**Episode #041 A Talk on Emotional Preparation**

**For an actor, the ability to relate off-camera or off-stage to** **the previous circumstance of a scene is an essential fundamental of your craft. How can you harness the ability to daydream and fantasize to your artistic process? How can you develop the skill to alter your emotional life, to access a deeper, richer level of insight in a healthy and creative way? In this week's solo episode, Charlie shares with you the lecture he gives his students who train at his NYC conservatory program, the Maggie Flanigan Studio, on this very sensitive area of the actor's technique. If you have the desire to take on major roles, complicated nuanced human beings in the midst of profound cirumstances, then mastering the art  of emotional preparation is a must. 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.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

<https://www.maggieflaniganstudio.com/meisner-acting-technique/>

<https://www.theatlantic.com/health/archive/2014/03/how-actors-create-emotions-a-problematic-psychology/284291/>

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