



# ***/a.dick.ted/***

*OR, learning to breathe underwater; a ritual of lemons.  
also known as, I love you, I hate you  
shut up & tell me everything!*  
*[a mostly-true entirely-honest tale of recovery]*  
**A SOLO PUNK ROCK EPIC POEM**

---

Written & Performed by **Teddy Lytle** (he/him)

Directed by **Harmon dot aut** (she/they)

Featuring **Bay McCulloch** (she/her)

When you can't remember the single most important event that profoundly changed your life, do you stand a chance at changing for the better? *More* than a concert, *less* than a play; a disjointed collection of true events in a semi-interactive multimedia exploration of **mental illness, addiction, recovery, and superheroes.**

[Approximate runtime **60 min**]

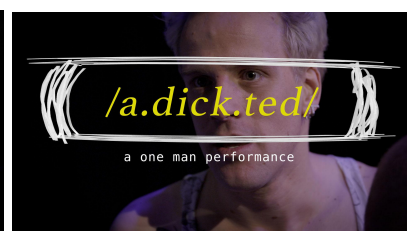
[explicit language and themes of **sex, self harm, alcoholism, drug use, & suicide**]



[TEASER TRAILER \(1:08min\)](#)



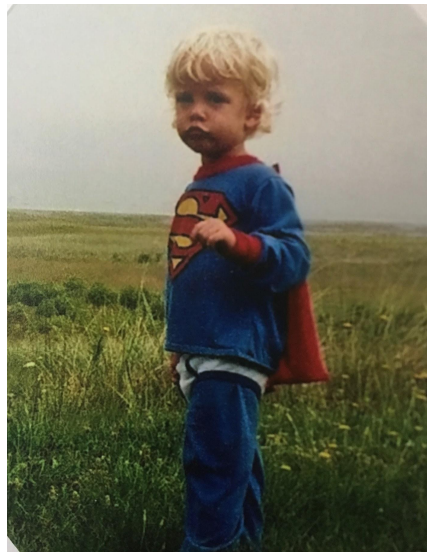
[PROD. TRAILER \(2:26min\)](#)



[SIZZLE REEL \(8:27min\)](#)

[2 Performers; No set; Projector/Screen; Guitar/Loop Pedal/Microphone; Water bucket]

**Artist Statement:** Community is the antithesis to addiction; a disease that thrives on the belief that **you are alone**. If I've learned anything during my ongoing journey through addiction and recovery (*and recovery and recovery*), I've learned this; the truth is anything but.



I first moved to Rhode Island in 2015 in pursuit of my MFA in Acting from Brown University Trinity Rep. Three weeks before that, I woke up handcuffed to a hospital bed with a neck brace on. That is to say, my higher learning and struggles with mental health became inexorably intertwined. Perhaps driven by a will to survive, I became obsessed with the intersection of crazy and creativity; how did my mental illness contribute to my desire to make art?

As my colleagues prepared to tackle show business in NYC or LA, I planned on staying in RI, loudly proclaiming I was unwilling to lose the community of recovery I had hard earned, and quietly confessing that I didn't feel there was space for my particular brand of mental illness in the performing arts industrial complex.

I wrote what became the show's first iteration ***"/a.dick.ted/;OR, learning to breathe underwater"*** as a thesis for my MFA in **2019** and perhaps a not so subtle apology to my academic community. At the time, I had no intention of developing it further, but after I graduated I found myself unsatisfied with it; it felt incomplete. I wanted to know if this story could be made interesting for a group of total strangers. I was given the opportunity to mount the **first public production in February 2020** with The Wilbury Theatre Group.

Amidst the calamity of the remainder of 2020, I continued experimenting with variations of a theme, submitting pieces to fringe-festivals, open mic nights, poetry readings. Believe it or not, over that time and the personal gains, relapses, hospitalizations, misdiagnosis, medications, a pandemic or two, school shootings, a better diagnosis, rising suicide rates, opiate epidemics, I learned some valuable lessons. Almost exactly three years later, I mounted **[a fully realized production](#)**.

This is a show; a solo autobiographical show; a true story that features music, poetry, superheroes, Alzheimers, anecdotes navigating early recovery and water buckets; a show that gently asks the audience to participate because they already are. It is my hope that this show probes the simple truth; whoever you are, **you are not alone**.

I'm not sharing my story to blame anyone or to educate people or help anyone; **it's a selfish act**. This is *my story*. And I survived it. This is my way of reclaiming my life.

If, on the other hand, my story *does* help someone, it might just be the most important thing I ever do.



**BROADWAY WORLD: Wilbury mounts Trenchant, stylish, (mostly) one-man show**

**with music about addiction and recovery: By John McDaid**

“...What saves it from being yet another theatrical exercise at "humanizing addiction" is the **brutally honest**, self-revelatory script and Lytle's **earnest, winning** performance. It is **intensely physical and dialed up to 11** throughout.”



“...This is a **bracing, absorbing theatrical experience** that doesn't shy away from its message, but **delivers it with brutal honesty and style.**”

**MOTIF MAGAZINE: /A.DICK.TED/ by Allison O'Donnell**

“...Lytle, **a force to be reckoned with... ..is raw** to the core, and **maybe cathartic...**”

“...this sometimes **funny**, sometimes **very poignant** depiction of what happens when you mix a host of dependencies with ADHD and the ensuing lunacy of a self-medicated addictive OCD personality. **Yeah. Bring tissues.**”



**EDGE MEDIA NETWORK:**

**Providence Fringe Festival Kicked Off with a Bang by Will Demers**

“...this is more than laying bare one's soul; it's a **rough, frank, curse-laden exposition** of humanity and its frailties... ..**Brilliantly executed...** ...**he never seems false.**”

## Meet the Team



**Teddy Lytle** (he/him) [writer/performer] is a daring, raw, notably energetic performance artist based in Providence RI, frequently contributing to the local theatre scene as an actor, poet, fight choreographer and musician. He graduated with a B.A. in Theatre and Music from Muhlenberg College and achieved his M.F.A. in Acting from Brown University Trinity Rep. Since starting his recovery from alcoholism in 2015, he adopted a mission to dispel the stigma surrounding mental health and to openly discuss addiction with The 40 Hour Club and his other solo fringe shows. Stay up to date with Teddy at [www.teddylittle.com](http://www.teddylittle.com) and follow him on Instagram @edwardspelledted

**Bay McCulloch** (she/her) [featured] is a photographer, a multifaceted-artist, performer, a creative collaborator, and a graduate of Harvard with a concentration in Psychology. In 2017, she suffered a traumatic brain injury that exacerbated her ADHD and caused auditory-visual sensory issues; she has since used her experience in recovery to help others and is currently training to be a Brain Based Life and Leadership Coach. She also happens to be Teddy's wife and is vastly overqualified for this. Follow Bay on Instagram @findingpoeta

**Harmon dot aut** (they/she) [director]: Venturous Fellowship Recipient. An excerpt from Harmon's play, Space, will appear in the anthology: WE/US: Monologues for Gender Minority Characters - Smith & Kraus, March 2023. Selected works: Naming Things & Space (STE 2022); Minden (The Tank NYC, Director: Meghan Finn); No Land to Land In (Dixon Place, Director: Craig Lucas); Goodbye, Kansas, a new musical (KC Fringe Fest); Disability Romp Ballet (Folly Theatre, KCMO); True Blood, the musical (workshop - Director: Pam McKinnon). Visionary Playwright Award, Theatre Masters, NYC. Fellow at Hermitage Artists Retreat. Filmography & Visual Art: [www.redpencilsandgravy.com](http://www.redpencilsandgravy.com)

