

Couch **Creating a convincing character: Tips on how to create a character during the rehearsal process.**

Character Analysis Worksheet

1. When does my character live? Where does my character live? Where is my character from (specify)
2. What is the socioeconomic background of my character?
3. What specific job does my character have? Describe this. You may need to do research.
4. What is a typical day for my character like? Specify.
5. Who lives with my character and what are their relationships?
6. Who else heavily influences my character? In what way?
7. Is my character very religious, political, or otherwise a member or some kind?
8. What is my character's biggest life goal?
9. What is my character's biggest goal within the play?
10. How does my character's motivation change from the beginning of the play to the end?
11. What is the primary emotion my character has throughout this piece?
12. What other emotions are affecting my character underneath that emotion?
13. Does my character have mental or emotional difficulties, illnesses or tics?
14. What kind of self-esteem does my character have?
15. How does my character relate to the outside world?
16. What props or scenic elements does my character relate to within the play?
17. How do those props/scenic elements develop my character?
18. What emotion should the audience feel toward my character? Sympathy, hate, friendly?
19. In the beginning of the play, what do we discover about my character?
20. In the middle of the play, how does my character grow and change?
21. At the end of the play, what will happen to my character?
22. What information about my character has been cut out of the piece for performance?
23. How can I add the elements of that information in my performance?
24. How important is my character to the action of the play as a whole?
25. When does my character help the plot along and how?
26. What is the most important element to my character: family, love, or career?
27. How old is my character? What major historical events have they lived through?
28. Does my character have children? How does (s)he feel about them?
29. Is my character manipulating or being manipulated by anyone?
30. Does my character have a hidden agenda or a deep secret?
31. Who are they hiding this from? Another character? The audience?
32. How strong are my character's emotions in this piece? Pure hatred? Mild lust?
33. What is my character's greatest fear?
34. What is my character's greatest accomplishment?

35. What is my character's motivation in each unit of the piece? Does it coincide with or conflict with other character's motivations in those units?
36. Does my character have their wants achieved at the end of the play?
37. If not, will my character ever have those wants achieved?
38. What person or fictional character does my character most remind me of?
39. If I met my character, how would I react to him/her?
40. What is my favorite song with my significant other?
41. What was I doing before the play in my character's life?
42. What will I be doing after the play in my character's life?
43. How did I meet my significant other?
44. How did I meet my best friend?
45. Give one event that happened to my character when he/she was younger that shaped the way he/she feels in the play.

Action Verbs – Transitive Verbs

Abuse, mistreat, harm, debauch, curse, Revile, batter

Assuage, moderate, soften, relieve, qualify, satisfy

Beg, entreat, implore, bum, beseech, plead, Fall on one's knee

Belittle, minimize, dwarf, underrate, undervalue, disparage, deprecate, degrade, debase, run down

Bend, influence, direct, deviate, subdue, conquer

Blame, censure, accuse, curse

Bridle, harness, restrain, hamper

Broaden, increase, enlarge, expand, widen

Dupe, deceive, victimize, beguile, trick, hoax, bamboozle, double cross, bluff, hoodwink, cheat, swindle, defraud

Embolden, encourage, arouse, hearten, assure, inspire, serve, motivate, incite

Enslave, subjugate, enthrall, master, crush, quell

Evoke, elicit, provoke, induce, elicit, prompt, summon, conjure

Gag, silence, retrain, muzzle

Guilt, catch at, penetrate, blame, censure, accuse, condemn

Harm, hurt, impair, damage, worsen, break

Heal, doctor, cure

Reform, convert, remodel, regenerate, renew, turn over new leaf

Retrain, hinder, confine, restrict, cloister

Revive, restore, recover, refresh

Rob, steal, thief, purloin, burglarize

Smite, chastise, clobber, whack, swat,

stab, smack, thump,
strike

Tarnish, dim, stain,
taint, vilify, stigmatize

Transform, change,
convert, revamp

Castigate,
criticize, punish,
nail, reprimand

Chastise,
correct, penalize
punish

Clinch, embrace,
source, cinch

Coach, advise, teach,
drill, guide

Coerce, compel, force,
drive, impel

Command, dominate,
govern, discipline,
order, dictate, direct,
instruct, rule, ordain,
possess, hold, boast, monopolize, hog

