

## **Self Love vs. Self Hate**

By Clint Taylor

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(General wash, bright lights, Two full length mirrors on stage, one mirror down stage- right and one down stage- left. Me, down stage-center.)

When I self love it looks and sounds like this. (walks to mirror on stage right and talks to reflection.)

“You looking good today! Thank you mami and papi for those good genes.”

(Turns to audience) Or, it sounds like this.

(Turns back to mirror) “You is kind, you is smart, you is important.”

(Turns to audience) Because, those affirmations really work! Now, when I self hate it sounds like this.

(Walks to mirror stage left, talks to reflection) I use to be skinny and then I got chubby and now I’m skinny chubby... Ugh! Why is my complexion so dull, rough, uneven?! Why did you waste 14 years of your life not creating anything?

(Turning back to audience) I was raised with certain beliefs like Love your neighbor as you love yourself, which means Love your neighbor, yes. But, it also means love yourself.

(close eyes, speaking to myself) Love yourself.

(To the audience) Love yourself.

(address someone directly in audience) Do you love yourself?

(Depending on answer) I love you too (or) It’s okay, I love you.

(curtain/end scene)