

1 to the second floor, then another right to the G stairs, but
2 remember, don't take the M stairs because that'll take you
3 back down to the basement, and then ...
4 RYAN: Whoa! Wait! Stop! Please, stop!
5 MRS. MILLS: Confused again, Mr. Hodges?
6 RYAN: Confused? Yes, I'm confused! Confused out of my mind!
7 MRS. MILLS: *(Shaking her head)* Some students just try my
8 patience.
9 JANIE: It's not that hard, Ryan.
10 CASSIE: Really!
11 MRS. MILLS: All right, everyone back in their seats. Why don't
12 we spend the rest of the class time doing something else
13 besides teaching Mr. Hodges how to find his way around
14 the school! All right, everyone open their books to chapter
15 two. Mr. Hodges, do you need help finding chapter two?

3. A Change of Attitude

CAST: (2M, 1F) JAVIER, DEREK, TRINA

PROPS: Lunch trays, utensils, glass of water.

1 *(At rise JAVIER and DEREK are sitting at a table in a*
2 *lunchroom.)*
3 JAVIER: *(Eating, with his mouth full)* Derek, what's wrong with
4 you? Why aren't you eating?
5 DEREK: Because I'm fat!
6 JAVIER: What?
7 DEREK: I'm fat!
8 JAVIER: That's ridiculous! You're not fat!
9 DEREK: Yes, I am! *(Stands, squeezes his stomach.)* See?
10 JAVIER: No.
11 DEREK: *(Continues to squeeze his stomach.)* Look! See?
12 JAVIER: Quit being stupid. Sit down and eat. You're not fat.
13 DEREK: *(Sits down.)* Do you know how many calories are in a
14 kernel of corn?
15 JAVIER: I don't know? Maybe one?
16 DEREK: Then I'll only eat like fifty or something. That should
17 get me through the day. *(Eats a kernel.)* One. Two.
18 *(Continues to eat and count.)*
19 TRINA: *(Enters carrying a lunch tray.)* Hey, guys.
20 JAVIER: Hey, Trina.
21 DEREK: Three ... four ... five ...
22 TRINA: Derek, why are you counting kernels of corn?
23 DEREK: I'm counting calories.
24 TRINA: Why?
25 JAVIER: He's on a diet.

1 TRINA: Why?
 2 DEREK: Six ... seven ... eight ...
 3 JAVIER: He thinks he's fat.
 4 TRINA: Derek, you're not fat!
 5 JAVIER: Stupid, huh?
 6 DEREK: Nine ... I know I'm stupid.
 7 JAVIER: Then quit counting kernels of corn!
 8 DEREK: Ten ... eleven ... Yeah, I'm stupid. I can never do
 9 anything right.
 10 JAVIER: That's not true. You passed that pop quiz in geography
 11 this morning. So obviously you did something right.
 12 DEREK: It was luck.
 13 TRINA: Derek, what's really bothering you?
 14 DEREK: Besides hating myself? Nothing.
 15 JAVIER: You hate yourself?
 16 TRINA: Derek, you don't hate yourself!
 17 DEREK: Twelve ... thirteen ... Yes, I do. Fourteen, fifteen ...
 18 JAVIER: Hey, I don't hate you.
 19 DEREK: You did yesterday.
 20 TRINA: What happened yesterday?
 21 JAVIER: That's because you caused me to get into trouble!
 22 TRINA: How? What happened?
 23 DEREK: Don't ask.
 24 JAVIER: Actually, it was funny. Except for the part of me getting
 25 thrown out of history class.
 26 TRINA: What happened? Tell me!
 27 JAVIER: OK, so, Derek, Mr. Funny Guy here, stuffed chalk
 28 under his gums and acted like a walrus! And I couldn't
 29 stop laughing. I mean seriously, I couldn't stop! Mr.
 30 Rodriguez was like, "Javier, for the last time, I'm warning
 31 you ... !"
 32 DEREK: Sorry I made you laugh, Javier.
 33 JAVIER: No, that was funny! But what made me mad was that I
 34 was thrown out of class! Which means I get Saturday
 35 detention! Yeah, I was mad yesterday, but forget it, I'm

