

I TAKE UP SPACE

Written by

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FADE IN:

INT. ROOM - MORNING

GIRL walks up to a full-length mirror. There are various sticky notes and art prints that give words of positivity. She can tell she put them there herself to try to help. She stares at herself for a moment. She takes a breath in.

CUT TO:

BLACK SCREEN.

We show the title card as we hear GIRL breath out a sad sigh.

CUT TO:

Through various close-up and medium shots, we can see her inspecting her body. She starts with her face. Feeling her cheeks and neck. She sticks her tongue and tries to make some funny faces to lighten the mood.

She moves to each side and looks at her arms and feels them. She lifts them up, gets frustrated with how they look and puts them back down. She faces forward, then turns to the side, then turns to the other side. She faces her back towards the mirror. She makes a fun pose to try to boost her mood, but to no avail.

After taking note of practically every part of herself, she sighs again, and walks away from the mirror.

CUT TO:

GIRL starts to get dressed for the day. When she picks out her shirt, she takes a moment to stretch it out at the sides and length wise. She puts on the shirt and continues to try and stretch it out, to get it away from her body.

She takes her medication. We then see her take multiple huge self-proclaimed weight loss pills, like Garcinia Cambogia and Apple Cider Vinegar, and places them into her hands. She takes a breath in before putting them in her mouth and drinking a whole glass of water to swallow them.

CUT TO:

INT. CAFE - DAY

GIRL is behind someone in line at a cafe. The person in front of her is skinny and is in athletic attire.

ATHLETIC GIRL

Can I get a salad with dressing on  
the side?

GIRL is holding a menu and looks down at what she plans to  
order: a burger.

She gets to the counter and orders.

GIRL

Can I get the cheeseburger. But,  
um, could I replace the fries with  
a side salad?

GIRL notices a small sign with a dessert listed. It looks  
good.

GIRL (CONT'D)

Can I also get one of these  
brownies, please?

The CASHIER looks her up and down quickly, but judgementally.  
The GIRL glances behind her to see the SKINNY GIRL waiting to  
get her meal, but also looking at her judgementally. GIRL  
turns back to CASHIER.

GIRL (CONT'D)

But could you replace the scoop of  
ice cream with a side salad too?  
Trying to watch my figure.

The CASHIER looks at her, not knowing whether she's joking or  
not.

GIRL (CONT'D)

I'm just kidding. I'll still take  
the ice cream, aha.

They both laugh a little awkwardly.

CASHIER

I was about to say, that's not what  
you should be worried about.

GIRL is hurt just a little, but she forces a smile.

CUT TO:

INT. CAFE - LATER

GIRL is sitting with friends at the cafe as they all eat  
lunch and talk.

FRIEND 1

Did you see Adele's latest Instagram photo? She looks SO good.

FRIEND 2

Yeah! Good for her for finally getting her life together and getting healthy.

We see GIRL's reaction to this.

FRIEND 1

I bet she did Keto. I've been meaning to try it.

FRIEND 2

No wonder her and her husband got divorced. There's probably so many guys after her now.

The two friends laugh. GIRL tries to also.

CUT TO:

INT. APARTMENT - NIGHT

GIRL lays on her couch and looks through Instagram. She is looking at a photo of Adele. She zooms in on her face. She looks at several other photos of skinnier women. Some of them show the women in bathing suits with captions about positivity.

GIRL starts to look at her camera roll. She looks at photos of her and finds some unappealing ones where she has a prominent double chin or her arms look big. She zooms in on her insecurities. Looking at them intensely.

She scrolls through a series of photos from a quick photo session of herself. She picks one to post on Instagram. For the caption, she writes something funny, along the lines of: "Can you believe this photo wasn't staged at all?"

One of the first comments appears, and it reads: "You look SO good!" She looks at the comment and smiles slightly. Another comment appears that reads: "Love your body positivity!" Then, the smile fades and she looks at her phone unhappily. She is sad now. She locks her phone and places it on the couch next to her.

CUT TO:

INT. ROOM - NIGHT

She gets ready for bed. She catches a glance of herself in the mirror; her profile. Instead of taking a long time to look at it, she only stares for a moment. She runs her hand down her chin and neck. Then she turns off her light.

CUT TO:

INT. BATHROOM - MORNING

GIRL is brushing her teeth in the bathroom, as she looks at herself in the mirror. She notices out of the corner of her eye a weight scale. She looks at it for a moment then turns away. After a beat, she looks at it again.

