One Minute Monologues

Descriptions

1. **Shadows of My Mind** – Naomi suffers from depression and anxiety and opens up to her Aunt for help and guidance. (Female)

2. **Causing A Scene** – Charlie hasn’t been hanging out as much with his cousin and in this monologue he lets his Dad know why. (Male)

3. **In Your Way** – for the longest time Teddy has been taking verbal abuse form his older brother and in this monologue he stands up for himself. (Male)

4. **Attention** – Michelle confronts her sister over the drama she always seems to generate within their family unit. (Female)

5. **Agree To Disagree** – in friendship trust matters and for this young teenager it matters a great deal. (Female)

6. **You’re A Potato Head** – Ronda has to beg, borrow and steal to get her cousin to go out with her and her friends. (Female)
7. **My Side of Things** – Clara lets her sister know that she doesn’t appreciate how stubborn she can be at times.  
   *(Female)*

8. **Heavy Cough** – Emilia simply doesn’t feel well and in this monologue she tries to get her Mother on her side.  
   *(Male/Female)*

9. **Telling Secrets** – Sarah is let down from her best friend because she told the guy she likes that she’s been crushing on him.  
   *(Female)*

10. **Chasing, Jeremy** – Kimberly experiences young puppy love.  
    *(Female)*

11. **Mind Trick** – a monologue about strange thoughts coming alive in the mind.  
    *(Male/Female)*

12. **I’m Not Dumb** – Tabitha talks to her guidance counselor about her intelligence.  
    *(Male/Female)*

13. **Hey, Blacky** – over the summer at his Grandparents home, young Sam made friend with a dog named Blacky and in this monologue he needs to make his final goodbye.  
    *(Female / Male)*

14. **Mad Mike** – Michael imagines himself being a rap legend, the only problem is his mother interrupts him to come down for dinner.  
    *(Male)*
Shadows of My Mind

In this monologue, NAOMI opens up to her Aunt about a circle of depression she encounters in her life. She wants to avoid getting depressed and in this monologue she speaks with her Aunt about what she experiences and seeks advice.

Naomi: I torture myself and I don’t know how to stop it…I try so hard to think positive and for the most part I do, I am; but, keeping myself that way is the hardest thing in the world. It creeps up on me out from the shadows of my mind. I hate to sound like some cheesy novel but it’s true. Whatever I have going on deep inside myself, I do my best to ignore and most days, everything is good but when it hits, when this sudden rush of negative energy comes by, it’s like a wave of depression.

I get so down about the direction of my life. Am I making the right decisions? Am I being who I am meant to be? I get low about the things I do and I second guess my choices after I’ve already made them and then sometimes days later I change my mind again and go back to an earlier choice I made about the same thing…

Back and forth, back and forth…like a circle of confusion. I feel like I’m going crazy when this happens, when I can’t seem to figure out a solution to my path…it’s like a disease in my brain…I get trapped inside myself and I get lost in this really lonely place; until finally I find some inner strength and I rip forward in a new light but I know that it’s only a matter of time before I go back to that, that way of being and it scares me. I don’t want to be that
way…I just want to be happy and want to know that I am living my life with purpose. I don’t want to have any regrets when I get old and look back on the life I’ve lived; cause I won’t be able to go back and that would kill me in the end.

I may need help. I don’t know if this is something that I should see a doctor about…like a therapist or —I don’t believe in medication. Never have. Maybe I’m too emotional and take myself too seriously. I don’t know, I don’t—What do you think, huh? How do I put an end to these phases that I go through?
Causing A Scene

Charlie tells his Dad why he doesn’t like hanging out with his cousin as much anymore.

CHARLIE: I know he’s my cousin, I know. You pressure me to hang out with him but you have no idea what it’s like. It’s a constant battle and embarrassment. We went to a house party a good friend of mine was throwing and he ended up getting into a fight with one of my boys. It puts me in a bad spot because he’s my cousin but it was also my good friend and nine times out of ten it’s always his fault.

I don’t want to hang out with him anymore because he’s always causing problems. Wherever we go, whatever we do, he’s always causing a scene. This is why I don’t want to chill out with him as much.
In Your Way

In this dramatic teen monologue, TEDDY tells his older brother what a creep he’s been to him throughout his life even though he’d still be loyal to him.

TEDDY: You’re my older brother and you’ve never treated me like a brother. You’ve never taken me out with your friends or talked to me about girls…never let me borrow your car or throw me some pocket money to go out with my own friends and have a good time. You always tease me and push me around and pick on me…

You’ve never been cool with me. You always want to have this authority over me like you need to be my boss cause you’re my older brother and I hate that…why can’t you ever just be my friend?

Why? Why can’t we ever be friends and hang out? Why do you hate me so much?!

