

# THE COMMITTEE INSIDE SUSAN'S HEAD

## *Cast of Characters*

*Susan, Control Issues, Anger, Fear, Depression, Lust, Insecurity, Denial,  
Ms. Compulsive Overeater, Recovery*

### *Props*

*Chairs, 1 table in a corner, 1 phone on the table*

*Committee members are sitting in chairs in a semi circle, with Susan sitting in the center facing the audience. Control Issues is not sitting down but is instead standing up behind Susan where her chair is. Through out the skit until the end Susan doesn't say anything but changes the expression on her face. Ms. Compulsive Overeater and Recovery are not on the stage.*

CONTROL ISSUES: Alright, everybody's here, let's start this meeting.

ANGER: Hey! What are you trying' to pull? I thought we agreed last week to rotate the leadership of this meeting!

CONTROL ISSUES: We did, but I thought about it later and decided that it was a stupid idea. Now, shut up and let's get started.

ANGER: *(making a fist)* One of these, days, Control Issues...

CONTROL ISSUES: You don't scare me Anger. All right, the weekly meeting of The Committee Inside Susan's Head is now officially opened. For the record we need to go around the room and call the role.

ANGER: That is such a freakin' waste of time!

CONTROL ISSUES: Shut up! Now, I'm Control Issues, that's the way we've always done it, and that's the way it's gonna be. When I call your name sound off loud and clear! Anger!

ANGER: You know I'm here, moron!

CONTROL ISSUES: Just sound off!

ANGER: *(loudly)* HERE!

CONTROL ISSUES: That's more like it!

ANGER: Idiot!

CONTROL ISSUES: Depression!

DEPRESSION: *(sounding depressed)* What's the point of acknowledging I'm here? Eventually I won't be! None of us will be! WE'RE ALL GONNA DIE!

CONTROL ISSUES: I'm only gonna say this one more time: when I call your name just respond "here" or "present". I don't wanna hear anything else! Got it! Now...Depression!

DEPRESSION: Here!

CONTROL ISSUES: Lust!

LUST: *(in a sexy, breathy voice)* Right here, baby.

CONTROL ISSUES: Fear! *(no response, she waits a beat and repeats)*  
Fear!

FEAR: *(timidly)* Present. Can you please stop shouting? You're scaring me.

CONTROL ISSUES: Oh, for the love of Pete...where am I? Insecurity?

INSECURITY: Uh...yeah, Control Issues...I mean Ms. Control Issues...I uh...I guess  
I'm here. I mean, if it doesn't bother anybody else. I don't have to be here.  
Should I leave? I'll just leave! *(starts to get up)*

CONTROL ISSUES: Sit down, Insecurity. Last but not least, Denial? *(no answer, waits a beat then glares at Denial)* Hello? Denial? Are you here?

DENIAL: No.

CONTROL ISSUES: What do you mean "no"? I'm looking right at you!

DENIAL: I'm not here.

CONTROL ISSUES: Yes you are!

DENIAL: No I'm not!

CONTROL ISSUES: Yes you are!

DENIAL: No I'm not!

ANGER: I'm getting' pissed off here!!! Let's get on with it!

CONTROL ISSUES: Anger's right, we need to move on because we have a full agenda today. For the record, though, Denial is here.

DENIAL: *(under her breath)* No I'm not.

CONTROL ISSUES: Whatever. The first order of business is going over last week's minutes. Did everyone get a copy?

DEPRESSION: I didn't get a copy. I never get what everyone else has! Everybody always ignores me. I'm nobody. Ms. Invisible. I hate me, I hate me, *(shouts)* I HATE ME.

CONTROL ISSUES: Depression, calm down! *(gives Depression a copy of the minutes)* Here! Now does anybody else need one?

DENIAL: I don't have one.

CONTROL ISSUES: I'm not gonna play this game with you, Denial. You're holding the minutes in your hand.

DENIAL: No I'm not.

ANGER: *(lunges at Denial—Control Issues restrains her)* I'M GONNA RIP HER FREAKIN' HEAD OFF!

FEAR: I was afraid this would happen!

CONTROL ISSUES: Everybody just chill! We need to get through this meeting! Now, are there any corrections to the minutes? (*Lust raises her hand*) Yes, Lust, do you have a correction?

LUST: (*writhing sexily in her chair*) Well, actually, baby I don't but I just wanted to let you know that reading these minutes makes me hot!

CONTROL ISSUES: Thanks for sharing that Lust. So, there are no corrections?

DEPRESSION: I have one.

CONTROL ISSUES: What is it, Depression?

DEPRESSION: Right here, at the top where it says "the meeting was held in Sub Conscious Conference Room B" it should read it was held in Sub Conscious Conference Room C like we always do.

CONTROL ISSUES: Actually it's correct because remember last month we had to let the Confusion subcommittee use that room for a special meeting.

DEPRESSION: That's right! I forgot! How could I be so stupid! I don't deserve to live!

CONTROL ISSUES: Okay, since no one has any corrections, we'll accept the minutes as submitted. I will call your attention to row 16, item 4 however. As you all know, this is the bottom line for us. We have not been doing so well lately.

