Acting Techniques Comparisons

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| Stella Adler | Lee Strasberg | K. Stanislavski | Sanford Meisner |
| Focuses on imagination, does not draw from personal experience, also focuses on script interpretation, The importance of actionFocus: Imagination | Strasberg teaches you to use emotional memory and vague intentions that result in actors who get lost in their head.  Uses affective/sense memoryFocus: emotion | Requires you to recall personal situations, Be in a creative flow and have a creative stateFocus: Creative state | Focuses on the truth in the moment, does not use affective memory, He called it the "reality of doing," but it is more accurately a heightened state of awareness, receptivity and responsiveness. Based on genuine reactionFocus: In the moment |
| Bring truth to the role and be able to reflect on your role in a more realistic way, whether through imagination, sense memory, or being in the moment |

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