

Self Destruct (2024)

LOGLINE

Eden, 13, wakes up to find that a purple narcissistic monster, Ardenia, has been running her mindspace for the last year. *Self Destruct* follows her struggle to learn to cope with her mental illness.

SYNOPSIS

Self Destruct is a mini series of 8-10 episodes lasting 8-15 minutes.

Our story takes place in the modern day (2020s), vaguely in the northwestern United States. Eden is a normal 8th grade girl, except she is suffering from a nondescript mental illness. She has two parents, a mom and a dad, a younger brother, Eli, and a best friend, Abigail. Her family also has a dog, Wilma.

The series follows Eden's struggle against her nondescript mental illness, which takes the form of a purple monster named Ardenia. Eden also tries to repair her relationships with her loved ones, which Ardenia has wreaked havoc upon.

SHOWCROSS

The mindspace is a similar setting to that of headquarters inside Riley's brain in *Inside Out* (2015)

Eden's "outside surroundings" will be vaguely Pacific Northwest United States, slightly muted color scheme inspired by *Gravity Falls* (2012) and *Over the Garden Wall* (2014)

In the mindspace Eden and Ardenia will have energy and health bars, similar to *Stardew Valley* (2016) and “fights” will range from verbal, to pushing/punching, to, eventually, sword fighting.

EDEN

Eden is 13, in 8th grade. She rides her bike, she plays soccer, she texts her friends. She loves her family and friends and her dog.

INNER EDEN

Inside the mindspace, Eden’s true self starts in a weakened state. Inner Eden’s goals are to make healthy decisions and be loving and caring towards her loved ones.

ARDENIA

Ardenia is a physical manifestation (in the mindspace) of any self-sabotaging mental illness. Her main motivations are to get people’s approval and keep Eden safe. When she fails to do this, or people don’t act the way she wants them to, she gets very angry and destructive. Ardenia is selfish, narcissistic, and passionate.

PILOT

Eden starts locked in a trunk. She slowly wakes up, and is able to break open the trunk. She finds Ardenia taking a nap. Eden has some basic interactions with her family, including her younger brother, Eli, not asking her to read him a bedtime story goodnight, which she remembers doing previously.

Ardenia wakes up and informs Eden they don’t do that anymore. Ardenia knocks Eden out.

Eden wakes to Ardenia at the “controls”. Eden asks who Ardenia is. Ardenia sees herself as the one who runs Eden’s brain. Eden learns she’s been “unconscious” for about a year,

but was able to wake up because Eden's mom took her to a psychiatrist to get medicine.

Ardenia plans to throw away the pills and regain control.

Eden is in a weakened state, and cannot fight Ardenia directly. She must sneak around and wait for the right moment to take control to take her pills, so she can get stronger and have more control in the mindscape.

She succeeds, and the episode concludes with her successfully taking her meds.

EPISODE PLOTS (order does not matter, order is in the chart below)

Episodes where Ardenia wins:

- 1) Eden's mom asks her to feed the dog. Eden tries to get to the controls, but Ardenia has her tied up. Conflict between Eden and her mother escalates.
- 2) Eden is bored in class. Ardenia makes her blurt out something inappropriate. Eden is too tired to fight back.
- 3) Abigail leaves Eden on "delivered" about going to the mall that weekend. Ardenia decides that Abigail doesn't care for Eden anymore, and hurt, lashes out to "protect" Eden.
- 4) Kyle suggests Eden should sneak out at night to kiss him behind the school. Eden is disgusted by this prospect. Ardenia knocks Eden out and Eden wakes to the aftermath of Ardenia's decision to kiss Kyle.
- 5) Eden doesn't go to soccer practice because she is embarrassed of what has been happening to her. She has a breakdown about not being able to "be normal". Her mother consoles her.

Episodes where Eden wins:

- 1) The pilot where Eden successfully takes her meds.

- 2) Eden is struggling, but powers through and is able to make her bed.
- 3) Eden discovers little ways she can improve her health/energy levels in the mindspace. These tasks include eating breakfast, petting her dog, and taking deep breaths.
- 4) Eden remembers why Eli now avoids her. She apologizes for things Ardenia did, and reads Eli a bedtime story.
- 5) Ardenia is convinced everyone hates Eden, and that the best thing to do is to jump off the dam, killing Eden. Eden takes a stand to save her life.

