

A WALKING CONTRADICTION

Written by

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INT. WOMANS BEDROOM- NIGHT

We open to a bedroom. We see a CLOSE-UP of a night stand with many pill bottles, and more importantly a book on "Understanding Bipolar Disorder." We see a hand that goes to pick up a prescription bottle, then pours two of the pills in their hand. Now we see a, WOMAN. She tilts her head back as she swallows the pills and then takes a sip of water. She turns the light off.

CUT TO:

INT. WOMANS BEDROOM- MORNING

The screen is momentarily black as we hear an alarm go off, then a clicking of a light as we see WOMAN wake up, as she does, the screen splits.

On the left, Woman sits up straight in her bed, but this will be represented as "**Depressed**". This will have a blue undertone.

On the right, we also see Woman sit up straight in bed, but this is represented as "**Manic**". This will have a tungsten undertone.

INT. WOMANS BATHROOM - SAME

On the left, "**Depressed**" slowly puts tooth paste on her tooth brush, and then brushes her teeth, half-asleep. This is a quick brush. She then takes her hair down from her pony tail. She runs her fingers through her hair two times before tying it back up in a messy bun.

On the right, "**Manic**" is brushing her teeth in an upbeat fashion, making sure to really clean them good. She splashes her face with water, then dries it. She brushes her hair nicely, and leaves it down. She then puts a lip gloss and mascara on.

INT. BEDROOM - SAME

Both Women look in the closet for something to wear.

On the left, "**Depressed**" pulls out something dark and comfortable.

On the right, "**Manic**" pulls out something nice and presentable, obviously to have shown effort.

CUT TO:

Both Women, dressed now, look at themselves in the mirror before turning to walk out of the door.

INT. STAIRS/KITCHEN - SAME

On the left, "**Depressed**" walks down the stairs putting her headphones on. She looks in the fridge for something, but closes it with empty hands.

On the right, "**Manic**" walks down the stairs. She goes into the kitchen and grabs a water bottle and granola bar.

They both walk out the door at the same time. END  
SPLITSCREEN.

\*\* But keep the notion of two separate characters, by having the color overlays. \*\*

CUT TO:

INT. MANIC'S POV. SCHOOL - AFTERNOON

Woman sits in her class talking to some friends. The teacher comes in and then Woman focuses intently, like a good student. FOCUS ON: her leg bounces quickly, like she is anxious or is having trouble staying still.

INT. DEPRESSION'S POV. SCHOOL - AFTERNOON

Woman sits in class with her head in her hand, staring down at her notebook. She is doodling, nothing in particular. We notice her pencil marks getting darker, and then ECU of pencil breaking. She is broken out of her "head."

EXT. DEPRESSION'S POV. PARKING LOT - SAME

Woman walks to alone to her car.

RANDOM STUDENT

Hi, how are you?

WOMAN

(mumbling, uninterested)

Good.

CUT TO:

INT. MANIC'S POV. CAR- AFTERNOON

Woman is in her car, windows down and music playing.

EXT. MANIC'S POV. WORK PARKING LOT - SAME

Woman quickly gets out the car with a bag in her hand. The bag has her work clothes in it.

CUT TO:

INT. DEPRESSION'S POV. WORK PARKING LOT - SAME

Woman is still in her car, parked in front of her job. She stares at the building like she wants it to catch on fire. Signs of anxiousness cloud her features. She grips the wheel, smacks it with her hand, cuts the car back on, and then zooms out of the parking lot.

CUT TO:

INT. DEPRESSION'S POV. BEDROOM - SAME

Woman slams the door of her room closed, and then curls onto the bed, putting the blanket over her head.

CUT TO:

INT. MANIC'S POV. CAR - AROUND 5:00 PM

Woman's phone is ringing. She answers without looking at the number.

WOMAN

Hello?

CALLER (O.S.)

Hi, this is... Credit Union. We are calling because you are past d--

Woman hangs up on the caller and throws her phone in the back seat. She takes a deep breath, and looks to be on the verge of tears.

CUT TO:

INT. DEPRESSION'S POV. BEDROOM- EVENING

Woman is rocking back and fourth on her bed. She looks void of emotion, with no sound around her. She looks over to her nightstand, with her medicine on it. Then, she takes her medicine and throws it across the room. A moment passes. She goes to pick up the bottle.

CUT TO:

INT. DEPRESSION'S POV. BATHROOM - SAME

CLOSE-UP of pills being poured into the toilet, and then being flushed.

CUT TO:

INT. DEPRESSION'S POV. BEDROOM- EVENING

Woman is sitting on her bed writing a letter, that we now hear being read as a V.O.. She leaves it on her nightstand and heads out of her room.

WOMAN (V.O.)

I know this may seem abrupt to some of you, and others not so much. I think maybe the ups and downs is what did it for me. Maybe it would have been better to be consistently bad, so I wouldn't have known what the good felt like. It's not worth it. Whatever they tell you, it's not. I mean, credit, taxes. Who gives a shit. But you have to in order to survive. They make you, and I will not stand by it. I will not be apart of it. I ain't all bad, though...I tried. Some people even thought I was doing great. If that's great, then life sucks. Good luck with it.

CUT TO:

EXT. A TALL BUILDING - NIGHT

Woman is now one person. Her depressed and manic states are one in agreeance. There is no more color overlays, just black and white. The voice over continues as:

## MONTAGE

- Woman rushes out of her car.
- As woman looks up at it, we see a large, abandoned building.
- Woman opening door.
- Woman in elevator. Now crying.
- Woman leaving elevator.
- Woman walking to the edge of the building.
- A view from the edge of the building.
- Woman looking down from the ledge of the building.

THE END