CUT TO:

GIRL placing the scale in the middle of the bathroom. She looks at it. It looks back at her. She takes off her glasses, takes the scrunchie out of her hair, takes any extra weight off of her body. Then she steps carefully onto the scale. She looks down at it the whole time.

It beeps with the result, but we don't see it. She looks at it a moment. She seems sad and tears seem to well up in her eyes a bit, but then she snaps out of it. She quickly places it back where it was, turns off the light, and shuts the door.

CUT TO:

EXT. STREET SIDEWALK - DAY

GIRL is talking on the phone with her mom as she walks down the street.

GIRL

Yeah, I don't know. Sometimes I just feel a little forgotten. Or even ignored.

MOM

(on phone)

Oh. Why do you think that is?

GIRL

I don't know. I mean, I don't want to be that girl, but sometimes it feels like it's because of my weight.

(MORE)

GIRL (CONT'D)

Like if I was skinnier more people would like me or pay attention to me.

A brief pause.

MOM

Well then, why don't you lose some weight?

GIRL stops walking for a bit, taking in that comment. There's a pause.

MOM (CONT'D)

I mean, it's a good idea anyways. Boys like girls who actually care about how they look.

GIRL

That's just a mean way of saying boys only date skinny girls. Why can't people just like me the way I am?

MOM

They can! And they should. You're amazing. But, you know... I worry about you. Sometimes, I feel so guilty about your weight. If I had been a better mom then you wouldn't have this problem.

GIRL doesn't reply. She's holding back tears.

GIRL

You're a good mom.

MOM

You think so?

GIRL

Yeah. I actually gotta head out now. I'll talk to you later.

MOM

Okay. I love you.

GIRL

You too.

GIRL hangs up phone. She turns to a store front and sees the reflection of her full body. She is weighed down even more. She starts walking again.

CUT TO:

INT. APARTMENT BATHROOM - NIGHT

GIRL is staring at herself in her bathroom mirror. She's been crying. She breathes waveringly. She inspects her face and her body. She sits on the bathroom floor for a moment.

After a couple seconds, she pulls out her phone. She hesitates for a second before typing into the search bar "does throwing up help you lose weight". She reads several articles and then searches "how to make yourself throw up."

She looks at the toilet, debating.

Suddenly she grabs a toothbrush and throws open the toilet lid. She ties her hair up in a bun. She readies herself for what she is about to attempt, taking several breathes in and out.

Then she sticks the toothbrush down her throat. She gags and coughs. She tries a second time but all she does is gag. She's crying. She tries again with her fingers this time and nothing happens. She can't do it.

She sits back on the bathroom floor and cries.

We cut to a shot in the dark hallway, we see the bathroom with it's door slightly open. The only light coming from inside. We can or cannot hear her cry.

CUT TO:

INT. BEDROOM - THE NEXT DAY

GIRL is lying in her bed. She looks exhausted and her hair is a mess. She lies there for a minute. Just staring. She looks to her mirror that is hanging up and glances at all the sticky notes.

She gets out of bed. Throws on some baggy clothes and walks up to the mirror and looks at herself. She then gets out a new sticky note and writes something on it.

On her way out the door, she sticks the sticky note directly on the mirror. It reads: "YOU'RE FAT."

CUT TO:

INT. LIVING ROOM - A COUPLE DAYS LATER

GIRL is sitting crisscrossed on the center of her couch. She just sits and thinks.

Then, she gets up and grabs her keys and gets in her car. She drives a bit and ends up at a lake. She gets out of the car and leaves her phone inside.

EXT. LAKE - CONTINUOUS

GIRL walks to the edge of the water, preferably a dock. She sits down. She takes a lot of breaths in and out, trying to focus on the space she occupies.

She feels her face and arms and legs and body like she did in the beginning, but this time without looking at a mirror. She just closes her eyes and tries to make note of it.

We see her put her hands on either side of her face. With her eyes closed, she smiles.

FADE TO BLACK.

FADE IN:

INT. BEDROOM - DAY

Parallel to the beginning shot, GIRL walks up to the full-length mirror. She looks at herself, then she looks at her sticky notes, especially the most recent addition.

Next we see her slowly taking the sticky notes down, one by one. She throws them away.

She stands again in front of her mirror. Looking at herself. As we pull out she slowly smiles. She takes a breath in.

The screen goes dark.

She sighs with relief.

END.