If I was your older brother, I would be the coolest brother to you. I’d give you a reason to look up to me…I’d make sure you’d never resent me and I would guide you throughout life and be there to look out for you when things got tough…you don’t know anything about me and what goes on in my life. I’m just somebody who’s always in your way and I don’t want to be in your way, I want to be your brother!!
Attention

In this teen girl monologue, MICHELLE confronts her sister about how she is always the cause of drama in their family and how she wants it to stop.

MICHELLE: That’s all you want, isn’t it? That’s what you do, it’s why you always create drama in this family. Attention! You’re just never happy unless the world is talking about you. You can’t live without creating some kind of drama so everyone can be thinking about you and that makes you happy.

Why are you so sick in the head? Why? Why can’t you just be normal and not be so crazy like that? It’s freaky and weird and there are better things you could do for people to think of you. Do some good stuff once in a while and I bet you will not only get everyone thinking about you but you will also feel good about yourself for a change.

Don’t you want that? Don’t you want to feel good about yourself?
Agree To Disagree

In this teen monologue, HARPA tells her friend how she needs to be more honest within their friendship or else being friends isn’t worth their time.

HARPA: Look, you don’t have to be…you don’t have to agree with me all the time, in order for me to like you more. I see what you’re doing and I just want you to know that you don’t need to try so hard for me to like you or for anyone else to like you. Be you. I already like and care about you as a friend and that’s why I’m telling you this, okay? We’re friends and if we are going to be good friends than I’d rather know the real you and not the you that you seem to put on.

You get what I’m saying? I used to do the same thing and then I realized I care more about being true to me, than having someone like me more.

There’s more to like when we all stop trying to front and just be true to ourselves. You may not agree with me but that is my whole point. And if someone doesn’t like you for you, well, then they weren’t worth having in your life to begin with.
You’re A Potato Head

In this monologue, RONDA tries to convince her older cousin to go out of her house and explore what life has to offer.

(staring at her cousin on the couch)

RONDA: I can’t. I can’t. I just can’t with you. Where do I even begin? You are living in your own bubble. You don’t see the outside world. Trapped in this way of thinking that keeps you ignorant and blind.

Do you want to be blind to life? Is this why you don’t go out and try to experience new things?

You’re a potato head.

You need to travel, read, DEVELOP. Meet people, make conversation, try different kinds of food. Don’t settle for the couch and kitchen life. Get up and venture into doing something.

Grab yourself a hobby. Become part of a group. Anything other than watching time slip by and being a potato.
My Side of Things

*In this teen girl monologue, CLARA talks to her sister about how stubborn she is sometimes.*

**CLARA:** I don’t think it’s me most times because talking to you, when I try to get my point across to you and get you to see my side of things, it’s like trying to convince a donkey that it’s a dog. Just not possible. Maybe that’s not the best analogy but you are so hard to talk with and sometimes, sometimes I even think you are so stubborn just to be stubborn; just to spite me and all I’m trying to say is that sooner or later we will reach a point as sisters where that is what it will be…it will always be this stubborn arrangement between us and I don’t want that. I really don’t.

(beat)

I’m not so sure you do, either. I rather think that you want to get along and let pride or ego or whatever it is that seems to stand between us, come to an end. Right? Is it so hard for us to let things go and try and talk things out?
Heavy Cough

*In this serio-comedy teen monologue, a teen is trying to convince their Mother how sick they has been feeling lately.*

**Teen**: I’m exhausted, I’ve had this cold for three months Mom and it’s not going away! I need to go to the hospital tonight, if I don’t go to the hospital, I feel like something bad is going to happen!

*(Teen lets out a heavy cough)*

I’m going to start getting my stuff together and then we can leave because I just don’t feel good at all. *(beat)* What, I need to take a cab?  
  What? *(beat)* You won’t take me to the hospital? I can’t afford a cab! So, you’re gonna make me go alone? What’s wrong with you? Don’t you see that I am sick?

It has nothing to do with my test tomorrow, you must be going mad! I’m going to pass that stupid test!! Arrghhh, it has nothing to do with the test, Mom! I’m so sick don’t you see? Don’t you care at all? I am so tired of this cold and I feel like it’s an infection that’s spread into my lungs or something and no one cares I’ve been going to school every day sick like this! I’m not doing it anymore. I’m going to get better first and everyone will just have to just deal with it. If I have to take a cab, *I will*, I don’t care, you can stay here but I’m leaving!
Telling Secrets

In this dramatic monologue, SARAH finds out that her best friend told the guy she likes at school that she has a crush on him.

SARAH: You said what? What? Oh my–how could you say that?! Why did you tell him? You’re supposed to be my best friend, Carol. You’re supposed to keep secrets. I can’t believe this. I’m so mad at you right now Carol.

Now the whole school is going to know that I like Jimmy Riley. (beat) I don’t care if it slipped out. That’s stuff that isn’t supposed to slip out, Carol. How am I going to ever go back to school now? I’m so embarrassed.

