

Tab 1

-ACT 1-

We start in nonsensical dream sequences, with random things flying by, some being visions of what's yet to come in the story. We spiral down, the last thing we see being a glowing silhouette of a... statue? We can just barely make out the features before the dream ends.

CUT TO: Jessie springing out of bed, startled by the dream.

Later in the day, show Jessie lounging around, clearly not doing much before finding their phone with the alarm "Therapy, leave now" already chiming on silent, presumably for a while before this, They start running, then double back to grab the pendant on the table just before another cut.

CUT TO: front desk for therapist's office

RECEPTIONIST

Name and appointment please?

JESSIE

Jessie Williams... for therapy

-short pause-

RECEPTIONIST

Oh yes, you're an hour late aren't you? I'm afraid you'll have to reschedule

JESSIE

Come on, I'm here right now. Is there really not a way for them to see me?

RECEPTIONIST

I'm afraid not they're booked solid for the next week or so

Jessie catches a glimpse of someone, the next patient, about to enter their therapist's office. They quickly bolt towards the door.

RECEPTIONIST (YELLING)

Um, excuse me?

They're already at the door by the time the receptionist is done, they quickly push the other patient out of the way, enter the room and close the door behind them.

THERAPIST

Can I help you?

JESSIE (LABOURED, CATCHING THEIR
BREATH)

Yeah... our... session...

THERAPIST

The one you just missed?

JESSIE

According to your front desk.

THERAPIST

I'm terribly sorry but you'll have
to book another one, I have
another session starting now and i
don't have time to talk now.

JESSIE

Please, at least a few minutes.

THERAPIST

If it'll get you to stop blocking
that door.

Jessie is fully pressed on the door, with the faint
periodic knocking of the person they fought to get here
audible in the back.

THERAPIST

Are you still having those dreams?

JESSIE

When I can sleep I do.

THERAPIST

Have you been using the tools we
talked about?

JESSIE

I've never been a fan of white
noise or meditation, I always get
bored.

THERAPIST

Well, that's likely what causes
you to have such poor sleep
hygiene. I don't know how you
expect to get any better if you
don't try to work on it

JESSIE

Well i've slept just fine without it before.

THERAPIST

That dosen't mean anything.

(short pause)

Look, you've been asking more sporadic lately, you've struggled to maintain a routine, you're stressing yourself out of sleep or food, and you've made very little progress in our time together. Therapy can only work if both of us are willing to make an effort... if you're not willing to make an effort then I can't keep you as my patient.

JESSIE

I'm trying though-

THERAPIST (cutting off)

And you've got much much farther to go, but you haven't done any more than you did since we met.

The knocking continues throughout, louder and stronger

THERAPIST

And this stunt is proof of where that's taking you. You can't keep going on like this. You have to make a change, that's all I can offer right now.

JESSIE

But-

THERAPIST (cutting off)

If you'd excuse yourself I do believe that's my next patient trying to get in.

Jessie hesitates for a minute before slowly backing from the door which then quickly swings open, almost hitting them.

THERAPIST

Ah, [namei haven't come up with yet], welcome! Apologies for the delay.

An abrupt cut brings us to the outside

Jessie clearly looks distressed before getting a phone call from "MANAGER 🐱"

JESSIE

Hel-

MANAGER (yelling)

Where the hell have you been?
Haven't I told you you have to
call instead of just disappearing?

JESSIE

I'm sorry I meant to call i just
got caught up at my appointment-

MANAGER (cutting off)

The one you called about? Yeah,
the one two hours ago? What did
you get stuck in a tree or
something?

JESSIE

I just needed a bit of time for-

MANAGER

And I need some of your time here!
You know you're not on paid leave
right? You're lucky I haven't
fired you already. Get your ass in
now, or you're going to be in
serious trouble.

(They hang up)

We cut to a meeting room. It's already started but it's
just Jessie and the manager. He's pointing to a
log/calendar.

