

MAYBE NOT

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FADE IN:

INT. THERAPIST'S WAITING ROOM - DAY

NOAH GOLD (mid 20s--he/they), doubtful, deadpan, snarky, and somewhat closed-minded, sits in their therapist's waiting room. They wear the same orange University of Miami shorts for weeks at a time yet wash their shower towel very often.

There's a poster on the wall that says "If you need help, just ask!" The THERAPIST (70s) opens the door and invites Noah inside.

INT. THERAPIST'S OFFICE - DAY

NOAH

Do you not agree that the Big One will probably happen in the next ten to twenty years?

THERAPIST

That's the thing though, Noah--we don't know when, or even if, it will happen.

NOAH

But scientists are sure we're overdue for it.

THERAPIST

But earthquake prediction is only an estimate of what may happen. We still don't know for sure.

NOAH

Okay.

THERAPIST

You seem unconvinced.

NOAH

This is California...

THERAPIST

I'm not denying that.

NOAH

(polite)  
Aren't you, kind of, though?

THERAPIST

Do you realize the odds of you dying in a car accident are actually much higher than you dying in an earthquake?

NOAH

I think I knew that.

THERAPIST

And yet you still drive. You know...all we have are the odds. Nothing else really matters.

NOAH

I understand. I don't mean to argue, but I think the odds are that the Big One will happen very soon.

THERAPIST

Maybe. But that doesn't mean we'll be here for it.

NOAH

I never leave...

THERAPIST

What is it that you're feeling right now, Noah?

NOAH

I feel like I'm gonna die.

THERAPIST

That's not a feeling.

NOAH

Okay...

THERAPIST

You know...I think I've probably told you this before, but you're angry.

NOAH

(angry)

I know.

They sit in silence.

NOAH (CONT'D)

Anxiety's so much worse though. And I

feel so trapped in it every day.

THERAPIST

It can be painful. Here's an idea--  
what if you simply let yourself be  
curious about your fear of  
earthquakes?

NOAH

I'm curious if I'm gonna die in one...

THERAPIST

That seems unlikely.

The therapist smiles.

NOAH

I've been wondering...is there more we  
can do to target my OCD? Is what we've  
been doing the best treatment for OCD?

THERAPIST

I want you to stop thinking of  
yourself as a person with OCD. You're  
a person. Let's treat you as a whole  
person.

NOAH

Okay.

THERAPIST

Noah...what is it that you're needing  
right now, in this moment?

NOAH

I don't know. Maybe...a different  
childhood?

EXT. PARK - DAY

Noah's FaceTiming their MOM (60s) and DAD (60s).

MOM

If you don't do it, I'm gonna call  
Woody Allen's agent for you!

NOAH

Okay, Mom.

DAD (O.S.)

Did you tell him to call Woody Allen?

INT. RESTAURANT - DAY

Noah's hosting. A CUSTOMER (60s) passes by on their way out.

CUSTOMER

That was the shittiest booth in this whole place. I'm never coming back.

NOAH

I'm really sorry.

INT. NOAH'S APARTMENT - NIGHT

Noah's working on the computer, drinking alone, and binge eating sweets. Their apartment's tidy and simplistic, but the floors are dirty and surfaces are dusty. There are plastic gallons of water in various corners.

Noah hears party noises through the window.

NOAH

(to self)

The shittiest booth in this whole place! The shittiest booth in this whole place! Can't tell you why...I'm just mean and old for no reason!

Noah checks the time--it's 10:26. They scroll through social media on their phone and check the time again--10:29. They go to the kitchen counter and collect a handful of various pills. They take them at 10:30.

They go back to social media and see an ad for Exposure and Response Prevention (ERP) Therapy. They read about ERP and find a list of intensive programs that practice it. They click on one called "Collins Behavioral Health."

INT. NOAH'S APARTMENT - DAY

Noah's on the phone with a Collins INTAKE REP (30s).

NOAH

...Are you sure you're in-network with my plan though?

INTAKE REP (V.O.)

Yes, I'm sure. I'll transfer you to someone in our insurance department to verify your information.

