

Shut Up, I'm on a Diet!

A super feminine friendly-ish full length  
play

By Catherine Weingarten

CHARACTERS (2F, 2M) -

Tess-16, female, obsessed with dieting, kinda mean, shut off,  
likes hooking up in closets (ugh she's cool!)

Tess's Dad-40, male, superrrrr manly, has got himself into some  
trouble, wishes him and Tess could hang 24/7.

Digby-24, male, intern at eating disorder center, dorky, kinda  
charming but maybe makes you wanna die, psychology PHD student.

Pixie-16, female, eager to please, she likes soup and hanging  
with her mother's divorced friends who hug her a lot.

SETTING

Little Mermaids in Distress Eating disorder center in rural PA

TIME

Present Time, but a little hotter than that.

Note:

()=When a line is in parentheses it means it is quieter, hushed,  
smaller than a normal line

Emoticons= inject the line with the spirit of the emoticon or just  
inject it at the end of the line

\*Note: the misspellings in the sentences are done to inform the actors  
the way the characters talk/think.

**1. This Car Ride is really long (I'm not feelin it)**

(TESS's DAD is driving, TESS is in passenger's seat. She's not feeling it.)

DAD

Hey, you don't think I'm getting like a beer gut  
Or whatever, right?  
Like I feel like my stomach is pudging out  
Like over the seatbelt, like  
That never  
Happens in like car commercials,  
Like all the men look like James Bond,  
Like is that weird?

TESS

Well like  
what have you been eating  
lately?

DAD

Just the usual, salad with pepper bacon,  
Diet vanilla soda and then diet water.

TESS

bacon has a lot of calcs.

DAD

Really?

TESS

ya. It does.  
Salads are like deceptiveeee  
Cause like you think they're like perfect  
Cause they're like fucking salads or whatever  
But they have like flawsss and stuff  
Cause like they be fattening like  
I try to be careful with salads.

DAD

I never knew that.  
Should we be  
Talking about this? (I feel bad you're just knowledgeable)  
Like is this bad for you?

TESS

It's Not bad for me.  
I'm just bein a kind daughter

DAD

Yeah, you're right sweetie,  
This is pretty fun to talk about,  
And we're not even there yet so...  
This GPS sucks,  
I think when I was away,  
they came up with an Updated version...  
We could be like 15 minutes away.. or like 5 hours  
from the location,  
That doesn't sound too bad, right Tessie, wish I could scrub me in  
some Tessie shampoo, mm that would feel good!

TESS

Hey, I thought of a helpful thing for me too do,  
How bout I drive?

DAD

You wishhh,  
Driving is for adults Tess,  
Driving is for the mature.  
Just sit there ma little honey and think about dancing  
Purple ponies..  
And whatever girls think about.

TESS

Ya suck.

DAD

That's mean Tess.  
So really no bacon, huh?

TESS

Don't eat bacon.  
Bacon seems man friendly and FUN  
But it's like not  
Like there are so many calories  
Like it can FUCK. You. UPPPP

DAD

Honey, do we really need to use that language?  
Ladies shouldn't talk like that,  
If you talk like that,  
No one will ever want to talk to you  
Again ever  
Like in your wholeee life.

TESS

Whatevsssss

It's not like Victorian England, it's likeee  
 The twenty first century like wake up DAD  
 And like get a calendarrrrr,  
 I have one with the Jonas bros on it.

DAD

Ok then honey,  
 You keep thinkin that.  
 so no bacon?

TESS

ya, NEVER, no bacon ever!  
 If ya really want it like  
 You should try fakeon

DAD

What's fakeon?

TESS

I dunno like just like a bacon substitute  
 Just like rando ingredients that kinda taste like  
 Bacon if you think about it hard,  
 Like being vegan really has expanded  
 Ma understanding of how foods  
 Function and can like pretend to be other foods  
 If they relly want.

DAD

Sounds weird.

TESS

You could totes get there.  
 Like all you have to do is like try harder...

(depressing pause.)

This car ride suksssss...:/...

DAD

Just look out the window ma tasty Tater Tot. Look,  
 there's a nice tree  
 with bushy leaves,  
 oo wait are there coconuts in it?

TESS

That sounds odd.  
 We're like not in the tropics so...

DAD

You coulda fooled me ;) (nudgeee) ;)  
 Everything's gunna be ok, you know.  
 You know when you were little I used to put you

On my lap and comfort ya,  
 And you would look at me with these big, big eyes,  
 Like you knew I had the key to the world,  
 Like so capable.  
 Now listen tussy  
 Everything's gunna be so good  
 And you're gunna come back and be so healthy  
 And in just three weeks,  
 I'm gunna be allowed to leave the state  
 And I had this idea Tess, that I was thinking about  
 When I was gone, we should  
 take like a father daughter road trip:  
 Fly kites like by the seashore like PURPLE kites  
 And go to at least 10 states,  
 Like only the pretty ones,  
 And it'll just be like so great, you know, and we'll just be so  
 Happy...  
 Would you like that tussy?

TESS

That sounds weird.

