

BENEATH THE SHADOW

SCRIPTWRITING TEMPLATE

Written by Meghan Haidari / © 2023

Panel 1: Sam stands alone in a simple bedroom, holding a phone. A faint shadow hovers above him, representing the initial anxiety.

SAM (thinking): “Another day... I hope nothing goes wrong.”

Panel 2: Sam is in the bathroom, brushing his teeth while looking into the mirror. The shadow over him darkens.

SAM (thinking): “Why do I feel so tense?”

Panel 3: Sam stands at the front door, hesitating with his hand on the doorknob.

SAM: “Maybe I should just stay home...”

Panel 4: A shadow from outside grows as Sam opens the front door to head out.

Panel 5: Sam is on a crowded bus standing with his eyes closed, surrounded by faceless passengers as the shadow stays with him.

SAM (thinking): “Everyone’s looking at me... I just need to get through this.”

Panel 6: Sam's hand clamps onto the pole, his knuckles turning white as he fights the unease bubbling inside. Close-up of Sam’s hand, showing a nervous, tight grip on the pole.

Panel 7: Sam sits alone in a busy cafeteria, avoiding eye contact with others. The shadow is visibly darker above Sam.

SAM (thinking): “Why is this so hard for me?”

Panel 8: Sam looks down at his lunch, unable to eat. The shadow above him looms larger and heavier, a tangible weight of his growing anxiety.

Panel 9: Sam walks down a hallway toward a classroom, his shoulders slumped. The shadow looms over him, heavy and oppressive, stretching down the hallway like a burden he can’t escape.

Panel 10: Sam sits at a desk with a stack of papers in front of him. He’s hunched over, the shadow nearly covering his whole figure.

SAM: “This is too much... I’m falling behind.”

Panel 11: Close-up of the side of Sam's face, eyes closed, taking a deep breath.

SAM (thinking to himself): "Just breathe..."

Panel 12: Sam opens his eyes, looking at his papers with determination. The shadow remains but is slightly smaller.

Panel 13: Sam starts writing, glancing around occasionally, but more focused.

Panel 14: The shadow remains but is steady.

Panel 15: Sam is on a walk outside after school, looking around at the trees. The shadow is smaller now.

SAM: "This is helping."

SAM (thinking): "Just breathe."

Panel 16: Sam sits on a bench, taking in the surroundings and breathing deeply. The shadow is faint.

Panel 17: Sam opens his phone and starts smiling.

Panel 18: A close up on Sam's eyes to indicate that he's seeing something on his phone.

Panel 19: Showing the text message that Sam received that says "You've got this!"

Panel 20: Sam smiles, the shadow now barely visible above them. Shadow starts to exit the panel.

SAM (thinking): "One step at a time..."

Panel 21: Sam heads home, walking confidently with the shadow now fully gone.

SAM (thinking): "My anxiety is fully gone."