Creating And Using Beat Sheets to Enhance Expression Vickie Wonders Foltz Presented by Kim Wonders

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SCENARIO

You have been working with Jim for a few years. At first, the two of you seemed to get on each other's nerves, but soon the frustration turned to playful banter, and you became friends. As you worked with him on several projects, you found yourself asking his advice on some personal matters. You seemed to able to talk with Jim about everything, except your broken engagement of three years ago, when your fiance walked out the night before the wedding, with your maid of honor. Your friendship with Jim grew, and friends started to hint that the two of you should date. But you insisted that his friendship was too important to you, and that you would never jeopardize your wonderful working relationship with him, and besides, you would never allow yourself to be hurt again like you were before. Soon, Jim began teasing you about the two of you dating, and you laughed it off, never realizing that there was a note of seriousness in Jim's banter.

Then the unthinkable happened: An old girlfriend of Jim's gets him a job offer in another state. When he asked you how you felt about it, you laughed and told him that it was a great opportunity for him, and you would just have to find another partner. You insisted to your friends that you could work just as well with a host of other people, and you volunteered to plan a going away party for Jim. At your insistence, Jim accepted the job, and left town for a week to finalize the arrangements with the new company, and find him a place to live. He planned to return for one day; to oversee the movers as they loaded up his life, and to attend the party in his honor.

The week that he is gone is like a nightmare to you. None of the people you thought you could work so well with offer the same spark to your creativity as Jim did. By the fourth day, you hate going into work. Several times at work you yourself starting to call his extension, then you realize he isn't there. You think about calling his cell phone, but what would you say? The day of his party arrives, and you drive by his house to talk with him as he packs; but apparently other friends and neighbors had the same idea, and you circle the block three times before you drive away. You check on the cake for his party, and find yourself crying when you read the inscription, "Goodbye, Jim! We'll miss you!"You arrive at the party that night at your boss's house, dressed in a new, gorgeous blue tunic and pant outfit. You know you look good, and you're ready, but you

can't seem to ever find Jim alone to tell him how you feel about him. And what good would that do now, anyway? You had your chance, and you laughed it off. You decide to leave the party right after the cake is cut. You accept the drink offered you by the caterer with a smile, but set it down and grab your purse, and slide out the veranda door. The coolness of the evening air hits you, and you breathe in deeply, thinking about all that you are saying goodbye to. Then you hear someone call your name. You turn, and there is Jim. He teasingly scolds you for not telling him goodbye, and then he takes you in his

arms, and kisses you...a long kiss. And then he tells you that he can't bear to leave this town without you. You look at him, speechless, and Jim tells you that he doesn't expect an answer right now. He's going inside to accept his going away gift, but when he returns in a few moments, he wants to talk about it. Then he leaves you alone. But not for long. Within seconds, your friends, who have been watching from the window, rush out, demanding to know what just happened. As they crowd around you, you find yourself laughing.

You want: to share the news with them

The conflict is: You can hardly believe that it is true.

I DIDN'T WANT TO FALL

To question Could it be?

To wonder Could it happen?

To admit Golly, gee!

Caught me a nappin'.

To explain Humpty Dumpty on the wall had nothing on me at all!

To insist I declare, it isn't fair! I didn't want to fall.

To declare Love and marriage, baby carriage, not for me at all.

To admit Every day it seems, I went 'round in dreams.

To deny

Never knowing love would find me

Just by sneaking up behind me.

To suggest So I guess we better dress to face the preacher man. To confess .I can't wait to wear a wedding band upon my hand.

To concede I've tumbled head over heels, my dear

I think I hear love's call

To own up Though Ladmit I didn't want to fall.

To explain

To reason

To interpret

To admit

I didn't want to fall in love.

Wasn't ready for the leap.

Didn't want to fall in love.

To many promises to keep!

To convince Goodbye Harry, Moe and Larry, John, George, Ringo,

Paul.

Brad Pitt, Tom Cruise, they're old news

To declare I'm finished with them all!

To flirt Babe, since I meant you, now I'm stuck like glue To admit Who'd have thought that love would find me

Just by sneaking up behind me

To insist To

So I guess we better dress to face the preacher man.
declare To

I can't wait to wear a wedding band, on my hand.

confess I've tumbled head over heels my dear.

I think I hear love's call (I hear those wedding bells a

ringing, ding dong ding!)

To assert Though I declare I didn't want to fall

No need to stall

To announce I declare I didn't want to fall

As your friends hug you and congratulate you, you see Jim coming back outside. Your friends back off and leave, smiling to Jim as they pass him. Jim walks over to you, standing oh, too close, and says, "I didn't mean to frighten you with what I said earlier. But being away from you for that short time made me realize that how much I love you. I know you never planned on anything like this happening. But I was hoping that you felt the same way."

You want: to tell him how you feel

The conflict: you are afraid of being hurt again.

I NEVER MEANT TO FALL

To explain Lovers everywhere full of hope and then despair

To admit Oh, I know the feeling well, for I'm caught within the spell. To declare I never meant to fall in love, but here beneath the moon

above

To confess I'm deep within the rapture of your lips on mine.

To scold It really isn't fair, you know,

To turn my world around as though I never had a place to

go till there was you.

To question Who said the words that seem so clever?

"Love is forever, come what may."

To reveal Once long ago, my dreams were shattered,

Till nothing mattered.

To explain That's why I say,

To insist I never meant to fall in love To apologize But here I am again, in love.

To persuade To lose the fight and toss the glove would be all wrong.

To decide But wrong or right, tonight,

To plead Please hold me tight!
To declare I never meant to fall,
To insist Didn't want to fall in love.
To confess I never meant to fall in love!