ANGER: Why don't you stop trying to sugar-coat it, Control Issues? We have let her grow stronger and stronger. If we keep it up R---

CONTROL ISSUES: (*cutting her off*) DON'T YOU DARE SPEAK HER NAME! Anger, you know better than that! In here we call our sworn enemy, "You-Know-Who" or "She-Who-Must-Never-Be-Named !"

ANGER: All right, all right! Don't get your panties in a bunch! Whatever we call her; "You-Know-Who" is growing bigger everyday! At this rate, we'll all be out of a job soon!

INSECURITY: It's all my fault, isn't it? I haven't pulled my weight. I'm sorry. I'm so sorry.

CONTROL ISSUES: It's everyone's fault, Insecurity. We need to maximize our efforts. Susan has gone beyond just sitting in the back of the room at meetings and is starting to get involved in OA. The days of us just relying on Denial is over.

DENIAL: You never relied on me.

CONTROL ISSUES: Ya know, it's probably better if I just ignore everything you say. Anyway, we need to mobilize our forces or Susan will soon be completely taken over by "You-Know-Who".  
*(suddenly there are three loud knocks)*

ANGER: Who the heck is that?

FEAR: Omigod! It's "She-Who-Must-Never-Be-Named!" I'm scared to death!

DEPRESSION: *(loudly)* we're all doomed! Doomed I say... Doomed.

CONTROL ISSUES: It's not our enemy, calm down. It's the boss. She wanted to say a few words to us.

INSECURITY: *(standing up and straightening up her clothes)* I...I...didn't know the boss was coming! I look terrible! *(sit down again slowly as Anger speaks)*

ANGER: Why weren't we told about this? I hate surprises!

CONTROL ISSUES: Oh, you hate everything, Anger. Now everyone just take a deep breath and relax. The boss is here to rally us, not fire us. I'm gonna invite him in. *(walks over to edge of stage and motions for Ms. Compulsive Overeater to come on in.)* Hi Boss! *(Ms. Compulsive Overeater enters)*

MS. COMPULSIVE OVEREATER: Hi Control Issues *(shakes her hand)*. Good morning everyone!

ALL: Good morning, Ms. Compulsive Overeater!

MS. COMPULSIVE OVEREATER: I have been CEO of The Committee Inside Susan's Head for a long time now and I have to be honest, we are in dire straits now. Since Susan quit bingeing and compulsive overeating seven months ago we have been able to keep her on the outskirts of the fellowship. Sitting in the back of the room, leaving early without talking to anybody, and basically staying barely abstinent. The handsome bonuses that Denial earned during that period were well deserved.

DENIAL: What bonuses? I didn't get any bonuses?

CONTROL ISSUES: Knock it off Denial!

MS. COMPULSIVE OVEREATER: Anyway, the days of this committee just coasting along are over. "You-Know-Who" has made significant inroads into Susan's head in the past month and this must be stopped. I met with Control Issues two days ago and she presented me with a two part plan to do just that. If we work together, we can defeat this vile enemy and once again take over our rightful places of prominence in Susan's head. Thank you for your support.

ALL: Thank you, Ms. Compulsive Overeater!

MS. COMPULSIVE OVEREATER: Before I go let me hear you repeat my favorite Anti-OA slogan.

ALL: Make it Complicated!

MS. COMPULSIVE OVEREATER: Very good! Carry on!

*(Ms. Compulsive Overeater exits)*

LUST: Is it just me, or was Ms. Compulsive Overeater slowly undressing me with her eyes?

ALL: It's just you!

CONTROL ISSUES: Now listen up everyone and I'll explain the two part plan I came up with to fight "You-Know-Who". It's called "Operation Mind Warp".

DEPRESSION: Oh, what's the use? Susan's abstinent now and we're all gonna be collecting unemployment soon! (*shouts*) LIFE SUCKS!

FEAR: I'm afraid Depression's right. This OA program is too powerful when someone starts to show even a little bit of willingness.

ANGER: How did I ever end up on such a wimpy committee! You all make me wanna puke! I say we fight! Tell us your plan, Control Issues.

CONTROL ISSUES: Okay, here's the deal. The two pronged approach we will adopt consists of each one of using their unique talents both individually and then pooling them at appropriate times. Here's how it breaks down: I will work on Susan's ego when she is trying to work the steps with her sponsor. I'll fill her head with thoughts about how she knows better than her sponsor. Insecurity, Susan recently took on the hugger greeter commitment for the group. I need you to fill her head with thoughts that her hug is wimpy and that the group hates her for it.

INSECURITY: I...I...don't know if I can do that.

CONTROL ISSUES: You can and you will. Fear, since Susan is still unemployed, your job will be to fill her with a nagging dread that she will never find a job. Depression, you can help with that two and also keep in the forefront of her mind her weight, how her clothes is fitting and how she looks in the mirror. As a bonus you might want to compel her to get on the scale several times every day.

FEAR: I'll try, but I'm afraid it won't work!

DEPRESSION: It won't work! This is all futile! Life is futile! Everything is such a waste of time! Oh kill me now and get it over!

ANGER: I'll be glad to!