MANAGER

No call for 3 days in a row, then a sick leave left to our voicemail even though you don't have any days left. What else... No call, no call, no call, then a request for a 2 week vacation which was denied but you didn't come in anyways. We don't want to have to go through the rehiring process but I am more than happy to break that for you if you don't find a way to haul your lazy ass over here when you're supposed to be working.

Jessie is simply staring at the manager with no input, it's unclear whether or not they're actually listening. They sit in silence.

JESSIE

I quit.

MANAGER

...Okay?

JESSIE

I'm quitting now, i'm not coming back.

MANAGER

Yeah that's... that's fine. I mean usually you need a 2 weeks notice but I really don't care if you'd prefer to leave right now-

Jessie clearly isn't listening to them, they grab the logs they were being shown and rips out a page

JESSIE

And for the record, I never liked working for your tight ass.

They rip the page in their hand.

MANAGER

I never quite liked having you around, now i'll need to ask you to leave before I call the police.

Outside the store now. Our protagonist is lost. They don't quite know why they quit, or why they ripped that paper. They're still holding a tight fist around a scrap of it,

they let it go when they realize and then sit on the ground, holding the pendant to their head.

JESSIE

I can't keep going on like this...

They look like they're about to cry.

JESSIE

Something needs to change...

They repeat the therapist's words to themselves. Then look up at the sky.

-ACT 2-

Jessie starts wandering around Park Mont Royal before seeing someone they recognize. As soon as they lock eyes they try to subtly turn the other way, but the other person catches up.

MARCY

Jessie?

Jessie turns in shock, as they're already next to them. It's difficult to make out how they feel about Jessie by them by their face alone.

JESSIE

Oh... Heyyyy... I didn't... recognize...

MARCY

Really? Do you always look that terrified?

JESSIE

What are you doing here?

MARCY

Well you might have known that I love parks like these if you cared to listen to me!

JESSIE

Are you still upset about that?

MARCY

No, I'm over it, I just call it how it is now.

JESSIE

Look, i know I wasn't the greatest-

MARCY

Now that's generous.

JESSIE

I know I was a... bad partner, but that was years ago-

MARCY

You left in the middle of prom without saying anything and then stopped responding to my messages!

JESSIE

I... Yes... But...-

MARCY

But what? Tell me how i'm supposed to forget that?

JESSIE

It's been years Student.

MARCY

What's that supposed to mean? Am i just supposed to forget it?

JESSIE

Is that all you came up to me for?

Student's focus shifts, we see them look down, they are looking at the pendant but it's not initially noticeable.

MARCY

Is that... Oh my god...

The student grabs onto the pendant and holds it up, pulling on Jessie's neck.

MARCY

Are you kidding me? Are you actually kidding me?

Their voice grows louder

MARCY

Why do you still have this? What's wrong with you? Let me get this straight. You date me, you ignore me and distance yourself from me, you say you're going to change and then never do, you abandon me and then stop texting me without as much as a goodbye, and then you walk around wearing my necklace around like it's... What like it doesn't mean anything?

JESSIE

That's not... It's not like that...

MARCY

Then why do you still have it huh? What next are you going to tell me you miss me?

A silence grows between them.

MARCY

You're pathetic...

They walk away disgusted, unable to face Jessie. Jessie looks as if they're about to chase after them, but hesitate and continue on their way.

Jessie continues to walk around the area, by now they've lost their way. Not quite sure where they're going, they start to look around for somewhere to put their mind off of the recent fight they just had with their ex best friend marcy. They walk again angrily, getting reminded of what they said until they stumble upon a lake in front of them. Maybe the necklace that Marcy gave Jessie would get rid of their past memories. They kept it all those years but didn't have the guts to tell Marcy why they kept it this long.

Jessie approaches the border of the lake slowly. It feels peaceful and also a good place to get rid of the necklace by throwing it in the water.

She slowly removed her necklace and hang it above the water considering what to do.

A man slowly approaches her, a family member, her uncle she hasn't seen in a while surprises her as she stares off at the necklace.