Order:

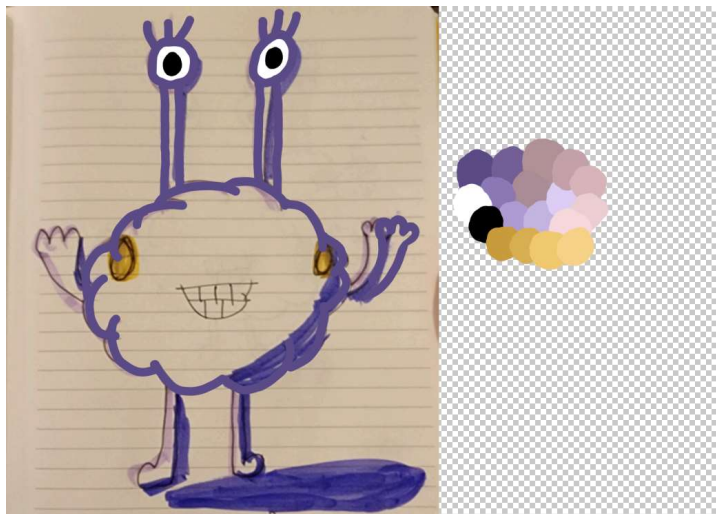
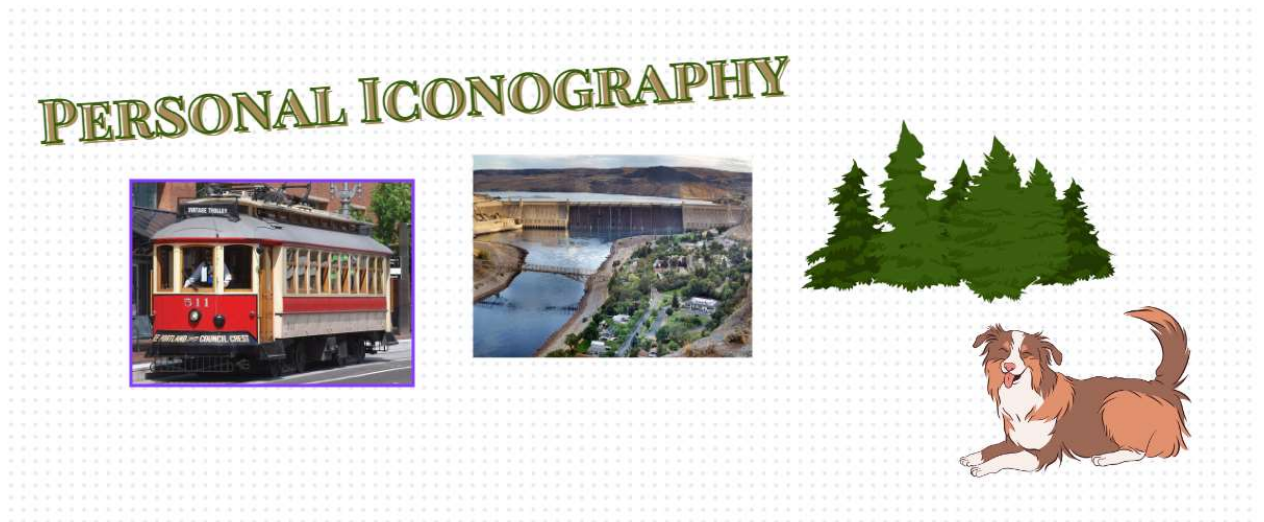


FUTURE SEASONS

There is room to do more seasons, since mental illness is a lifelong battle. I do not plan the ending of season 1 to be nice or complete. Everyday is its own struggle, and I want my art to reflect that. There is no permanent “win”. There is no “happy ending”.

AESTHETICS

Imagery/Colors



 FA5D5 Fairy Tale	 FFABC0 Cherry blossom pink	 EC8C9F Salmon pink	 EB738D Rose Pompadour	 E65D7B Blush
E65C5C Indian red	E45252 Indian red	DD464E Poppy	CE4040 Poppy	B03434 Auburn
 F19354 Atomic tangerine	 E9783F Orange (Crayola)	 EE6C44 Burnt sienna	 EB5B2F Flame	 D15630 Cinnabar
 FFF9A6 Vanilla	 FFF159 Maize	 FFE53C Maize	 FFF242 Aureolin	 F1CF0F Gold
 C3CEAE Sage	 8BA46A Asparagus	 708E39 Avocado	 4B6423 Dark moss green	 374717 Dark moss green
80AFCE Carolina blue	 709EBF Air superiority blue	 4E77AC Glaucous	 34629F Lapis Lazuli	 24579D YinMn Blue
 B1D3EC Uranian Blue	 93BFDF Powder blue			
 473BA2 Persian blue	 5F55B6 Slate blue	 6D67C7 Slate blue	7B73D2 Medium slate blue	 887FDC Tropical indigo
4F4020 Drab dark brown	3E3217 Drab dark brown	362C16 Drab dark brown		
 9F8753 Lion	 7D6739 Coyote	 5A4823 Field drab	4A3C20 Drab dark brown	 3E3219 Drab dark brown
 FAEABB Vanilla	F1D2AB Sunset	 D5AD78 Buff	 96724D Chamoisee	 6A4D28 Kobicha
FFE669 Naples yellow	 E5D575 Arylide yellow	CEBE6A Citron	AD9C5A Ecreu	8A703E Coyote
FFE669 Naples yellow	FCEB8A Flax	E5D575 Arylide yellow		

Soundtrack Ideas:

<https://open.spotify.com/playlist/3k2ux0bOgQpIVpsRKnifPt?si=bd9dd69801424a2e>

Problem: I prefer the tempo of the Columbia River Collection version of “Biggest Thing Man Has Ever Done” but want full lyrics - get it commissioned?