

= Monday ( The X @-@ Files ) =

" Monday " is the fourteenth episode of the sixth season of the science fiction television series The X @-@ Files . It premiered on the Fox network on February 28 , 1999 . It was written by Vince Gilligan and John Shiban , directed by Kim Manners , and featured guest appearances by Carrie Hamilton and Darren E. Burrows . The episode is a " Monster @-@ of @-@ the @-@ Week " story , unconnected to the series ' wider mythology . " Monday " earned a Nielsen household rating of 10 @.@ 2 , being watched by 16 @.@ 7 million people in its initial broadcast . The episode received positive reviews from television critics .

The show centers on FBI special agents Fox Mulder ( David Duchovny ) and Dana Scully ( Gillian Anderson ) who work on cases linked to the paranormal , called X @-@ Files . Mulder is a believer in the paranormal , while the skeptical Scully has been assigned to debunk his work . In this episode , the world is trapped in a time loop , and only one woman , named Pam ( Carrie Hamilton ) , seems to know . Each day the events that happen differ slightly . A bank robbery is committed over and over again until finally the eventual bombing of the building is prevented . Somehow , Mulder and Scully are trapped in the middle of it all .

" Monday , " inspired by The Twilight Zone episode titled " Shadow Play , " required the cast and crew to shoot the same scene several times . Because of this , director Kim Manners attempted to make each camera angle interesting . Actress Carrie Hamilton was cast to play Pam , and Darren E. Burrows , a former regular on the comedy show Northern Exposure , was cast to play her boyfriend Bernard .

= = Plot = =

The episode opens with FBI special agent Fox Mulder ( David Duchovny ) bleeding out from a gunshot wound while Scully tends to him . They are revealed to be hostages in a bank holdup , and Scully attempts to reason with their captor ( Darren E. Burrows ) , only to have him reveal a bomb strapped to his chest . The police begin to storm the building , prompting the gunman to detonate the bomb , seemingly killing them all .

Mulder then wakes , unharmed , to find that his water bed has sprung a leak , his alarm clock is broken , and he needs to pay his landlord for water damage . To do so , he is forced to go to the bank , instead of going to the meeting with his partner Dana Scully ( Gillian Anderson ) , Walter Skinner ( Mitch Pileggi ) and various other FBI officials . When he arrives , the same gunman , named Bernard , arrives and nervously attempts to rob the bank , shooting Mulder in the process . The teller sets off the bank 's silent alarm and police cars come rushing to the scene . Scully arrives and once again attempts to help her partner as he lies dying , but events go the same way - the police rush the building , Bernard detonates the bomb , and everybody dies .

Suddenly , the action starts over . Mulder wakes to find that his water bed has sprung a leak , his alarm clock is broken , and he needs to pay his landlord for water damage . To the audience , time itself is stuck in a loop . Everyone is oblivious to the repetition of events except for one person , Pam ( Carrie Hamilton ) , Bernard 's girlfriend . Over multiple iterations of the events , Pam does everything in her power to save the agents , including trying to prevent them from entering the bank , trying to inform them of the time loop , and even begging Skinner not to let the police into the building . Because however she has a low intellect she is unable to stop things . It is implied that she has lived these events many times , as she refers to having had Mulder ask her the same question over fifty times . There are subtle changes in the events , and Mulder and Scully 's conversation is worded differently each time , but the results are always the same : Bernard detonates the bomb , usually after shooting Mulder , and they all die .

The time loop continues ad nauseam , though each time Pam speaks to Mulder , he comes closer to being able to remember her . She is finally able to convince him that events are repeating themselves , and before he is killed by the blast , Mulder begins repeating " he 's got a bomb " to himself , in an attempt to recall it the next time around . In the following iteration of the day Mulder finds himself repeating the phrase in the bank , and acting on his hunch , calls Scully and then

confronts Bernard before he begins the holdup , changing events on a fundamental level . Scully , acting on Mulder 's phone call , brings Pam into the Bank . Mulder and Pam convince Bernard to give up and walk out with Pam . The sirens of the approaching Police response become audible and Bernard becomes agitated and attempts to shoot Mulder , but Pam throws herself in front of Mulder as he fires . As she lies dying , she admits , " This never happened before . " Bernard collapses to his knees , horrified by what he has done , and is peacefully arrested . The bomb blast averted , time continues as normal .

