

START

BRANDON

Make sure your elbows are down and your shoulders are relaxed.

MARIA

Perfect. Relaxing is my specialty.

Maria comes out of position, drops the bat.

MARIA (CONT'D)

Seriously, though, what do I do if I start having a panic attack during the game again?

BRANDON

You've gotta breathe. In through the nose out through the mouth.

MARIA

I do that.

BRANDON

You want some weird-sounding advice that works for me? You gotta learn to live with it, not run from it.

MARIA

Ah, the ocean plunge.

BRANDON

Not exactly. Look, the physical stuff is going to happen. It's what you do when it does. You gotta tell yourself, "This is anxiety. I'm not dying. I've been here before." And eventually the symptoms won't scare you as much. It helps. I swear. My therapist taught me that.

MARIA

I like that you're man enough to talk about therapy.

BRANDON

It's nothing to be ashamed of. Now get back into your batting stance. I'm not done.

END

MARIA

Fine. But tomorrow I want to try some pitching.