ETHAN

Jessie! Is that you?

JESSIE

Ethan...! You're here too?

Jessie says confused and tired of seeing people she knows interrupting her already sad and miserable day.

ETHAN

Yeah...? What's up?

JESSIE

Uhm, nothing...I haven't seen you since my aunt told me you weren't doing really well.

ETHAN

Oh it's a long story, but what are you doing with that necklace?

Jessie was in fact caught in the act of almost throwing the necklace away but tried to brush it off as it was nothing important

JESSIE

Oh, uhm, it's nothing really. I didn't want it anymore, so I'm throwing it in the lake..!

Jessie says as she's also close to breaking mentally. Ethan becomes concerned but Jessie tries to avoid his help until she slowly accepts.

ETHAN

Do you want to talk about it?

JESSIE

No..i'm okay, i'm kind of busy..

ETHAN

Are you sure? I have time, I don't mind at all.

JESSIE

No!! No no no you really don't have to, I really have something to do.

ETHAN

You're absolutely sure? We can always catch up..

Jessie takes a deep sigh and admits defeat.

JESSIE

Sure...why not.

Both Jessie and Ethan make their way to a close bench to talk.

ETHAN

So..Have you been doing okay?

JESSIE

Okay? I forced my therapist to retake my session that I completely missed, then I quit from the job that I barely worked at and after I had a fight with my

ex best friend over this stupid necklace! No, I'm not okay.

Ethan seems to relate to how Jessie has been feeling and acting recently so he tries to give her a subtle wake up call by telling her the reason he felt down and how he had the same negative traits as her, so having gone through a similar path he thought he would be able to help her. Yet Jessie is still in some form of denial even after telling herself she needs to change because she doesn't want to hear it from another person.

ETHAN

It reminds me of what I've gone through. I guess you haven't heard from your aunt that we split up, she said she needed someone more present in her life and it ruined me. I kind of lost everything and I've been trying to pick the pieces back up.

JESSIE

I'm sorry I had no idea she didn't tell me too much.

ETHAN

It's okay, I'm doing better now but it really forced me to open my eyes to how I was living. Sometimes you have to accept the change.

JESSIE

You sound like my therapist right now.

ETHAN

Then you should probably listen to her.

JESSIE

I know myself more than you do.

Jessie stomps off angrily, knowing deep down Ethan is right but she doesn't want to actually admit it that she needs to change for the better and accept her past actions.

-ACT 3-

We follow our protagonist around the city, they're running by trying to prevent another run in that will seemingly lead into another scolding. They just want to find some quiet, they look around town desperately trying to find somewhere, anywhere to go. They begin to recognize the areas around them. Their perplexed look guides them through the city, not quite sure where they are but knowing that they've been there before.

They start to suspect where it's leading them, but continue on. They quickly realize where they are as they look down at the necklace hanging off their neck. They continue on to a familiar park, the one we caught a glimpse of earlier, the origin of the pendant around their neck.

Exhausted, they decide to sit on a chair, giving them time to reflect on the statue in front of them. Silence fills the scene.

Sitting down they see the statue, and the people walking by. They can't help but reflect on the people around them, their life seems to be filled with misery, but the world is filled with love.

They take off their necklace, the personification of their own inability to let go. Slowly, they rise, walk to the statue, and leave it hanging off of it's beak.

With Jessie's separation from the pendant, the audience too loses their separation with the character. We stay focused on the pendant as they walk away, blurred in the background.

They stop and take out their phone, we hear it trilling, waiting for a connection before hearing a familiar voice

MARCY'S VOICEMAIL

Heyyyy, this is MARCY, I can't answer the phone right now so leave a message for me if you need!

A tone rings, inviting a response, but they can't bring themselves to say anything. They look back at the pendant left behind and hang up. They call the front desk.

RECEPTIONIST

This is (Sharon's office) how can I help you?

JESSIE

Yes, I... I was there earlier but um
I just wanted to book another
appointment.

