**Episode #038 Creating Through Trauma and Tragedy**

**All of us experience and endure trauma and tragedy. Channeling personal pain for the actor can lead to incredible work. Looking at artists who have the grit and temerity to move creatively through life's blows is inspiring for all of us living an artistic life. It's a solo episode this week fellow daydreamers. Charlie talks about the brutal honesty of DMX, the courage of director Thomas Vinterberg amidst his tragedy while filming his Oscar winning film Another Round, and the powerful acting of Delroy Lindo. You can follow CBP on Instagram @creatingbehavior, and Charlie's NYC acting conservatory, the Maggie Flanigan Studio @maggieflaniganstudio. For written transcripts, Charlie's blog, or to contact him for private coaching, check out** [**https://www.creatingbehaviorpodast.com**](https://www.creatingbehaviorpodast.com/)

**DMX**

<https://www.nytimes.com/2021/04/09/arts/music/dmx-dead-earl-simmons.html>

**Another Round**

<https://www.indiewire.com/2020/12/thomas-vinterberg-another-round-greatest-tragedy-1234603452/>

<https://variety.com/2021/film/awards/mads-mikkelsen-another-round-boot-camp-1234921259/>

<https://www.rollingstone.com/movies/movie-features/another-round-interview-mads-mikkelsen-thomas-vinterberg-1156357/>

**Delroy Lindo**

<https://www.gq.com/story/the-triumphant-career-of-delroy-lindo>

<https://www.theatlantic.com/culture/archive/2020/06/da-5-bloods-interview-spike-lee-kevin-willmott-danny-bilson-paul-de-meo/613153/>

**Daniel J Watts**

<https://www.ted.com/talks/daniel_j_watts_letting_paint_dry>

**The Mosquito Coast**

<https://www.vulture.com/article/the-mosquito-coast-review-apple-tv-series-justin-theroux.html>

<https://www.nytimes.com/2021/04/23/arts/television/mosquito-coast-paul-justin-theroux-apple.html>