

Meisner Technique

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1. Origin

- Developed by Sanford Meisner, building on Stanislavski's ideas but emphasizing spontaneous, truthful reaction over internal emotional recall.

2. Core Principle

- "Acting is living truthfully under imaginary circumstances" - the focus is on genuinely responding to your scene partner, moment to moment.

3. Repetition Exercise

- A foundational training exercise where actors repeat simple observations back and forth, training them to listen and react honestly rather than plan responses.

4. Living in the Moment

- Rather than pre-planning emotional beats, the actor stays present and lets behavior arise naturally from what the scene partner actually does.

5. Contrast with Method Acting

- Meisner focuses outward (on the other actor) rather than inward (on personal emotional memory), often producing more spontaneous, less "performed" results.

6. Application

- Widely used in film and TV acting training because it produces naturalistic, camera-friendly performances.