Noah waits, and an INSURANCE REP (30s) answers.

INSURANCE REP (V.O.)

Hi, I have all your insurance information here. Unfortunately, we're not in-network with your plan.

NOAH

I didn't think you were...the last representative just promised me you were though.

INSURANCE REP (V.O.)

No, we're not. Sorry about that-- insurance can be complicated.

NOAH

No problem.

(sotto voce)

Of course the OCD person found the insurance mistake.

INSURANCE REP (V.O.)

Good news though--I can initiate a Single-Case Agreement with your plan to try to get you into Collins' daytime program with in-network benefits.

INT. NOAH'S APARTMENT - NIGHT

Noah tosses and turns in bed, screaming in frustration. They get up, pace around, and get back in bed.

When they still can't sleep, they start eating from the fridge and take an edible, too. Eventually, they're able to calm down and lie in bed with their eyes open.

EXT. LOS ANGELES - DAY

Noah's walking briskly. They get a call from Collins Behavioral Health.

INT. COLLINS LOBBY - DAY

There's a sign-in sheet at the front desk. ANDREA (50s), the bubbly main receptionist, and another STAFF MEMBER (40s) sit at desktop computers.

They push a button under the desk each time a patient or occasional family member enters one of the office wings. There's an adult side and a child side. The wings are almost identical, mirror images of each other.

Noah waits in line with their lunch and signs in at the desk.

INT. COLLINS HALLWAY - DAY

One of the office doors says "YOU ARE NOW IN ARIES TERRITORY" and has printouts of flames all over it.

There are signs that say "Lean into the Uncertainty" and "Maybe, Maybe Not," and post-its with notes like "I might be doing this all wrong," "I'm a bad person," and "Sheila."

INT. NOAH'S PATIENT ROOM - DAY

There's a desk with a digital clock and chair and one or two chairs next to it.

A small whiteboard says "Welcome, Noah!" and lists the names of their treatment team members--a therapist/behavioral specialist, nurse, and psychiatrist. Also, there's a magnet with 988 Crisis Line information.

The walls are blank, and some of the paint's been torn off. Noah's back is to the door.

LAUREN (early 30s), a program therapist who looks about 17, an Anna Kendrick type with a dark sense of humor, quick-witted, brilliant but forgetful and ADHD, new to the field yet confident in her abilities, short and unassuming, but will destroy you if necessary, knocks on the door.

LAUREN

Hi!

Noah jumps and turns.

NOAH

Hello! I'm sorry, is this--

LAUREN

I'm Lauren. I'll be your therapist and behavioral specialist here.

NOAH

I'm Noah.

LAUREN

I know.

They stand there for a beat.

NOAH

Is there a refrigerator I can put my food in somewhere?

LAUREN

Yep! I'll show you where the kitchen is in a second. Here are some papers for you.

She hands Noah some papers.

LAUREN (CONT'D)

One of them's your schedule for today. You'll go to check-in group first, and then you'll be back here until I come meet with you. Let me show you where the group room is.

INT. COLLINS HALLWAY - DAY

Noah follows Lauren down the hall. A bathroom door has a sign that says "For exposures only."

LAUREN

This is the exposure bathroom...this is the group room, where you have check-in groups and can play games, make bracelets, socialize...this is the depression track group room...this is the kitchen slash break room slash ping-pong room.

INT. COLLINS KITCHEN - DAY

Noah nods. The room has a couple dining tables (one has a ping-pong net on it) and a refrigerator with a sign that says "No sharing food." Noah puts their food in the fridge. Lauren leads them back to the group room.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Lauren takes a check-in sheet from a stack of papers at the front of the room.

It's a small room with a wall-length window overlooking the Ladera Heights neighborhood of Los Angeles. LAX and departing/arriving planes are in the distance. There are virtual patients on a flat-screen on the front wall.

There are board games, fidget toys, bracelet-making materials, patient-made art pieces, and a "Wall of Pets."



