

*Coping Mechanism*

Written by Trent Carruth

Performed by Mallory McKinney

*Girl is at a party drinking an alcoholic beverage out of a cup. She progressively gets more drunk as the monologue goes on.*

Girl at Party: Hey. This party sucks, right? The people here are just so superficial and shallow. The food sucks. The music's too loud. By the way, whoever has control of Spotify right now has no taste. (beat, she reacts as if she were asked "Then why are you here?") Me? I only came here for the drinks. There's no better place for underage drinking, am I right? Plus, it helps me tolerate the people here. (takes a drink) Y'know, why don't they lower the drinking age? I mean, everyone our age is already doing it. Why not just lower it? And before you say anything, no I'm not an alcoholic. People love to ask me that for some reason. Am I not allowed to talk about drinking? It's drinking! Like I said before, everyone does it! (beat, then takes a drink) It just... it makes me feel a little better is all. I mean with all the shit going on in the world right now, who doesn't need a little cooldown? Don't lie. I'm sure you've done it at some point. The stress gets to you. Your head starts pounding from anxiety. It – (she begins breathing deeply out of anxiety, then takes another drink to calm her down) Sorry. I don't know what happened there. Anyway, what was I talking about? Oh, yeah... this world, it's too crazy. Every time you turn on the news or the radio or go on the internet it seems like another huge tragedy has happened. And every time that happens, I think, "What was I doing when people were getting blown up halfway across

the world? Was I making lunch?" (beat, takes a drink) It's just – it's just too... too weird to think about. I find it best not to think about it at all. (holds up drink) This is a good distraction. (beat) I just... I just want the world to be better. I want people to be better. We grow up expecting this world we're growing up in to be some perfect place, but it isn't. It never has been and it never will be. I used to hope that it could be, but I realized that hoping was stupid. The best you could do is just accept the reality and cope in whatever way you can. (takes a drink) That's why everyone does it. You may like to think that everyone around you has it all together and you're the only one who's screwed up, but that's not true. We're all in the same boat. We're thrust into this messed up place, expecting it to be perfect, and then reality hits. And then you spend the rest of your life figuring out what to do until you're dead. (holds up drink) This is what I've figured out what to do. What have you figured out? (beat) See, you can't answer the question. (drunk laugh) Looks like I have it more together than you. (drunkenly walks away)