1 over it now.
 2 DEREK: I'm sorry! I'm stupid, OK? Now, where was I? Sixteen ...
 3 seventeen ... eighteen. Stupid and fat!
 4 TRINA: Derek, why are you always so down on yourself?
 5 DEREK: I guess because every morning when I get out of bed, I
 6 look in the mirror and face the agonizing truth.
 7 JAVIER: What? You got another zit?
 8 DEREK: That I'm ugly!
 9 TRINA: You aren't ugly! Is he, Javier?
 10 JAVIER: Don't ask me! I mean, hey, I don't look at other guys
 11 like that! 'Cause when I look at you Derek, I don't think,
 12 "Gosh, that's one ugly dude!" Or, "Dang, that's one good-
 13 looking guy!" Sorry, but that's just not the way I am. But I
 14 can tell you this, Derek, you're not fat!
 15 TRINA: And you're not ugly!
 16 DEREK: You're just trying to be nice to me. Because ... you feel
 17 sorry for me.
 18 JAVIER: Why would I feel sorry for you? You're the one who
 19 passed the pop quiz in geography class today. Not me. So
 20 feel sorry for me, OK?
 21 TRINA: Derek, you need to be more positive.
 22 DEREK: I'm positive that I'm a loser!
 23 TRINA: Why are you trying so hard to convince yourself that
 24 you're a loser?
 25 JAVIER: And fat! And ugly!
 26 TRINA: Javier!
 27 DEREK: I think I'm going to cut out all carbs.
 28 JAVIER: Uh ... Those corn kernels that you're eating are all
 29 carbs.
 30 DEREK: They are? I thought they were a vegetable.
 31 JAVIER: Starch city!
 32 DEREK: Well, no more carbs, sugar, or red meat!
 33 TRINA: What's wrong with red meat?
 34 DEREK: I don't know, but I read in *The Enquirer* that a lot of
 35 movie stars don't eat carbs, sugar, or red meat. So there

1 must be something to it. In fact, I think I'll cut out all
2 calories. Maybe I'll go on a water diet.

3 JAVIER: A water diet?

4 DEREK: Nothing but water!

5 JAVIER: What? Till you blow away? *(Waves.)* Bye, Derek! It was
6 nice knowing you.

7 DEREK: Well, that would probably be a good thing. Me blowing
8 away. Maybe I'll just blow away to another continent. Say,
9 Hawaii ...

10 TRINA: Uh, Derek ... Hawaii is not a continent. It's a state.

11 JAVIER: An island.

12 TRINA: A state.

13 JAVIER: Actually, a group of islands.

14 TRINA: Well, it's both ... but it's not a continent. Now if you blew
15 away to Europe or Africa or Australia ...

16 JAVIER: That's funny that you thought Hawaii was a continent!
17 And you passed the geography pop quiz! Did you cheat?

18 DEREK: No! I told you, it was luck! So see, I am dumb!

19 JAVIER: If you think Hawaii's a continent ...

20 DEREK: I forgot, OK! Forget it! I am stupid! And ugly and fat!
21 Now, where was I? Do you know where I was? Oh yeah, I'm
22 not eating carbs. *(Pushes tray away.)* I'm drinking water.
23 *(Takes a long drink.)*

24 TRINA: I think your problem is something else, Derek.

25 JAVIER: Trina, don't help Derek find any more negative
26 features in himself.

27 DEREK: It's OK, Trina. I know I don't have any likable
28 qualities. I'm stupid. I'm fat. I'm ugly. I'm too short. My
29 teeth are crooked. I have no sense of style. My eyes are the
30 wrong color. My shoes are probably the wrong color. I hate
31 my hair. And my feet stink.