One of the walls has a large whiteboard with doodles, a Mood Board with magnets of faces representing different emotions, and dry-erase writings like "Slay," "Fuck OCD," and "Anxiety is a ho." Lauren hands Noah the sheet.

LAUREN

Go ahead and grab a seat and fill out your daily check-in form. This is Samantha, she'll be running group this morning.

SAMANTHA (late 20s), a youthful, cynical behavioral specialist, sits in a desk chair with a laptop. Noah smiles and finds a seat with nobody on either side. Other patients chat while filling out the form.

Noah fills out the sheet and sees some boxes marked "Do not share this section in group." These boxes are "Self-Harm Urges," "Homicidal Urges," and "Suicidal Ideation." All categories ask for rankings on a scale of zero to seven.

SAMANTHA

All right, everyone. We have a new patient today.

(to Noah)

Sorry, what was your name again?

NOAH

Noah.

SAMANTHA

This is Noah. Why don't we go around the room and share our name, pronouns, and a fun fact about ourselves.

Noah writes in a six under the "Current Depression" category.

SAMANTHA (CONT'D)

I'll go first. My name's Samantha, my pronouns are she/her, and I've...rock climbed at Yosemite.

Noah crosses out the six and changes it to a seven. Samantha looks around.

SAMANTHA (CONT'D)

Jackson? Would you like to go next?

JACKSON (20s), another patient, is talkative, fast-paced, performative, and socially awkward with an odd sense of "humor." He has a crush on a different female patient every

three weeks.

JACKSON

Uh, sure.

SAMANTHA

Oh, and you can share your scores, behavioral activations, and activities of daily living, too.

JACKSON

Okay...my name is Jackson. I use the 'he' suite. I did exposures and BAS for homework. Depression's a two peak three and a half--

SAMANTHA

No halves, Jackson. It's considered perfectionism.

JACKSON

Okay, three. Avoidance a three peak four. Rumination is five peak four. I did all my ADLs. I slept seven hours. Anxiety's a four peak four. Oh, and a fun fact about me is that I can hold my breath for three minutes.

He winks.

SAMANTHA

Okay--thank you, Jackson...Doren?

DOREN (40s) is a chatty, Disney-obsessed Israeli-American who always stands in the back of the group room and insists on sharing last. He doesn't have a check-in sheet with him.

DOREN

What? No, not all the women have gone.

SAMANTHA

Well, I called on you now.

DOREN

Okay. I did exposures and BAS as well. Depression's a five peak six. Avoidance a three peak four. Rumination is a five peak five. I did all my ADLs except for eating breakfast. I slept nine hours, and anxiety's a two peak two.

(beat)  
Oh, and I'm Doren, he/him, and my  
finger (and only my finger) has been  
to Egypt.

(to Noah)  
You know you've been here too long  
when you can do the check-in sheet  
from memory.

SAMANTHA  
(chuckling awkwardly)  
Thank you. Would you like to go now,  
Noah?

NOAH  
Yeah, okay. I'm Noah. Well, I didn't  
have any homework yet. Uh...what else  
did you want me to say?

SAMANTHA  
Don't worry about sharing your scores  
yet. Just your name, pronouns, and a  
fun fact about yourself.

NOAH  
Okay. He/they. And, well, I don't  
know, I've...made eye contact with  
Beyoncé.

There are gasps across the room.

DOREN  
No. Way!

NOAH  
Yep...

JACKSON  
Did you get her number?

SAMANTHA  
Thank you for sharing, Noah.

DOREN  
Hannah would've freaked if she was  
still here.

SAMANTHA  
Doren...

DOREN  
 I mean, Shlannah...  
 (to Noah)  
 We can't say former patients' names,  
 but the trick is to use names that  
 rhyme instead.

INT. NOAH'S PATIENT ROOM - DAY

Noah returns to their room and sits quietly, staring at the clock on the desk. Lauren comes to the door.

LAUREN  
 Hey! So...I have a bunch of intake questions, but first--there's a funeral exposure about to happen in the other room. I know it's your first day, but would you wanna go to that?

