

Be yourself

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ONE

Panel 1:Scene**:** The heroine Crystal's bedroom, with posters of Korean idols on the wall. She is sitting in front of the TV, watching the music videos of idols on TV

1. CHARACTER NAME: Crystal

The girl is sitting in front of the TV and watching the music video on TV seriously. The female star on TV has fair skin, a slim figure and a sweet smile. The background is a gorgeous stage and flashing lights.

Panel 2: The camera turned to Crystal's face. She was looking down at the potato chips in her hand. There were still some potato chips residues at the corners of her mouth. The table next to her was piled with other snacks. Her expression was a little embarrassed.

Panel 3: CLOSE UP: She raised her hand and wiped the residue from the corner of her mouth

Panel 4: She turned on the selfie mode on her phone, and what she saw was a chubby face with pimples from staying up late, and messy hair stuck to her scalp. Crystal sighed as she looked at herself like this.

Panel 5: pull back: The self on the phone is in stark contrast to the idol on TV.

1. Crystal (inner monologue): "Why are they all so perfect, and I..."

After getting annoyed, she put the phone back on the table, picked up the potato chips, and started eating them expressionlessly.

Two

****Scene**:** On a sunny afternoon, Crystal dressed up very beautifully and found a very beautiful cafe with her friend Katie. Her purpose was to take beautiful photos here.

CHARACTER NAME: 1.Crystal
2.Katie

Panel 1: Long view: The sound of the phone camera kept ringing, and Katie was concentrating on taking pictures of Crystal.

1. SFX: Click
2. Katie : Crystal, look how beautiful I took you.

Panel 2: Crystal is holding a phone, frowning at herself in the camera, and seems very dissatisfied.

Panel 3: CLOSE UP: Crystal photo editing software
3. Crystal: "This is perfect"

Panel 4: pull back: Katie held her phone in one hand and a coffee cup in the other. She looked at Crystal with doubt.

Panel 5: The photos Crystal posted on social media were quickly praised by her friends. Seeing these comments, Crystal's mouth corners slightly raised, with a hint of satisfaction in her eyes, she picked up the coffee on the table and took a sip.

Three

Panel 1: Putting down the phone, Crystal realized that Katie had been staring at her for a long time. She scratched her head guiltily

1. Crystal: "What's wrong? Why are you staring at me?"

Panel 2: Katie crossed her hands under her chin, squinted her eyes and asked seriously

2. Katie: "You look weird today, why did you edit the photos so much?"

Panel 3: In order to hide her panic, Crystal deliberately looked away and didn't look at her.

3. Crystal: "I just want to look pretty in the photo."

Panel 4: Close-up: Katie put her hand on Crystal's hand

4. Katie: "Oh come on, you are already pretty!! "

Four

panel 1: Close-up: Crystal takes her hand back

1. Crystal: You are wrong

panel 2: pull back: Katie was a little surprised, but she immediately noticed that she was in a bad mood and looked at her with concern

panel 3: Crystal lowered her head, and it seemed that a dark cloud suddenly appeared on her head, and the whole person became dim

2. Crystal: I don't think I am perfect

panel 4: Katie did not refute her, she looked at Crystal seriously, her eyes were gentle, and there was a smile on the corner of her mouth.

3. Katie: Tell me, why do you think you are not perfect?

Five

panel 1: Crystal holds a coffee cup in her hand and begins to confide her troubles to Katie. Crystal recalls the appearance of the female idols she saw on TV that day.

1. Crystal: "They are all so perfect, I can't compare to them at all."

panel 2: Crystal shows Katie her retouched photos.

2. Crystal: "If only I were really that perfect"

The phone screen shows Crystal's retouched photos, which look bright and beautiful, but her expression when she looks at the photo is a little uneasy.

Panel 3: Katie looked at the photo, and her expression was a little helpless. Her eyes move back and forth between Crystal and the photo, and her brows frown slightly.