32 TRINA: Derek, stop it!

33 JAVIER: Your feet stink?

34 DEREK: Yeah. Do you want to see? I mean, smell?

35 JAVIER: Uh, no. I'll pass. But thanks.

1 TRINA: Derek, let me tell you what your real problem is.

2 DEREK: Sure, Trina. Tell me.

3 JAVIER: Trina, are you sure you're helping here?

4 DEREK: It's OK, Trina. Tell me.

5 TRINA: *(Taps his head.)* It's what's going on inside of here.

6 DEREK: I know. I'm dumb.

7 TRINA: Derek, your problem is low self-esteem.

8 DEREK: Thanks, Trina. I'll add that to my list. Low self-esteem.

9 TRINA: Which means you don't like yourself.

10 DEREK: I know.

11 TRINA: But don't you see? It's all your fault!

12 DEREK: I know. Everything is always my fault.

13 JAVIER: Trina, is this supposed to be helping?

14 TRINA: Listen, Derek, you see the worst in yourself because of
15 your negative thoughts.

16 DEREK: I know.

17 JAVIER: Not some light bulb explanation here, Trina.

18 TRINA: Which means ... you need to take stock of your inner
19 talk.

20 DEREK: Huh?

21 TRINA: Change the way you talk to yourself.

22 DEREK: How?

23 JAVIER: I know! *(Jumps up.)* I'm not fat! I'm hot!

24 DEREK: *(Gives JAVIER a strange look.)* Like that?

25 TRINA: Well, kinda ...

26 JAVIER: *(Sits down.)* You try it, Derek.

27 TRINA: Yeah, go ahead. Try it, Derek.

28 DEREK: *(Stands. Dryly)* I'm not fat. I'm hot.

29 TRINA: *(Trying to be enthusiastic)* Well, that was a good try!
30 Because see, when you say positive things about yourself,
31 then you start to feel positive about yourself. See?

32 DEREK: I guess.

33 TRINA: Besides, we can do little to change the way we look, but
34 we can change our attitude. And with the right attitude,
35 you feel good about yourself!

1 JAVIER: *(Jumps up.)* I love myself!

2 TRINA: *(Gives JAVIER a strange look.)* So instead of saying, "I'm
3 stupid" say, "I'm smart!"

4 JAVIER: I'm smart! *(Short pause)* Even though I flunked the
5 geography quiz. But I tried! Even though I didn't study.
6 But I meant to! And next time I'll pass it! *(Sits down.)*

7 TRINA: See? That's the attitude!

8 DEREK: But even with all that positive inner talk, I still have a
9 problem.

10 TRINA: What's that?

11 DEREK: No one likes me.

12 TRINA: That's not true!

13 JAVIER: *(Jumps up.)* Everyone loves me! And if you don't, well,
14 you should!

15 TRINA: *(Gives JAVIER a strange look.)* Derek, you've got to stop
16 with all the negative talk. When you catch yourself saying
17 something like, "No one likes me," stop and say something
18 positive. Like, "Trina likes me. Javier likes me." And
19 remember, there are more important qualities than just
20 looks.

21 DEREK: Like what?

22 TRINA: Like how you treat others. Most people will like you
23 because of how you treat them.

24 JAVIER: I love you, man!

25 TRINA: Because when you treat others with kindness and
26 respect – even when they don't deserve it ...

27 JAVIER: I don't deserve it, man!

28 TRINA: Then you can feel good about yourself. Because it's not
29 how you look, but how you relate to others.

30 DEREK: Thanks, Trina. I think I get it. Treat others with
31 kindness and respect and change the way I talk to myself.

32 TRINA: Exactly!

33 JAVIER: That's right! It's all in the attitude! Like this! *(Stands,
34 halfway singing and dancing.)* Because I'm good, I'm good
35 ... yeah, yeah, I'm good!

1 DEREK: Well, I am the one who passed the geography quiz. So
2 that means I'm smart. And I'm not that bad looking. And
3 you know what else?

4 TRINA: What?

5 DEREK: I'm hungry! Forget that water diet! I'm eating!

6 JAVIER: *(Still standing)* Because I'm good, I'm good ... yeah,
7 yeah, I'm good ... Heck, I'm great!

8 TRINA: Javier, I think that's enough.

9 JAVIER: I'm just trying to help.

10 DEREK: *(His mouth full)* It's OK, Javier. I got it.

11 JAVIER: But I just want to tell the world! Because I'm good, I'm
12 good ... yeah, yeah, I'm good! *(He continues.)* I'm good, I'm
13 good ... yeah, yeah, I'm good ...

14 TRINA: And see, Derek, the opposite of having a low self-
15 esteem is having too much self-esteem. *(Points to JAVIER.*
16 *DEREK nods as they watch JAVIER who continues.)* And that
17 will drive people away!