

Topic- 0047: “Method actors”

In the dramatic arts, **method acting** is a group of techniques actors use to create in themselves the thoughts and feelings of their characters, so as to develop lifelike performances. Though not all method actors use the same approach, the "method" (sometimes capitalized as Method) refers to the methods used by actors, which are based on the teachings and concepts of Constantin Stanislavski. Stanislavski's ideas were adapted by teachers such as Stella Adler, Robert Lewis, Sanford and Lee Strasberg for American actors. Strasberg's teaching emphasized the practice of connecting to a character by drawing on personal emotions and memories, aided by a set of exercises and practices including sense memory and affective memory. Stanislavski's system of acting was the foundation of Strasberg's technique. Rigorous adherents of Strasberg's technique are now commonly referred to as "method actors".

Method acting has been described as having "revolutionized American theater". While classical acting instruction "had focused on developing external talents", the method was "the first systematized training that also developed internal abilities (sensory, psychological, emotional)".