RECEPTIONIST

One moment... I'm sorry I don't know
if that'll be possible, I was told
not to accept any appointments
from you-

JESSIE

Please, I... I'm sorry about
earlier... I just... can I just have
one appointment... i'm just trying
to get better.

RECEPTIONIST

Fine... we have an opening next
Tuesday, 10am or 2pm.

JESSIE

10am is fine, I'll be there.

RECEPTIONIST

Okay, i'll have you for then,
thank you have a nice day.

They hang up.

After a moment, they put their phone away, take a breath,
and walk away. Leaving behind their old self to go on their
own.

-POTENTIAL IDEA IDK- huzzah!

As the camera remains on the pendant, credits appear on the
right, and we hear a voiceover of the next session.

THERAPIST

So... it's been a bit over a week, i
just wanted to start out by
commemorating you being on time.

JESSIE

Yes, yes...

THERAPIST

So, what have you been working on?

JESSIE

Um... I guess i've been... i've been trying to learn to... let go... a bit more. I had a pretty bad day after i saw you and it just made me reconsider everything in my life and... I think I want to make a clean break and just... start over.

THERAPIST

That's great to hear, and how's the job search been going

JESSIE

Well it's hard to find much but... I rewrote my cv and handed it into a flower shop near my house, i'm hoping for a response from that

Tab 2

Things that need to happen in

Act 1:

Establishing dreams/insomnia

Call to action

Establish character flaws

Show pendant

Phone call with boss

Show up to work

Rips apart attendance sheet "it doesn't matter i don't work here anymore"

Act 2:

Multiple run ins across the island

Personify character flaws

Main character puts themselves in danger

encounter 1

Old relationship from high school, still mad at Jessie for being avoidant and detached emotionally, establish pendant

Encounter 2

Someone who personifies a potential future for the Jessie if they don't change their ways

Act 3:

Da bird in question

Offer pendant to statue

Rebirth

Notes:

Wake up from dream, missed an alarm titled "therapy"

Therapist displeased by Jessie behaviour

Listing flaws, says that he hasn't been making progress

If he doesn't fix them therapist is gonna drop the Jessie (?)

The sculptor, Myfanwy MacLeod, describes it as a tale of ignorance and prejudice. The dodo was hunted to extinction because it had no fear of humans, creatures that dodos never encountered before. Its curiosity and fearlessness was interpreted as stupidity, a reputation that still lasts today.

The work is meant to make us think about those who are marginalized, misunderstood, and downtrodden as a result. Did the dodo go extinct because it was stupid, or because humans looked down upon them as unworthy

Maybe mc is observing ppl who are having a good time or genuinely have good friendships/relationships and they reflect and all,
The notre dame cathedral place around old port has alot of ppl and we could get away with filming

Hmm

Maybe to restart as a fresh new character like their own character it could be a voiceover of some sort as they get out of frame and maybe they call up either their therapist saying they're ready now, or maybe ask a place if they have an open spot for a job as the camera still focuses on the necklace or maybe they also apologize to ethan about how they acted

I'm going to scream maybe. I just feel like trying to do a more silent reflective scene it's easy for it to fall flat and just kinda be awkward

Maybe,,, that's not terrible but i keep thinking "and then what"

Like i don't quite know how to end it, after offering the necklace is it obvious enough that they're going to change or does it just kinda end with them never getting the chance to change. We don't have a time for a where are they now.

The closest i can think is that with the necklace being placed on the statue the camera stays with it and mc walks away from it to become their own character but i don't think that works with what we have like it's too open ended

True, true. Let me write a draft cause i think this can work. Thank you

– NOTE –

I'm so so tired, so i'm waking up early and picking one of these

-potential call/text with mother/parental figure?????? (probably not)
-silent scene for reflection (hard to pull off but for the time limit we might just need to wrap it up)
Silence, reflection,

-where are they now? (we really don't have the time to film that unless it's like a voiceover of a future session?? Or like over the phone??)