= = Production = =

= = = Writing , casting , and filming = = =

The episode was written under " extreme pressure " during the show 's brief Christmas hiatus . Many critics have noted similarities between " Monday " and the 1993 comedy film Groundhog Day . Vince Gilligan and John Shiban , the writers of the episode , however , credit a 1961 episode of The Twilight Zone titled " Shadow Play . " Gilligan later noted that , " the funny thing about ' Monday ' is people seemed to really like it a lot , but people always sorta [ sic ] smiled and said you 're sort of ripping off Groundhog Day aren 't you ? [ ... ] And I 'd say , we 're not ripping off Groundhog Day , we 're ripping off The Twilight Zone . " A similar plot device was used in the Stargate : SG @-@ 1 episode " Window of Opportunity " , in which the characters of Jack O 'Neill and Teal 'c are the only individuals who remain aware of the time loop .

Casting director Rick Millikan was tasked with finding a suitable actress to play Pam , the would @-@ be bank robber 's girlfriend . Millikan expressed the difficulty in casting the role , saying , " you had to feel sorry for this woman 's terrible , unbelievable plight ? basically she 's trapped in a living hell ? without at any time thinking she 's insane . " The role eventually went to actress Carrie Hamilton , who Millikan and the producers unanimously agreed was the perfect choice . This was one of Hamilton 's last roles , as she died from cancer three years later at the age of 38 . For the part of Bernard , Millikan cast Darren Burrows , a former regular on the comedy show Northern Exposure . Millikan later said that his acting was , " beautiful . "

Director Kim Manners , realizing the monotony of some of the scenes , such as Mulder waking up after each successive explosion , attempted to make each camera angle interesting . He diagrammed every camera angle and move to make the scenes visually appealing and hold the viewers ' attention . First assistant director Bruce Carter examined the script and created a complex timeline to make shooting easier . It took him two weeks to break all the episode 's elements into their exact timings , but Carter considered it a success . He later said , " It was one of the things I was proudest of all year . "

To create the bank needed for the episode , Ilt Jones and the location department staff found a former bank and current animation school and film production house on Fourth and Main Street in downtown Los Angeles . The building was completely renovated , complete with fake ATMs , columns , desks , and double @-@ glazed windows . All of the items inside of the bank were bought from a bank @-@ supply catalogue by set decorator Tim Stepeck . During the hold @-@ up scene outside the bank , a four @-@ block area was sealed off to allow cameras to film . A total of eleven cameras , some at different speeds , were used . Some of the cameras made it onto the film , but they were erased during post @-@ production .

= = = Props and make @-@ up = = =

Much of the episode relied on props . The water bed , which was purchased by Morris Fletcher earlier in the sixth season episode " Dreamland " while in Mulder 's body , proved to be the hardest prop to locate . Stepeck searched Los Angeles and was unable to find a suitable bed . He had to order the bed from a specialized furniture store in San Francisco . Mulder 's paycheck and envelope were created after several calls to the J. Edgar Hoover Building in Washington , D.C. The checks

were made to be as realistic as possible without looking too convincing . During the hold @-@ up scene outside the bank , the police cruisers were all turned off , because the combined noise of the cars would drown out dialogue . To ensure their flashing lights , car coordinator Danny Briggs installed battery chargers in the cars .

To give Pam the proper look , the makeup department , headed by Cheri Montesanto @-@ Mecalf , applied mascara under Hamilton 's eyes and then smudged it to give her a " haunted " look . Pam 's stringy and multi @-@ hued hairstyle was Hamilton 's creation . Dena Green , the hair department head , was tasked with creating an exact wig replica to be worn by Hamilton 's stunt double .