Panel 4: Katie understands Crystal's mood. She puts down her phone and looks at Crystal seriously with gentle eyes and a smile on her lips.

3. Katie: "You know, in fact, none of us are perfect."

Crystal shook her head in confusion.

4. Crystal "How is it possible?" Crystal listened to Katie's words and obviously didn't believe what she said.

six

panel 1: Katie pulled her phone out of her bag, and as if to back up her statement, she opened it to show Crystal her unretouched photo.

Panel 2: Close-up: in the unretouched photo on Katie's phone, Katie is wearing casual clothes, with an ordinary street in the background, her skin is a little dull, her legs are not thin enough, and her smile is natural. The photo is obviously inconsistent with her perfect appearance on social media.

panel 3: Crystal's surprised eyes became big

1. Crystal: "Is this you? You can also retouch photos?"

Her eyes widened, her mouth slightly opened, and her expression was a little incredible.

Panel 4: Katie didn't think it was unreasonable to retouch photos. There was a hint of mischief in her eyes.

2. Katie : " Of course, everyone wants to look more perfect, right?"

panel 5: Crystal bowed her head again

Crystal: "But everyone still likes their perfect appearance, not their own shortcomings"

Panel 6: Katie began to frown

3. Katie: "OK, Let's go out and relax"

seven

****Scene**:** Crystal and Katie walk out of the cafe, the street outside is bustling with people

Panel 1: There is an ice cream shop next to the coffee shop.

Panel 2 :Katie: "Hi~ two chocolate cones.plz"Katie didn't ask Crystal for her opinion.

Panel 3: Close-up: Next to them is a cute little girl, holding a chocolate cone in her hand, who seems to be eating with a little oblivion, with cream all over her mouth. But she doesn't care and her face is full of enjoyment.

Panel 4: Long shot: Crystal turns to look at her, and suddenly feels a little envious, as she was also carefree when she was a child

****Crystal**** (inner monologue): "It's great that children don't have to worry about their image at all. . . ."

Panel 5: Katie turned around and looked at Crystal, holding two ice creams in her hands, and raised one of them to block her view.

Katie : "What are you looking at so intently?"

eight

Panel 1 : Far shot: The little girl heard Katie's voice, raised her head and looked at them. When she saw the cones in their hands, her eyes lit up and she pointed at them.

1. Little girl: "Hi ! Beautiful sisters, you like chocolate cones just like me!!"

Panel 2 : Close-up: She is very happy, and her eyes are curved like crescent moons when she smiles.

Panel 3: Crystal is very sensitive to the word "beautiful." She blushed when she heard it from the little girl.

2. crystal: me?

Panel 4: Katie smiled and ate her cone while looking at Crystal's blushing face

3. Katie: "Listen, she praised you."

Panel 5: After the little girl finished her cone, she waved to the two girls in front of her.

Little girl: "Bye, pretty sisters, I'm going home now"

Panel 6: Looking at the backs of her, Crystal fell into deep thought again

Crystal (inner monologue): "Am I really beautiful?"

night

Panel 1: Katie dragged Crystal out of the ice cream shop and they ended up in a park.

Panel 2: They finally sit down on a bench in a park, and they sit there quietly eating cones

1. Katie: "Crystal , the girl just praised you for being pretty, so stop worrying about your appearance"
2. Crystal:

panel 3: Crystal suddenly looks at Katie

3. Crystal: Katie, I actually envy your long eyelashes, pointed face, plump lips and slender limbs

panel 4: Katie was obviously stunned for a moment, then smiled and turned to look at her. A gust of wind blew, and a few strands of hair stuck to her face

Katie: "So, you're feeling down because you don't see anything nice about your appearance, is that it?"

ten

Panel 1: Crystal nodded immediately

1. Crystal :“ I’m just fat and have acne all over my face. I feel like I have no chance of winning next to beautiful women.”