NOAH  
 Um--

LAUREN  
 It's really up to you. I just thought it could be an interesting thing for you to do.

NOAH  
 Okay. I'll go!

LAUREN  
 Spectacular.

INT. COLLINS DEPRESSION TRACK GROUP ROOM - DAY

Patients and staff members sit in a few rows of chairs facing a whiteboard.

On the board, there are photos of KAT (30s), another patient, granola with a cynical sense of humor, trans, she's been in Los Angeles for a while. She's seen it all.

In the photos, she poses with each of her parents separately. Both of the photos are staged in front of Collins by the building's excessive plant life and man-made waterfall.

In the corner of the room is NICKI (40s), a therapist who's goofy but has a stern, businesslike appearance. She's obsessed with Halloween and Satan, and wears black often.

She's playing sad music from her phone. She steps out in

front of the whiteboard.

NICKI

Okay! Thank you all for being here today to celebrate the lives of Kat's parents. She has some words she'd like to share with us. I'll turn the floor over to Kat.

Kat stands from the corner and steps in front of the whiteboard. She's crying. She reads from some papers.

KAT

Thank you, Nicki. Thank you all so much for being here. We're here to celebrate the lives of my parents, Marsha Jane Levitz and Charles Edward Levitz, both of whom we lost too young. My fa--

She looks down and holds back more tears.

KAT (CONT'D)

(to self)

Okay. This isn't real...

Nicki raises her eyebrows.

KAT (CONT'D)

My father, Charles Edward Levitz, was a wonderful man. He was a beloved father, husband...

Noah looks around at some of the other patients.

KAT (CONT'D)

...He got angry only one time I can remember. It was at the soccer field, when my sister's coach wouldn't play her in her games. But aside from Coach Bill, I can say confidently that everyone knew my dad as one of the sweetest, most encouraging people they'd ever met. He will be missed dearly.

She flips to another page, stifling more tears.

KAT (CONT'D)

My mother, Marsha Jane Levitz, was the

second kindest person I've ever met...

Noah starts fidgeting with some papers.

KAT (CONT'D)

...She went a little harder on us, only because she knew we did, in fact, need some disciplining. She loved my father unconditionally, the same way he loved her. She'll be missed dearly, and I know she and my father are together in heaven, because they were always inseparable. Thank you.

Everyone claps.

NICKI

Thank you so much for sharing those words with us, Kat. I'd now like to open the floor up to the rest of you. Who'd like to share anything with Kat?

BRITNEY (20s), extremely talkative and fashion-forward, speaks without raising her hand.

BRITNEY

I just wanna say, Kat--that was so courageous of you. I'm so proud of what you did. Here...today.

KAT

Thank you, Britney.

Jackson raises his hand and waits for Nicki to call on him.

JACKSON

Kat--I think you did a great job. And I'm sorry for your loss. Losses.

KAT

Thank you so much.

BRITNEY

Oh. I'm so sorry for your losses, too.

NICKI

Anybody else want to say something?

Nicki looks around the room, making eye contact with Noah.

TOMMY (40s), a patient who's a psychology researcher in the

outside world, neurotic, bald, and a former football player, his biggest fear is being associated with bro culture and conservatism--clears his throat.

He speaks in bursts, as if fighting off intrusive thoughts in real time.

TOMMY

I'll go. Kat, it's clear that your parents mean--I mean, meant--so much to you. May they rest in peace.

KAT

Thank you, Tommy.

NICKI

We're gonna stick around for a minute if anybody has anything else they want to say. If not, feel free to head back to your exposure rooms now.

Most of the patients stay, chatting in a circle around Kat. Noah looks around for a moment, then leaves.

INT. NOAH'S PATIENT ROOM - DAY

Lauren's working on her laptop. Noah enters.

LAUREN

(enthusiastic)

How was the funeral?

NOAH

It was good. Well, not good--weird...helpful?

LAUREN

Yippee! So...I have all these questions I need to ask you now, and then our weekly suicide risk assessment. But first...can you tell me a bit about yourself?

