**Public Solitude**

Public Solitude is a state of concentration of an Actor on stage when they behave in Public as if they are in Private. This concept to gain complete freedom of movements and thinking while on stage was first thought and suggested by Konstantin Stanislavsky. In later years Lee Strasberg also applied and developed various exercises extensively for his pupils to attain this sense of Privacy.

Public Solitude is when the Actors turns out anything external to the world of the play. They behave in public as if in private. It is a psycho-physical state.

Stanislavsky noticed that the visual of the auditorium and the presence of the public hamper or breaks the concentration of the Actor and restrict his freedom of mental and physical expression. So, Stanislavsky suggested that the Actors should know to restrict the sphere of his concentration within the stage and the world of the play so that he can fully give his attention to his performance and have freedom of mental and physical expression. That doesn’t mean that the Actor must altogether cease to feel the public but the public must be concerned only so far as it neither exert pressure on him nor divert him unnecessarily. He also said that this sphere of concentration must be elastic so that the Actor can expand and contract as required for his performance.