Panel 2: Katie watched her

1. Katie: “ I honestly don’t think that’s true. Everyone has something special about them, including you. The most important thing is to be yourself, not to compare with others. What you really need right now is a bit more confidence. ”

panel 3: After Katie finished speaking, Crystal didn't answer; she just stared at the cone in her hand as if she were thinking.

eleven

****Scene**:** Returning home to see Crystal, she returns home and stands in front of the mirror.

panel 1: Crystal looks at herself in the mirror with a calm expression. Looking at her not-so-good figure and the baby fat and acne on her face in the mirror, her eyes are no longer so lost. After Katie's guidance, she seems to have slowly accepted her "shortcomings"

Panel 2: Her fingers gently pinch her cheeks, and the corners of her mouth slightly rise

1. Crystal: "This is quite cute, isn't it?"

Panel 3: **Scene:** Crystal's bedroom

Crystal sits on the bed

2. Crystal "I must invite Katie to take another photo for me tomorrow"

Panel 4: Crystal picks up her toy bear and falls asleep.

twelve

****Scene**:** Crystal and Katie come to the coffee shop where they dated yesterday

Panel 1: On the table is a piece of chocolate cake ordered by Crystal. She pushes the cake in front of Katie. The cake is sprinkled with chocolate powder and there is a strawberry next to it, which looks very tempting.

1. SFX: scrape

Panel 2: Katie is a little confused, but still smiles and jokes

1. Katie: "Do you want me to get fat?"
2. Crystal: "No, I just want to thank you for your enlightenment yesterday."

Panel 3: Katie laughed after hearing her words, picked up the spoon and ate the cake

Panel 4: Crystal looked at her with a smile

3. Crystal : "Is it delicious?"
4. Katie (smiles): "Yeah, it's really delicious!"

thirteen

Panel 1: Crystal suddenly puts her hands together in front of her face and looks at Katie

1. Crystal "Katie, can you take another set of photos for me..."

Panel 2: Katie puts down the spoon in her hand and picks up the phone next to her

2. Katie: "Of course"

Panel 3: Close-up: Katie's screen shows a completely different Crystal from yesterday. Today she looks particularly confident

3. SFX: Click

fourteen

panel 1: Close-up: Crystal looked at the unretouched photos and clicked "Send", her expression a little nervous. Her finger gently pressed the send button, her eyes fixed on the screen.

Panel 2: This dynamic quickly received likes and comments:

1. Friend A "So real!"
2. Friend B "You look so beautiful!"

Panel 3: Crystal looked at these comments, her mouth corners slightly raised, with a hint of satisfaction in her eyes. Instantly, the dark clouds that had enveloped her yesterday all dissipated

Panel 4: She put down her phone and saw Katie looking at her with a smile on her face. Crystal responded with a bright smile, her eyes bright, and her face full of confidence.

Crystal(inner monologue): It turns out... everyone likes the real me.

Katie (inner monologue): hope Crystal will always be so confident

fifteen

Panel 1: Katie's smile is warm, She certainly knows what makes Crystal so happy

1. Katie: "You look so happy now."

Panel 2: Crystal nodded

2. Crystal: "I posted that set of photos you just took without any edits, and everyone's complimenting *me*! "
3. Crystal: "Katie, thank you."

Panel 3: Katie dragged her chin with one hand

4. Katie: "Of course, what are friends for? Then Let's have a walk in the park?"

Panel 4: Bird's-eye view: Crystal stood up

5. Crystal: "OK, Let's go"

sixteen

Summary

Panel 1: We are always unconfident about ourselves in life, and we always have a lot of dissatisfaction when looking at ourselves in the mirror

Panel 2: We always envy the advantages of others

Panel 3: We always magnify our own shortcomings infinitely. For example, Crystal often feels that her obesity and acne on her face have seriously affected her self-confidence

Panel 4: Crystal hugs herself in the mirror

Crystal: Imperfection is also a kind of perfection. You need to be yourself.