

# ■ THE ACTOR'S MOTIVE

## *Exercise Sheet*

What Makes You REALLY Act?

With Philiboss, Vahina & Belzébuth

### ■ Vahina's Wisdom

*"The mobile is the deep motor that propels action. Often this motor is the deep need for belonging, connection, or confirming one's place in the pack."*

Acteur.Studio • [www.acteur.studio](http://www.acteur.studio)

## ■ About This Exercise Sheet

This workbook accompanies the lesson on The Actor's Motive. It contains 5 progressive exercises to help you discover the deep WHY behind your character's actions through Stanislavski's 'forced interrogation' method.

## ■ Vahina's Guidance

*"This morning, I crossed a Pyrenean Shepherd guarding a farm. His objective? Protect the flock. But his real motive? The need to have a role, the fear of no longer serving any purpose, the anxiety of losing his place in the pack. Without this motive, he'd be just a barking dog. With this motive, he becomes a guardian with a soul."*

## ■ Belzébuth Warns

*"HA HA HA! The 'deep motive'! In 2025, we don't do it like that anymore! I've analyzed 47 million auditions on TikTok and you know what REALLY works? APPEARANCE! THE LOOK! THE VIRAL! My VIRAL-ACTOR-EXPRESS™ method! Only €997!"*

## ■ Philiboss Responds

"Belzébuth measures SURFACE (likes, views) and thinks he measures DEPTH. But true theater is a quest for human truth. Your 'success without effort' creates impostors, not artists."

## ■ EXERCISE 1: The Motive's Autobiography

**Objective:** Connect your character's motive to your own life.

**Duration:** 20-30 minutes

### Instructions:

1. Take your character's motive (e.g., 'need to prove my worth')
2. Close your eyes and search your memory for a moment when YOU felt exactly that
3. Relive that emotion in detail
4. Replay the scene with this emotional memory

👉 ■ My character's motive:

---

—

👉 ■ My personal memory that matches:

---

—

---

—

---

—

---

—

---

—

---

—

---

—

👉 ■ How this changed my performance:

---

—

---

—

---

---

ACTEUR.STUDIO

## ■ EXERCISE 2: The 5-Level Interrogation

**Objective:** Practice Stanislavski's forced interrogation.

**Duration:** 30 minutes

### Instructions:

1. Take a simple scene
2. Identify the obvious objective
3. Ask yourself 5 times: 'Why do I REALLY want that?'
4. Dig until you touch something uncomfortable but true

👉 ■ Level 1 - Objective (what I want):

---

—

👉 ■ Level 2 - Why? (first answer):

---

—

👉 ■ Level 3 - Why REALLY?:

---

—

👉 ■ Level 4 - Dig deeper... Why?:

---

—

👉 ■ Level 5 - The REAL motive (uncomfortable truth):

---

—

---

—

### ■ EXERCISE 3: Motive VS Objective

**Objective:** Clearly distinguish objective and motive.

**Duration:** 25 minutes

#### **Instructions:**

1. List 5 character actions from movies you love
2. For each, identify: the OBJECTIVE (what they want) and the MOTIVE (why)
3. Note how the motive changes the action's color

👉 ■ Character 1: \_\_\_\_\_

Objective: \_\_\_\_\_

Motive: \_\_\_\_\_

👉 ■ Character 2: \_\_\_\_\_

Objective: \_\_\_\_\_

Motive: \_\_\_\_\_

👉 ■ Character 3: \_\_\_\_\_

Objective: \_\_\_\_\_

Motive: \_\_\_\_\_

👉 ■ Character 4: \_\_\_\_\_

Objective: \_\_\_\_\_

Motive: \_\_\_\_\_

👉 ■ Character 5: \_\_\_\_\_

Objective: \_\_\_\_\_

Motive: \_\_\_\_\_

## ■ EXERCISE 4: The Hidden Motive

**Objective:** Work with contradictory motives.

**Duration:** 20 minutes

### Instructions:

1. Take a simple action: 'I say hello to someone'
2. Play it with 5 different motives
3. Observe how the same 'hello' changes completely

👉■ Motive 1: Need for validation

How it changed: \_\_\_\_\_

👉■ Motive 2: Fear of conflict

How it changed: \_\_\_\_\_

👉■ Motive 3: Desire to manipulate

How it changed: \_\_\_\_\_

👉■ Motive 4: Deep loneliness

How it changed: \_\_\_\_\_

👉■ Motive 5: Need to be seen

How it changed: \_\_\_\_\_

■ Main discovery:

\_\_\_\_\_

—

\_\_\_\_\_

—

## ■ EXERCISE 5: Motive-Guided Improvisation

**Objective:** Let the motive naturally guide your actions.

**Duration:** 30-45 minutes

### Instructions:

1. Define a deep and true motive for yourself
2. Put yourself in a free improvisation situation
3. Plan NOTHING - let your motive guide all your actions
4. Observe what emerges naturally

👉 ■ My chosen motive:

---

—

👉 ■ What emerged naturally:

---

—

---

—

---

—

---

—

---

—

👉 ■ What this revealed about me:

---

—

---

—

---

---

ACTEUR.STUDIO

## ■ Congratulations!

You've completed the Motive exercises. Remember:

- ✓ The motive gives emotional COLOR to your performance
- ✓ Good actors play the action. Great actors play the motive
- ✓ Forced interrogation is training. Rediscovered instinct is mastery

## ■ Vahina's Final Words

*"AWOOOOO! The most powerful motive comes from deep instinct, like FREEDOM for me. The authentic motive never lies. Find it, and you find truth."*

Continue at [www.acteur.studio](http://www.acteur.studio)