

Stanislavski's Method

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1. Origin

- Developed by Konstantin Stanislavski, a Russian theatre practitioner, as a systematic approach to achieving psychological realism on stage.

2. The "Magic If"

- Actors ask "what would I do if I were in this character's circumstances?" to generate authentic, personal responses rather than generic acting.

3. Given Circumstances

- The specific facts of the character's world (time, place, relationships, events) that shape how they behave in a scene.

4. Objectives and Actions

- Every character wants something in a scene (an objective) and takes specific actions to try to get it - identifying these drives truthful performance.

5. Emotional Memory

- Actors draw on their own past emotional experiences to authentically access feelings required by the character.

6. Legacy

- Stanislavski's system is the foundation for most modern Western acting training, including Method Acting developed later in the US.