions:

1. Complete these sentences honestly and spontaneously
2. Don't think too much—write what comes from the gut
3. Keep this manifesto and reread it regularly

✍■ I need to act because:

_____

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_____

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✍■ What I want to express through theater:

_____

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_____

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✍■ What I cannot express otherwise:

_____

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_____

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✍■ The truth I seek in theater:

_____

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_____

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✍■ My commitment as an actor:

_____

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■ EXERCISE 4: The Character Mirror

Objective: Understand which characters attract you and why.

Duration: 30 minutes

Instructions:

1. List 5 characters that fascinate you (theater, cinema, literature)

2. For each, identify: What do they express that YOU cannot?

3. Notice the pattern

✍■ Character 1: _____

What they express that I cannot: _____

✍■ Character 2: _____

What they express that I cannot: _____

✍■ Character 3: _____

What they express that I cannot: _____

✍■ Character 4: _____

What they express that I cannot: _____

✍■ Character 5: _____

What they express that I cannot: _____

■ The pattern I notice:

_____

_

_____

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_____

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■ EXERCISE 5: The Letter to Yourself

Objective: Write a letter to your future actor self.

Duration: 40 minutes

Instructions:

1. Write a letter to yourself 10 years from now
2. Explain why you chose this path
3. What do you hope to have accomplished? What truth discovered?
4. Keep this letter and reread it when you doubt

✍■ Dear future me...

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■ Congratulations!

You've explored your deep WHY. Remember:

✓ Acting is not about fame—it's about expressing the inexpressible

✓ Your WHY is your compass when the path gets difficult

✓ True actors don't seek applause—they seek truth

■ Vahina's Final Words

> *"Why does a wolf howl at the moon? Not for an audience. Not for approval. Because something inside MUST be expressed. Your acting should be the same—an irrepressible need to give voice to what cannot stay silent."*

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