Compel, prompt,
force

Conquer, vanquish,
subdue, crush,
subjugate, best,
overcome,
overpower, reduce,
humble

Hoodwink, deceive,
victimize, beguile,
trick, hoax, gull

Honor, praise,
celebrate, distinguish,
worship, respect

Induce, elicit,
persuade, coax

Infuse, inspire, uplift,
infect

Inspire, give, hope,
cheer, assure

Maul, abuse, bruise
persecute

Mollify, clam,
tranquelize, soften,
pacify, relieve,
Soothe, lull, subdue

Mystify, perplex,
baffle, confound

Nurse, suckle,
nurture, attend

Nurture, feed, train,
encourage, cherish,
treasure

Soften, moderate,
muffle, persuade,
besiege, encircle,
beleaguer

Save, reserve, rescue,
prevent, preserve

Settle, organize, fix,
establish, assure,
resolve, defeat,
arrange, punish

Tame, break,
domesticate, subdue

Teach, tutor, coach,
instruct, direct,
enlighten

Titillate, tickle,
interest, tempt, thrill,
delight, amuse

Court, invite
woo, flatter, fool

Cradle,
support, sustain,
nurture, foster,
suckle

Dazzle, blind,
confuse, astonish

Demoralize, sully,
defile, soil, drive to
the dogs

Deny, refute, disclaim
reject, refuse, prohibit

Doctor, adulterate,
falsify, treat, repair

Dog, pester, irritate,
plague, torment,
harass, badger

Dragoon, coerce,
intimidate

Drive, compel, move,
animate, pry, thrust,
push, shove, ram,
force, prod, goad,
coerce

Nourish, encourage,
invite, abet, bolster

Overpower, upset, surmount, trip up, overwhelm

Pay back, retaliate, get even, strike back, avenge

Provoke, rile, induce, anger, excite, annoy

Persecute, oppress, torment

Punish, chastise, chasten, penalize, discipline, nail, castigate, correct

Purify, refine, cleanse, sanctify

Purloin, steal, swipe, pilfer, finch, swindle

Rally, encourage, hearten, inspire, arouse, motivate, stimulate

Solicit, implore,

Soothe, calm, relieve

Suckle, nurse, nurture, minister

Shake, weaken, agitate, excite, provoke

Silence, kill, hush, defeat, muzzle

Tantalize, tempt, tease, attract, invite, titillate, pique

Tempt, enamor, endear, charm, fascinate, attract, captivate, bewitch

Threaten, menace, bludgeon, denounce, warn, intimidate

Wound, harm, injure, irritate, offend

Vaporize, sublimate, evaporate

The Eight Efforts and Their Four Components

To understand Laban's efforts, one must understand the Four Components that, when arranged in specific ways, create the Eight Efforts of movement. Laban decided that human movement can be summarized by a combination of the following categories, each have two possible elements: **Space/Focus** (Direct or Indirect), **Time** (Quick or Sustained), **Weight** (Heavy or Light), and **Flow** (Bound or Free). So, if you're looking at Flow and the movement is bound, then it's very tight. It's very held in. Like an uptight businessman or cop. Whereas someone who flows freely, is the opposite. Think of a child, always running, always free, acting on any impulse that they desire.

The Four Components can be arranged to create the Eight Efforts are: Punch, Slash, Dab, Flick, Press, Wring, Glide, and Float.

	SPACE/FOCUS	TIME	WEIGHT	FLOW
PUNCH	Direct	Quick	Heavy	Bound
DAB	Direct	Quick	Light	Bound

PRESS	Direct	Sustained	Heavy	Bound
GLIDE	Direct	Sustained	Light	Free
SLASH	Indirect	Quick	Heavy	Free
FLICK	Indirect	Quick	Light	Free
WRING	Indirect	Sustained	Heavy	Bound
FLOAT	Indirect	Sustained	Light	Free