

The Stella Adler Technique - 4 Areas of Focus

1. ALWAYS BE DOING SOMETHING – not necessarily physically!

You are never 'doing nothing'!

You have ALWAYS been somewhere, are here for a REASON and will be doing something NEXT....

If you are *waiting* ask yourself some questions eg

“What are you waiting for?”

“Why are you waiting?”

“How do you feel about the thing you are waiting for?” – Nervous? Excited?

Always ask yourself **WHY** –

WHY are you in this room/house/garden?

WHY are you speaking to this person?

WHY are you wearing these clothes?

2. IMAGINATION

You **HAVE** to have an active imagination as an actor. You must also **TRAIN** yourself to be imaginative and link that imagination to 'feeling' and 'emotion'. Never answer a question with 'I don't know'. Nobody **KNOWS** for sure. We are all inventing from a set of perceived ideas, research and empathy.....we are all 'acting'. The clue is in the title!.....the trick is to make it truthful and believable!

3. SCRIPT ANALYSIS

Without actors a script is nonsense!

We have to use our powers of analysis, our depth of research, our emotional intelligence, our imagination, our empathy, our curiosity to thoroughly explore and investigate a script. LEAVE NO STONE UNTURNED and ALWAYS BE OPEN TO IDEAS CHANGING! Units, Action, Intentions, Objectives, Sub text, Wants, Needs etc.

4. BIG IDEA – RAISE THE STAKES

THIS IS NOT ABOUT BIG/OVER THE TOP PERFORMANCES!

Your job, as an actor, is to portray truthful characters in a given set of circumstances.

If we always choose the basic option, the simple option then we always have basic and simple performances. Always think of the **STAKES** within a scene. Are they bigger than you think? What if you raise the stakes?.....do you raise the performance.