Role Play addressing Anxiety

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Cast:
Main Character-male or female-pastor or laity
Spouse
Anxiety (character follows very closely behind main character speaking towards their ear)

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Spouse: Are you almost ready yet? Our dinner reservations are in an hour and it's a 20-minute drive. We want a little time to relax before we eat.

MC: Right now, hon. It's so nice to have a night away from church business for our anniversary. Just the two of us. I've really been looking forward to this.

Anxiety: Oh, really? You think so? Away from church? What about those finance reports? And, do you think those paraments are changing themselves?

MC: Shush, go away.

Spouse: What did you say honey?

MC: Nothing dear, just brushing some lint off. Do you think the church will be ready for tomorrow's service?

Anxiety: That's what I'm talking about. And, what about that cold weather front coming in. Is the furnace up to handling it? If there's ice, Ms. Jones might fall and break a hip. You know she won't use her walker no matter what. That would be YOUR fault if you don't keep track of things. (*MC pacing and wringing hands now)* Are there enough bulletins? You know the Smith family just had a baby and their entire

family is in town so there might be a lot of visitors. What if there aren't enough? That would be your fault, too. **(***MC flops down on a chair, crying)*

MC: I can't go out to dinner. I have to go in to church. Things are falling apart.

Spouse: Nothing's that bad. Even if it is, someone else can fix it. It's our anniversary for Pete's sake.

MC: No, it has to be me. No one else can do it; it's all my fault.

Anxiety: *(Laughing)* NOW you're getting it! You're the only one who can deal with the issues at church. No one else knows what to do with all the problems like you do; they all rely on you.

MC: *(Clutching chest and wheezing)* Only I can do it. No one else knows what I do. Oh, God! I can't breathe! I think I'm having a heart attack! This can't be happening! Who'll take care of the church??????

Anxiety: *(Keeps on laughing louder)*