In this episode , we see a thick black book on the shelf above Mulder 's bed . The book is a classic textbook on general relativity : Gravitation by Charles Misner , Kip Thorne , and John Wheeler . Thorne is the author of a review paper asking whether the laws of physics outlaw time loops completely . Agent Scully 's undergraduate thesis was about the physics of time in relativity .

= = Broadcast and reception = =

= = = Ratings = = =

" Monday " first aired in the United States on February 28 , 1999 . This episode earned a Nielsen rating of 10 @. @ 2 , meaning that roughly 10 @. @ 2 percent of all television @-@ equipped households were tuned in to the episode . It was viewed by 16 @. @ 7 million viewers . The episode aired in the United Kingdom and Ireland on Sky1 on June 13 , 1999 and received 0 @. @ 90 million viewers , making it the second most @-@ watched episode that week , behind Friends . Fox promoted the episode with the tagline " How do you stop the unstoppable from happening ? Tonight , Mulder may die trying . "

= = = Reviews = = =

The episode received consistently positive reviews . Tom Kessenich , in his book Examination : An Unauthorized Look at Seasons 6 ? 9 of the X @-@ Files gave the episode a positive review , writing " One of the strengths of ' Monday ' is in showing us Scully 's evolution and how her experiences with Mulder allow her to embrace , albeit reluctantly , ideas that are not grounded in science . " Den of Geek writer Juliette Harrison named the episode the " finest stand @-@ alone episode " of the sixth season and wrote , " Time loops , if dragged on for too long , can become tedious , but in small doses they can be hilariously funny or achingly poignant . This episode is definitely the latter , as the downtrodden girlfriend of a bank robber is forced to witness the deaths of her boyfriend , Mulder , Scully and a large group of innocent people die over and over again until finally she breaks the loop by dying herself [ ... ] The onus of saving everyone being largely on the shoulders of an unknown woman effectively brings in a change of pace and a welcome breath of fresh air . " Earl Cressey from DVD Talk called " Monday " one of the " highlights of season six . " Zack Handlen of The A.V. Club awarded the episode an " A " and called it " a script which balances humor , structural brilliance , and compassion in equal measure . " Handlen compared and contrasted the episode to Groundhog Day , noting that , while both feature a character who is able to restart a day , in " Monday " , the characters have the benefit of free will and can change factors : " Every Monday to her has certain basic requirements : boyfriend with bomb , bank robbery , the FBI agents [ ? ] and the earth @-@ shattering Kaboom . Aside from that , nothing is certain . " Handlen concluded that the episode managed to be both " a very funny hour " , as well as possess serious " sadness " .

Jordan Farley from SFX magazine named the episode the eighth of the " Top Groundhog Days " episodes . Farley applauded the show 's gall to seemingly kill one of the leads in the teaser and appreciated the entry 's mix of humor ? during the scenes with Mulder and his water bed ? and its alternative scenarios in the bank . Natalie Prado from Just Press Play gave the episode an A ? and wrote , " The episode is well @-@ written and tense . As an audience , we become increasingly frustrated that the two people that we know can solve the problem are unaware that it exists , which

makes the payoff when they finally find a way out much more satisfying . There are a few leaps in logic , especially towards the end , but overall it ? s solid and enjoyable . " Jamie Jeffords , writing for the Dallas Morning News , awarded the episode four out of five stars and praised Hamilton 's performance , saying , " What makes ' Monday ? is the performance of Hamilton [ ... ] When she is killed in the end , she almost possesses a quiet glee when she realizes her death never happened before , so maybe it is over now . Her performance is haunting . Very powerful . " Michigan Daily writer Melissa Runstrom , in a review of the sixth season , said " Monday " was " well made and entertaining . " Paula Vitaris from Cinefantastique gave the episode a largely positive review and awarded it three @-@ and @-@ a @-@ half stars out of four . Vitaris called the episode " ingenious and heart @-@ wrenching , " and noted that David Duchovny and Gillian Anderson 's acting was the best of the season . Furthermore , she praised Kim Manners ' directing style , calling the same scenes shot in different ways " new " . UGO Networks listed the episode as number 95 in a countdown of the " 100 Greatest Moments in Time Travel " .