Psychological Gesture

The purpose of a Psychological Gesture is to transform you instantly into your character.

An Archetypal Gesture is pure will with no thought of why, and executed neutrally with no emotional “how”… An AG (Pure W) transforms into a PG when you add T+F to the W a what, how and why are added. The formula can be abbreviated as such: AG+T+F=PG

The AG is a training technique and virtually never used in performance because the context of the story will add its own T+F, instantly transforming it into a PG.

A Half done gesture does half the job! Ask yourself if you have BBEEP’d your gesture if it isn't working.

There can be as many PG’s for a character as there are objectives. This means there can be a Super PG that expresses the life wish or the ultimate state the character desires. Then there can be a Super PG or an Overall PG that encompasses the action and nature of the character in the story. There can be PG’s for Acts, Units, and Beats. There can be REACTION PG’s that are responses to the gestures coming toward you from your partners, from the Atmosphere, from the internal conflict.

There can be PG’s for the Play, for the Theme, for the Cast to the Audience, for the Atmospheres.

The actor performs the PG and can then proceed in different ways.

One way is for the Actor to use the PG as a springboard. Having done it several times, the actor springs into the performance with the energy created by the physical doing of the PG and rides the waves of that through the scene, segment, act, etc.

Another way is for the actor to use it as a stepping stone, by inwardly repeating all or part of the gesture, continuously fuels the performance.