

Video	Audio
FILM BEGINS WITH CHARACTER, MAN, LOOKING INTO CAMERA, RELAXED.	AUDIO STARTS WITH BIRDSONG, A GENTLE AMBIENT ATOMSPHERE, IN A PARK PERHAPS.
MAN GETS OUT PHONE, THEN LOOKS INTO DISTANCE.	It's really warm outside today. I think I actually feel ok. I feel good. I'll go and buy ingredients for a curry later, instead of ordering in. Takeaway always makes me feel crap.
	BIRDSONG STOPS.
STARTS PLAYING ON HIS PHONE, THEN STOPS AND STARES INTO SPACE.	<p>It's been a while since I heard from any of the guys. They went out last week, altogether, without me.</p> <p>(spiteful) I bet they all really enjoyed that. A night without the downer. Good to get away from the guy who can't stop moaning about how bad his life is.</p> <p>(hopeless) If only they knew. They'd probably stop talking to me. Avoid me. Make fun of me, say I'm making it all up. They're only being polite now because they feel sorry for me. That would change if they knew me. Who would want to be friends with me?</p> <p>(angry)What is wrong with me?</p>
LOOKS SURPRISED	<p>TEXT SOUND.</p> <p>Oh, a text from Billy. Maybe I do have people that care about me. I might invite the guys over later. Haven't seen them in a while. It was my fault they didn't invite me last week. I did say I was busy. I was stupid to get angry. It's not their fault. It's ok.</p>

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	<p>I wish I could talk to them about it. Things would be so much easier. They might know what's wrong. I wish I could know that they wouldn't think of me differently, that I wouldn't have to be embarrassed about it.</p> <p>I don't even know what 'it' is. I doubt I could explain it even if I tried. I wish it wasn't so complicated.</p>
HAPPIER	<p>That new Chris Pratt film is out now, I could cheer myself up by going to see that sometime. Apparently it's really good. I might feel better afterwards, getting some fresh air.</p> <p>Wonder when it's showing...</p> <p>Ted started his new job the other day. Hope he got on ok. He's usually fine around new people. I should text him later, see if he wants to hang out soon.</p>
UPSET	<p>But... The reason I stopped seeing him is because it got awkward. I wanted to tell him about what I'm going through, but I didn't know how to say it. It would make things weird, and he'd probably stop wanting to be in the same city as me, let alone the same room.</p> <p>No one wants to be around me. I ruin everything.</p>
ANGRY	<p>Ted wouldn't understand anyway. No one does. No one can help me. I'm a mess, I screw everything up. Everything goes wrong when I try to fix it.</p>

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DEPRESSING	<p>I don't know what to do. There's no point. I'm just wasting time. I haven't sorted it now, so I probably won't be able to. Waste of time. Why should I bother?</p> <p>None of the research has helped. I've done so much. I can't talk to anyone, and I can't do it by myself.</p> <p>I wouldn't want to be around myself, so why would anyone else? I should just stay at home. Be alone for a while. I doubt anyone would even care. They wouldn't miss me. Be glad to be rid of me.</p>
ANNOYED.	<p>They should have realised. If they cared, I might not be in this mess. None of them have noticed, they haven't said anything. If they'd just asked if I was ok, but not in an automatic 'hi, how are you?' way. They can't be my friends if they haven't noticed anything is wrong. It's their fault. I'm still like this because of them.</p> <p>I don't know what's wrong. I feel so crap all the time. Why does it have to be me that's crazy? Why me?</p> <p>Every time they ask if I'm ok, they don't actually mean it. It's just a comment. A meaningless question to be polite.</p>

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	<p>Oh, it's Ben birthday next week. Why did he invite me? We haven't seen each other in years. I don't understand. Why would he want to talk to me?</p> <p>He sent a message too... 'Thought we could catch up soon if you're not too busy'. Huh. Ok. 'I saw your Mum in town the other day, she said you were having a bit of trouble. Sorry to hear that, man. Do you want to meet up and laugh at crap films like we used to?'. What? 'Look forward to seeing you, hope you can make it'.</p> <p>Maybe he can help. I think his sister works with young people with depression.</p> <p>It might be ok after all. I can get help. I can do this. I will get better.</p>