DAD

Spending quality time with the man  
 Who birthed you and thinks about you all the time  
 And Raised you sounds weird?  
 You know you used to look so happy  
 When you were little and I would throw you into the air,  
 Do airplane or have you sit on ma lap  
 While we watched experimental cartoons  
 Your mom thought would be good for your  
 Development.

TESS

Ugh I don't wanna sit on your lap anymore,  
 I was into that like 20 years ago.

DAD

Tess you're not even 20 years old so that doesn't make sense.

TESS

It's just like  
 I want to like be free and stuff and do "adulty things"  
 Like sipping wine from a wine flowing fountain  
 slowly  
 Or like doing my taxes.  
 I don't wanna go on some cutesy daddy daughter roadtrip  
 For like 90 years.  
 Like I'm a legit adult ok dadd,  
 Or at least I have adult potential  
 Like I can make my own choicesss.  
 Stop making me feel like

I'm 3 years old.

DAD

Tess you're 16 years old,  
 You're too young to drink or do your taxes.  
 Just think about the road trip ok,  
 Maybe we could even get our pics taken in a photo booth  
 And then get a shirt designer to make the pics into a shirt!!  
 Come on Tessieeee,  
 I've only been home two months  
 And you're already leaving me,  
 Give me something to look forward to ok.

TESS

That sounds supa lame.  
 No one hangs with their parents that much over break,  
 Unless they're on some cool reality show and have to cause of  
 Contract.  
 If I sit on any mans laps  
 It'll be a man at da strip club  
 During my night shiftttt.

DAD

wait, uhhh what?  
 Did you become a stripper when I was gone?  
 Cause you better not have.

TESS

No, that was just a provocative example  
 Mm dadd  
 Can we stop at "Salads are fun", I didn't know  
 they would have one on this turnpike,  
 (that's surprising to me), can we stop there?  
 I just...  
 I really want to stop there.  
 Like at school my friend Jennette and I skip  
 School lunch  
 Cause it sucks life  
 and go there like a lot.

DAD

I'm sorry Tess  
 But you wish...;)  
 We're not stopping there!  
 We're late already,  
 But on our road trip we can stop  
 At any salad place you want.

TESS

Oh...whatevs...(you suck) (I hate you) (Who says that) (FML)

DAD

Sorry, did you say something?

TESS

No...

Course not...

Except I haven't eat anything all day

And I'm starting to feel kinda faint,

I need a goodlooking salad.

DAD

Everything is going to be ok, Tess.

Everything is going to be great, actually!

Cause life

is a series of journeys...

(and stuff..)

and like we need to overcome things

to move past them

and sometimes life throws you things

like right in your face...like really hard things

like big, good looking rocks like in YO FACE

and they could maybe hurt, and you could maybe

go to the hospital

but you know it'll be ok

it'll be all ok

cause you deal with the rocks

and make sure they don't hit you

in the face,

but maybe just like your hand or like

your boob

or like a part you don't care about as much, and you just

deal with stuff and get better, like me!

look at me, I'm great!

TESS

But like your life sucks

Cause you got taken away for two years and punished

Like you ruined everything

Like everyone hates you

Do you really feel like you're a happy ending

To a story(cause I think notttt?)

If you were, no one would read it..

Like none of your friends even want to hang anymore,

That's why you want to go on a roadtrip with me.

DAD

Hey now Tess, there's been some good stuff you know...

TESS

Uh huh

DAD

Everything like

Ebbs and flows, I know it'll all work out.  
 You can't keep doing this to yourself,  
 It's not good Tess and it's all in your head  
 You'll go to this center we found  
 On the back of a magazine in the market,  
 And everything will be great.  
 You just gotta just grow up a little  
 And get it together, so everything  
 Can get back  
 To normal.

TESS

Uh huh  
 You're smart.  
 I'll go on the roatrip with you okkk  
 Just stoppp talkingg...

DAD

SCORE!!!!  
 Aww wait you look sad Tess, like is your face literally blue?  
 You know what I like to thank about when I feel a littttl' blue??

TESS

Ugh I dunno,  
 Tacos?

DAD

No honey bopeep,  
 I think about when I got married to your mother, I had that tie  
 With big Hawaiian  
 Flowers dancing the jig  
 That was festive!  
 You remember that tie right, now that was FUN!

TESS

No cause I wasn't born...

DAD

You're being very literal honey.  
 Your mother wore this long white dress,  
 With a big fat pink bow right in the middle of it  
 And her hair was in this big updo  
 And she looked almost perfect,  
 Well if she lost 20 pounds or so,  
 Ya she looked really fat,  
 (Blahhh), but she looks better now Tessy right?  
 But it was pretty great,  
 Pretty great day.  
 You seen the photo album, right honey magic baby?

TESS

ya, duh,



Pennsylvania's boring,  
Not much else to do.

DAD

Ha well I can see that.  
You know, if we go on the roadtrip,  
We can visit the beach where we got married,  
It was right on the Jersey Shore  
And the sky was so blue  
It liked hurt your eyes.

TESS

That photo album kinda sucks though  
Cause like you had a fro.