NOAH

Well, sure. I'm from Missouri. I was diagnosed with OCD when I was eight, and I've been in and out of therapy most of my life. I've never been in love...I stayed with a woman for a year and a half cause she bullied me into it...

LAUREN

Why don't you tell me what you do for work, and maybe what some of your hobbies are?

NOAH

Oh. I'm a writer. I haven't really written anything in, like, four years though. And I work part-time, too.

LAUREN

Nice! And what about for fun?

NOAH

I do improv comedy. My anxiety's really gotten in the way though. Sometimes I feel like I'm gonna have a panic attack or throw up on stage.

LAUREN

Cool! Very cool.

Noah crinkles their nose.

LAUREN (CONT'D)

So...what brings you in today?

NOAH

Well...I'm just trying to find the best treatment. Honestly, I'm not sure this program's gonna work for me.

LAUREN

Hmm. Maybe it won't.

NOAH

Oh--

LAUREN

On average, how many hours per day have you spent on obsessive thoughts over the last thirty days?

NOAH

Oh, man. Okay...that's tough.

LAUREN

Just give me an estimate.

NOAH

Probably, like, one to...four.



Five...one to five, maybe up to six per day, sometimes?

LAUREN

On average, how many hours have you spent on compulsive thoughts and behaviors?

NOAH

Uh...oh, man. Compulsive...honestly, I'm not sure I know the difference.

LAUREN

Obsessions are unwanted, intrusive thoughts, images, or urges. Compulsions are behaviors or thoughts used in an effort to lower distress.

NOAH

Sorry, I just don't wanna give you the wrong answer. I think...a little less, probably? Like, one to...three?

LAUREN

Yep, okay. Have you spent more than an hour daily worrying about finances, natural disasters, health concerns, or concerns about the afterlife?

NOAH

Yes.

LAUREN

Have you worried about attending your own funeral?

NOAH

Ye--wait. What do you mean?

LAUREN

Have you had worried thoughts about attending your own funeral?

NOAH

That's not possible.

LAUREN

Okay! Maybe.

She keeps typing.

LAUREN (CONT'D)

What, would you say, is your biggest fear?

NOAH

Death. Also abandonment, and rejection. Which is probably why *Good Will Hunting* is my favorite movie.

LAUREN

How do you like those apples?

Noah smiles.

NOAH

Another of my biggest fears is anxiety. Fear itself, I guess. And before I forget...all my worst mental health issues started during my breakup in college. I think relationships and breakups are probably the biggest issues for me in general.

Lauren stops typing.

LAUREN

Okay. I'm going to move on to your suicide risk assessment.

NOAH

Okay.

LAUREN

In the past few weeks, have you wished you were dead, or that you could go to sleep and not wake up?

Noah sits quietly for a few seconds.

NOAH

Yes.

LAUREN

In the past few weeks, have you actually had any thoughts of killing yourself?

NOAH

What do you mean, 'Actually?'

LAUREN

Have you taken any steps toward killing or hurting yourself in any way?

NOAH

No.

LAUREN

Have you ever tried to kill or harm yourself in any way?

NOAH

No.

LAUREN

Are you planning on killing or harming yourself in the foreseeable future?

NOAH

No. I really don't think so.

LAUREN

Good. I'll see you at the end of the day when you turn in your assignments. We don't give homework your first day at Collins.

INT. COLLINS HALLWAY - DAY

Noah sees Jackson pacing back and forth in the hallway.

NOAH

Everything good?

JACKSON

Yeah. I'm just waiting for the pizza. It's Little Caesar's Friday.

NOAH

Oh. I didn't know that was a thing.

A staff member enters with two Little Caesar's boxes.

JACKSON

EVERYBODY! PIZZA'S HERE!

NOAH

Glad I brought my lunch...

INT. COLLINS HALLWAY - LATER

Noah knocks on Lauren's office door. Lauren motions for them to enter.

INT. LAUREN'S OFFICE - DAY

Noah hands Lauren their completed assignments.

LAUREN

So...you're good for the evening?  
You're gonna stay safe?

NOAH

Yeah. I think so.

