

Uta Hagen: The Six Steps

1. WHO AM I?

- What is my present state of being?
- How do I perceive myself?
- What am I wearing?

2. WHAT ARE THE CIRCUMSTANCES?

- What time is it? (year, season, day?)
- Where am I? (city, neighborhood, building, room? Or, in what landscape?)
- What surrounds me? (The immediate landscape? Weather? The condition/nature of the place, and the objects in it?)
- What are the immediate circumstances? (What has just happened, what is happening? What do I expect or plan to happen next, and later on?)

3. WHAT ARE MY RELATIONSHIPS?

- How do I stand in relationship to the circumstances, the place, the objects and the other people related to my circumstances?

4. WHAT DO I WANT?

- What is my main objective? My immediate need or objective?

5. WHAT IS MY OBSTACLE?

- What is in the way of what I want? How do I overcome it?

6. WHAT DO I DO TO GET WHAT I WANT?

- How can I achieve my objective? What tactics do I use? What are my actions?

* taken from *Respect for Acting*, by Uta Hagen