CONTROL ISSUES: You guys will be just fine, Fear and Depression. I have every confidence in you. Next up is you, Lust. Susan has a thing for the

Monday night secretary. Fill her thoughts with the most x-rated, perverse, pornographic thoughts about him as you can.

LUST: You mean like the ones I'm having about you right now?

CONTROL ISSUES: Uh...yeah, whatever. Now, Denial you will permeate the whole operation and keep that little thought alive that maybe, just maybe Susan is not a Compulsive Overeater. I need you to go down to Memory Room 14 and dig up those times when she had a great time eating like at her brother's wedding last year.

DENIAL: Nice plan, boss man, but wasn't it that the wedding Susan embarrassed herself by dropping her 5th slice of cake down her dress popping the clasp in the back, with the left boob popping out and then falling face forward into that beautiful fruit sculpture of President Obama. How is that a memory of a great time eating?

LUST: Ummm yeah that was fun!!!!

CONTROL ISSUES: Way ahead of you. I've already talked to Deceit in the Selective Memory Department and she said they are working on editing that part out. So, that's part one of Operation Mind Warp: the individual efforts; now comes part two where we pool our talents.

INSECURITY: Hey, no way! I...I can't get in a pool with you people. I need to lose at least fifteen more pounds before I can look good in my bikini.

LUST: Who needs a bikini? I'll swim in my birthday suit!

FEAR: I'm afraid Anger would pee in the pool!

ANGER: You bet your scared little butt I would!

CONTROL ISSUES: Knock it off! Not that kind of pool! Sheesh! I meant we will unite our efforts at the most crucial time: when Susan is in an OA meeting and trying to listen. Everybody knows their lines don't they?

ANGER: We just went over this last week, do you think we're stupid?

CONTROL ISSUES: Nonetheless I want to hear everyone say their lines after I call your name. Anger!

ANGER: I'm pissed off!

CONTROL ISSUES: Depression!

DEPRESSION: I can't do this! I can't do anything!

CONTROL ISSUES: Fear!

FEAR: I'm so afraid!

CONTROL ISSUES: Lust!

LUST: *(Excited)* Sex, sex, sex!

CONTROL ISSUES: Insecurity!

INSECURITY: I can't do it!

CONTROL ISSUES: Yes you can

INSECURITY: No that's my line: I can't do it

CONTROL ISSUES: Oh, Sorry,... Denial!

DENIAL: Not me!

CONTROL ISSUES: Great job, everybody. And mine, of course is "I'm hungry, I can eat when I want to!"

*(Control Issues pauses and look around at the committee)*

CONTROL ISSUES: Ok, here is my plan the next time Susan sits down to relax we'll wait till she's not paying attention any more. Then we'll zap her the mind warp. So, let's practice. Ready? One, two, three!

*(They all say their respective lines at the same time over and over with different vocal stresses and tones)*

CONTROL ISSUES: Excellent! I think we're ready to do battle! "You-Know-Who" is in serious trouble now! OK Susan is sitting down. I think now's our chance, let's do it.

*(Once again, they all say their respective lines at the same time over and over with different vocal stresses and tones)*

*(After a moment Susan screws up her face like she's in pain, then she stands up. The Committee gets quiet)*

*(Suddenly there are three loud knocks)*

CONTROL ISSUES: That must be Ms. Compulsive Overeater with some more words of encouragement. *(she goes to the edge of the stage to see who it is)* It...it...can't be!

*(Recovery enters the stage, and whispers something into Susan's ear)*

SUSAN: Enough,... I'm calling my sponsor. *(Goes over to the phone and dials and then acts quietly like she is talking)*

ANGER: It's "She-Who-Must-Never-Be-Named"! I'm furious!

CONTROL ISSUES: Quickly everyone! Say your lines!

*(They start saying their lines frantically)*

RECOVERY: QUIET! *(They all stop)* You can stop your silly babbling. The committee has been disbanded.

CONTROL ISSUES: We don't work for you! We work for Ms. Compulsive Overeater!

RECOVERY: Not anymore. You see, while you were all in here working on, whatever it was you were working on, Susan was busy working her program.

FEAR: Oh no!

RECOVERY: Oh yes. And so now I am running the place. You're all fired! And you can stop calling me "She-Who-Must-Never-Be-Named" or "You-Know-Who" and use my name.

CONTROL ISSUES: You mean...

RECOVERY: That's right, Control Issues. Say my name!

CONTROL ISSUES: No!

RECOVERY: Say it!

CONTROL ISSUES: All right I'll say it! But I vow we will be back to fight you someday!

RECOVERY: And I'll be ready. Now say my name.

CONTROL ISSUES: *(Loudly)* Recovery!

ALL: No! *(they all flee holding their ears at the sound of her name except for Lust)*

LUST: You know, for a sworn enemy you're kinda sexy!

RECOVERY: *(pointing off stage)* Get out of here!

LUST: Why?

RECOVERY: Because the skit is over!

*(Denial runs back in)*

DENIAL: No it's not.

RECOVERY: Yes it is!

DENIAL: No it's not!

RECOVERY: Yes it is...

THE END: TAKE A BOW