

Actors' Think Tank
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Susie Abromeit

Slates - She loved all go the slates and remembered almost all of them. She said they displayed our warmth and kindness.

She slated also! She lives in LA, former pro tennis player, got a full ride to Duke and started skiing when she was 2.

Clubhouse is her new favorite addiction. It's like an audio twitter. A thousand people can be on listening at once and it can be completely interactive.

Chris Voss book "Never Split the Difference"

You have seven seconds to make a first impression

represent.us

Non partisan organization she became part of after feeling frustrated with the rigged game of politics. Legal cheating, bribing by lobbyists and and most money wins mentalities frustrated her. This organization fights corruption. They also support laws that help the environment and better political options. She has been involved for a couple of years.

She defines herself as an 'extreme' person and tries to find balance in her life.

It's important to be present.

She is learning to relax and 'be like water.'

Pay attention to your life alignment.

She has learned that sometime fulfilling your dreams (the right boyfriend, succeeding in tennis, attending Duke) does not always fulfill you the way you think it will. She first felt this when she achieved her dream of playing tennis for Duke, they were #1 in the country....but there were downsides too.

"Sometimes you get what you want, but you need to know what your values are."

Business can be cut throat so she tries to manifest good relationships and experiences.

A couple years ago she thought her acting career was over....and then she booked her two biggest movies.

At times she battled feelings of self worth and entitlement.

She is at the stage in her life where she feels grateful.

Currently she is working on producing several projects.

It's about working hard.

Opinions of others is completely arbitrary. Someone can think you are awesome and change their mind the next moment.

Some people in this business are about the art....and some are about being in with the cool crowd.

"Don't focus on yourself at the time." When in front of a CD - be present but do not focus on yourself.

She did an audition as a stripper and felt she had dropped lines, been awful and awkward. She booked that role!

Ask yourself if you are being appropriate...if you are then you should not worry about what anyone thinks about you.

Self love - stop giving away your power

She doesn't look for anyone else's approval.

What is meant for you will happen.

Her house burned down and she lost everything. During this time she had to create new opportunities. She channeled and asked what could she do?

When you lose...you learn to let go.

When doors close, that is God protecting you.

She has accepted her faults and doesn't worry about what other people think.

She has written a scene that is very personal to her. It addresses being sick of being what everyone else wants and not being true to yourself. When you give away pieces of yourself, you don't know who you are anymore.

Letting go of worrying what others think comes back to acting and relationships. Get out of your head.

You getting cast in a role has very little to do with you.

It's just business to them.

You cannot take things personally!

You don't know if a CD is tired, hungry or going through a bad situation.

Getting turned down for a role has nothing to do with you.

In one situation she got flown to Atlanta to do a call back for Tyler Perry. She felt rushed into the audition so she spoke up for herself and asked for a few minutes before getting started. She took her power and her time. Do not be afraid to speak up for yourself.

In 2009 she moved to LA and read for a part in Glee. She did not get that or any job for awhile and didn't know how she would fit in. Then she did start to work and go with the flow and use that momentum and positive energy. Things got slow and then she booked Jessica Jones.

Susie used slow times to work on herself and be a better person, friend and daughter.

We all want to be loved. We need to know our tribe, but also be ok being alone. Be aware of what you tell yourself.

Get into the habit of being kinder.

Learn the lesson but do not beat yourself up for it.

A CD approval should not be what makes you feel worthy.

Trust yourself. Take a flashlight into the darkness and trust the light will be there.

Be aware of what you say to yourself.

Susie said she is at the point where she doesn't care what other people think about her. "I want you to need me....but I don't need you to want me."

When she wasn't acting she would use the time to heal and move on.

As an actor you must be completely free...if you are holding tension, it will hinder you.