

“RESOLUTIONS ANONYMOUS”

By
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Synopsis:

Several people have come to the special New Year's Eve Resolutions Anonymous meeting for counseling and to discuss their failed (and perhaps outrageous) resolutions from last year. The Therapist shares some important principles to help them overcome their anxieties and make better resolutions for the coming year.

Theme:

New Year's Eve

Lesson:

Many people make plans (resolutions) to start or stop doing something at the beginning of each new year. Unfortunately, most people fail to achieve their goal. Our goals should be realistic, measurable, and within our ability to complete.

Genre:

Comedy

Cast:

Therapist - Adult female
Ms. Geraldine - Senior female
Sonny - Adult male
Lisa - Young Adult female
Winston - Suit or sports coat

Costume:

Therapist - normal attire
Ms. Geraldine - normal attire
Sonny - Football jersey
Lisa - Very fashionable (hair, clothes, jewelry)
Winston - Suit or sports coat

Time:

10-12 minutes

RESOLUTIONS ANONYMOUS

INT. MEETING ROOM

STAGE SETUP

FOUR CHAIRS ARE ARRANGED IN A SLIGHT SEMI-CIRCLE CENTER STAGE. THE THERAPIST IS SEATED IN THE CENTER (3RD) CHAIR. THERE IS A FIFTH CHAIR POSITIONED AWAY FROM THE OTHER FOUR.

THERAPIST

Welcome everyone. I want to thank all of you for coming. I see a few new faces tonight. This is our tenth New Year's Eve Resolutions Anonymous Session. I know for many of you, last year was a challenging year. You made resolutions that you were unable to keep and you feel a sense of anxiety over your failure to do so. I just want you to know that here at Resolutions Anonymous we don't judge. You can freely express your feelings. Who would like to start?

MS. GERADINE

I'll start.

THERAPIST

Great, please introduce yourself.

MS. GERADINE

(Slowly stands with assistance of a cane) My name is Geradine Brown and I'm 92 years old. *(Emotional pause)* Late last year my 9th husband died.

THERAPIST

Oh I'm so sorry.

MS. GERADINE

It's hard to make it on my own at my age. After he died I was hoping I could find someone to help me.

MS. GERADINE RETURNS TO HER SEAT

THERAPIST

(With empathy) I'm so sorry to hear you haven't received the help you need. I have a lot of available resources. What type of help were you looking for?

MS. GERADINE

(Perks up) Another husband!

THERAPIST

(Shocked) You mean, getting married again was your New Year's resolution last year?

MS. GERADINE

Sure was. Now I know that was unrealistic. So I decided not to look for a husband next year.

THERAPIST

Good for you. (To everyone) It's really important to set realistic goals.

MS. GERADINE

I'll just settle for a young boyfriend. (Pulls out a cell phone) I even bought a mini" phone so I can Book-Face him. You got a name?

THERAPIST

I'm afraid not.

MS. GERADINE

Well that's alright. I'll check out
some dating sites in the Out-ternet.

MS. GERADINE BEGINS KEYING HER CELL PHONE

THERAPIST

Okaaaay. Who would like to go next?

SONNY

SONNY STANDS

I'll go. Hello everyone. My name is
Sonny Williams and I'm, I'm an addict.

THERAPIST

Oh excuse me Sonny, but the Addiction
Anonymous meeting is down the hall.

SONNY

Oh no, not that kind of addict. I'm a
football addict. I made a New Year's
Resolution to watch less football so I
can spend more time with my wife and
kids; but I failed again this year.

THERAPIST

What happened?

SONNY

(Emotional) I tried to cut back, I'm
just too weak. I brought the NFL Sunday
Ticket package on Direct TV and now I
watch more football than ever.

SONNY SITS DOWN.

THERAPIST

You certainly don't want a football game
to impact your relationship with your
family. How many kids do you have?

SONNY

Five, but I think my wife had another
baby during Thursday night football, but
I don't remember. But I do remember the
score of every game for the past 2
weeks.

- End of Preview -

Although the resolutions and life situations in this sketch are a
bit outrageous, the lesson presented at the end of the sketch
will help everyone establish and achieve their goals in the
future