(beat)

Wait, what did he say?

(beat)

He said I was cute? Hold on, I need to sit…he really said that? He actually thinks I’m cute? Like, cute how? Cute in what way, like he ‘likes me’ cute or puppy friend cute? (beat) Woah…You think he really thinks he likes me?

(she screams excitedly out-loud and does a spin)

Oh my Gosh, oh my gosh, oh my gosh! I love you. Your my best friend ever!
Chasing, Jeremy

In this monologue, Kimberly tells her Aunt about what took play earlier in the day with the boy she likes at school.

KIMBERLY: I think I’m in love. I am, I am in love. Oh Jeremy, Jeremy, where art thou Jeremy?

Today was the greatest day of my life! During lunch, in the cafeteria, I was in line waiting to buy my sandwich. Jeremy was in front of me the whole time!

When it came time for him to pay Mrs. Mullen, the cashier, he didn’t have enough money. He was short a whole dollar.

I watched him turn beat red in the face and I felt so bad for him, as he kept checking his pockets for money. He didn’t have any more money, so I offered him, well, I gave him a dollar.

I couldn’t believe that I had enough guts to speak to him!

And this was the first time he ever looked at me. He said “thanks” and took my dollar from me and asked me my name! And he said, “Thanks, Kimberly.” He said my name…

Greatest day of my life!
Mind Trick

This monologue explores how one deals with strange thoughts.

Male/Female: Sometimes I feel like I’m not normal…what is normal anyway, right? I guess, like everyone else. I get stupid thoughts sometimes. I keep them to myself because I don’t want anyone thinking I’m a weirdo. I wonder if everyone gets strange thoughts but just don’t want to admit it. I think we all get strange thoughts. You want to know what kind of thoughts I get? (beat) Well, I can’t tell you cause, it’s too embarrassing. It is. I just can’t. I mean, you ever have a thought where your mind just wanders off into some unknown world and it captivates you for a minute or two and suddenly you snap out of it because you realize that it’s a messed up thought?

That’s as far as I want to go with it, with what I’m telling you cause it makes me feel funny discussing this but do you, honestly; do you ever—does your mind ever play tricks on you?
I’m Not Dumb

I’m Not Dumb is a teen monologue about feeling inadequate. Teen talks to the guidance counselor about feeling less intelligent than the other kids.

Male/Female: I try my hardest in school but I am always just passing by the skin of my teeth. I feel like I am dumber than the other kids. I don’t know why I am not smart like they are. I study when I go home. Sometimes I stay after school for extra help. I always do extra credit.

Why am I not smart enough, Mrs. Gardner? I want to have a good future. I know I am young but what I do now will mean something later in my life, I just know it. My parents are immigrants who came to this country and I want to make them proud. But how can I make them proud when I am stupid?

What is wrong with me?
Hey, Blacky

In this monologue, SAM is leaving with family to go back home and says final goodbye to a chained dog named BLACKY.

SAM: Hey Blacky, listen, I came here to tell you it’s my last day. Do you hear me? We’re leaving tomorrow, my mum and dad are packing our suitcases now.

I’m terrified to leave you, Blacky. What are you gonna do without me here? Chained to the ground like this? You’ve changed my life, my whole life during this past week and I’m going to miss you more than anything. But I want you to know one thing, you may be cold some days, lonely, tired but you’ll never be forgotten, I’ll always remember you, for as long as I live.

I wish I could save you, but I can’t, they won’t let me take you, Blacky. Do you remember the star that we saw last night? That’s us together, in another place…far away from here.
In this monologue, Michael, a teenager raps to his full length mirror imagining himself to be a rap star.

MICHAEL:

“I was in my Mercedes checking out the ladies,
along came a girl who said she was crazy,
I opened my door to let her in,
I said, “Yo baby, wanna go for a spin?”
We went around the block a couple of times,
she said, “Stop the car!” and I—

(mother calls him for dinner)

What?! Okay, okay…I said OKAY!

(beat)

I HEARD YOU MA! OKAAAAAAAY!

(back to mirror)

Yeah, uh huh, yeah…whattup whattup? Yeah, what up son? Yeah dog, I ain’t clowning, I ain’t clowning dog. Yeah, you frontin’, yo you frontin’? Yo, stop clowning dog. Yeah, yeah, yeah!!!
Yeah, I’m a rapper, I’m a rap star. Yo, for shizzle my nizzle little sizzle. Yeah, yo they call me MAD MIKE. YEAH! Ta-dow! Mad Mike son! Psssf! Psssf! What? What?! Aight! Aight! Don’t hate the–

(mother calls her son AGAIN for dinner)

Mom, I’ll be right down! I’m coming! God! I can’t do nothing! Yeah, okay ma!!!

(looks back in the mirror)

Don’t hate the player, hate the game…

(he walks out of his bedroom)