DAD

Fros!  
Are all da rage gurl, I rocked them all through the 80s  
You shoulda seen the broads I got with that hair.  
Don't hate.

TESS

Well maybe I should hate cause like  
I'm in like school  
I'm supposed to be critical of all things around me  
And correct them so they're more  
Accurate for others aka improve da worldddd.

DAD

I don't think that's really  
the point of school.

TESS

Ugh I hate lookin out the window cause  
The birds around here are really uglyyyy.  
You sure we can't stop at the salad place??  
cause today is WEDNESDAY  
The salad of the day is BBQ flavoreddd and it's half  
off(ughh, deals rock)

DAD

Come on honey boo bear,  
sure they'll feed you once you get there.

TESS

Yaaaa  
I'm sure that's all they'll do(fuck)  
Try to make me fucking fat  
Make me burst out of my pink sparkly Juicy shorts  
Make my butt so big it could be a fricking raft  
Of loseriness.

DAD

It's not even going to be that long,  
that's what they said.

TESS

Ya like my fricking modeling career.

DAD

You're not a model Tsss-

TESS

Uhh excuse me-  
I submitted my photo once to a guy on the internet  
Who said he was looking for models  
For a photoshoot in his basement that might  
Also feature a live snake  
So that must mean something  
Like Britney Spears hung out with a snake  
In her early career-

DAD

You shouldn't do that honey poo marshmallow, that sounds  
Dangerous  
Men on the  
Interweb  
can be dangerous.

TESS

Your mom is dangerous.

DAD

Goddd.

TESS

Sorry...

DAD

Now we know Grandma Janeen Rosenbaum has been dead 5 years now  
And she was the best grandmom of them all  
And she loved you and knitted you the prettiest  
Orange and green sweaters,  
She was Way better than your mother's mother who has never  
said a nice thing in her whole life  
And that's not a very nice thing to say Tess, fuck, (sorry,  
Didn't meant to curse)

TESS

It's just like once I GET THERE  
My modeling career is gunna be gone  
and I'm just gunna get fatttt and therefore  
be on some reality show  
about being FAT

targeted at women and it's gunna be fucking awful and empowering  
and I'll probably win the reality show or some shit  
and then they'll put me on inspiring Jesus Calendars they sell  
at like Walmart.

Like do you understand what that could feeeeel like???

DAD

Hmmm that sounds like  
A lot of things coming from one good decision  
You made. Tess when I got that call  
From Chili's that my little sassy daughter  
Was passed out in their bathroom  
I didn't even know what to do.

TESS

It wasn't that big of a deal, ughhhssss (you can suck it)  
You fricking embarrassed me by coming to Chilis  
And taking me to the hospital,  
I was on a fricking date Daddd.

DAD

Ya, sure it was such a fun date that you passed out in the bathroom,  
Sounds very interactive. Very romantic.  
NOT!

TESS

Well I was going on a date with the hottest  
Spanish foreign exchange student our schools ever gotten!  
Massimo doesn't just go on dates with random  
Chicks who are fatt-ish/fugly friendly,  
He goes out with American hotties! Ugh sorry for having goals dad!

DAD

Goals are like doing your homework,  
Visiting your grandpa Jenkin in the retirement home  
And not sleeping while he talks to you.  
A goal is not "starving yourself to go on a date with  
Some sketchy foreign dude."

TESS

But I love him dad!

DAD

You don't love him Tess-

TESS

I don't...He's just hot.  
If I jump out of the  
Car  
It wouldn'tttt like be a big deal right...like we wouldn't  
Have to tell people about it??

DAD

That would be an incredibly dangerous thing  
To do.

TESS

and...

DAD

You like this car, it's new you know.  
No one wants to ruin a badass sports car  
By mixing it with a sketchy suicide attempt.  
You're gonna get  
Better, Tess.  
Even though you seem fine to me,  
(Besides the passing out stuff and odd taste in men?? :/)  
But none of those dumb doctors will worry about you,  
It'll all just be easier,  
It was a good decision Tess to go here,  
Sometimes you gotta just "yes" people to get what you want.  
See how much mileage this baby has, we can take this all over the  
states  
And hardly even need to get gas.

TESS

your car Looks like something someone would have in like a movie,  
Like something a cool guy who doesn't wanna  
date you  
would have.

DAD

Ya, it's a nice car.  
Now just sit tight ok Tess  
And don't think about it too much  
Cause when you think about things too much,  
That's when things get bad.

TESS

kkk that sounds smart.

DAD

Thanks baby rockstar,  
Hey honey, maybe that whole thing that happened  
In the Chilis bathroom, maybe it can teach you another  
Lesson, besides the one about not  
Starving yourself all week for a fricking date with  
A guy with a ponytail and a necklace that says  
"Hola, I'm Hot"?

TESS

What lesson is that?  
Don't put your dad in your cell  
As your emergency contact

So random Chilis people don't call him during the most  
Fricking romantic moment of your life?

DAD

Nope. You need to take a break from dating Tess.  
Clearly you can't handle it.  
Clearly you are awful at it.