LAUREN

You think so? That's, like, (ALARM  
NOISES) for me.

NOAH

I will.

LAUREN

All right...

Noah starts to leave.

NOAH

I almost forgot...today's my birthday!

LAUREN

What? HAPPY BIRTHDAY!

INT. ADULT CHILDREN OF ALCOHOLICS COMMUNITY ROOM - NIGHT

ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES (ACA)  
MEMBERS sit around a table with various laminated sheets.

BETTY (50s), who sits next to Noah, reads.

BETTY

'The Laundry List. These are the characteristics we seem to have in common due to being brought up in an alcoholic household. We became isolated and afraid of people and authority figures. We became approval seekers and lost our identity in the process...'

Noah plays with their pen.

BETTY (CONT'D)

'...We are frightened by angry people and any personal criticism. We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs. We live life from the viewpoint of victims...'

Noah bites their lip nervously.

BETTY (CONT'D)

'...We get guilt feelings when we stand up for ourselves instead of giving in to others. We have 'stuffed' our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (denial). We judge ourselves harshly and have a very low sense of self-esteem. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings which we received from living with sick people who were never there emotionally for us.' I'm Betty. Alcoholic, addict, adult child. All the fun ones.

ACA MEMBERS

BETTY!

INT. IMPROV PERFORMANCE - NIGHT

Noah stands on a backline with a few chairs.

Three improvisers, GABBY (20s), the social driver of the group and the one who handles the Venmo transactions, DAN (20s), wild and always on, and BERT (20s), an extroverted "yes" man, are in a scene.

GABBY

Whatever you guys do, and you can do almost anything...just don't touch my dad's trophies. Okay?

DAN

Oh yeah, dude. No problem. We're

totally cool dinner guests.

BERT

Yeah. Thanks for having us over,  
Gabby.

GABBY

Of course! I'm gonna check on the  
spaghetti.

Gabby leaves and joins the backline.

DAN

Let's touch the fuck out of those  
trophies.

They pantomime touching trophies and playing catch with them.

BERT

Dude, this is getting a little boring.  
What else can we do here?

DAN

Beats me, dude. Wait, I know--let's  
set this apartment on fire!

BERT

Yeah! I just got a Chicago Bears  
Zippo!

DAN

Nice!

Bert pantomimes flicking a Zippo lighter. Gabby paints the  
scene from the backline.

GABBY

We see that Bert's Zippo has a flame  
the size of a bear.

BERT

Cool!

DAN

Here! Curtains! And pillows!

Dan pantomimes throwing curtains and pillows onto the fire.

BERT

Right on!

DAN

Dude, I'm getting a little bored again. What do you say we do something else again?

BERT

Yeah! Let's flood the bathroom!

They walk over to one side of the stage and pantomime turning on the sink and bath tub handles.

DAN

Dude, nice!

NOAH

We see that the water level is the height of a bear.

Dan and Bert look up, as if about to drown. Gabby swims onstage.

GABBY

Did someone touch my dad's trophies?

There's a laugh from the audience. Actually, the audience is one person. It's the team's COACH (30s).

COACH

Scene! We'll call it there.

EXT. GABBY'S APARTMENT - NIGHT

The coach takes Noah aside.

COACH

Hey. Feel free to, you know...get in there some more.

NOAH

Okay! Yeah, definitely. Just sort of get in my head sometimes.

The coach says goodbye and leaves.

BERT

(to Noah)

Hey, you coming to grab drinks with us?

NOAH

No. I...got a busy day tomorrow.

INT. GROCERY STORE - NIGHT

Noah buys a single piece of cake.

INT. NOAH'S APARTMENT - NIGHT

Noah tosses and turns in the middle of the night. They scream and bang their head against the pillow.

INT. COLLINS KITCHEN - DAY

Some of the patients eat lunch, some play ping-pong. Tommy's wearing a UCLA letter jacket.

JACKSON

...And I'm not gay, but I swear--one time, for one hour, my belly button turned gay.

KAT

Wow! What?

JACKSON

Yeah. I saw scenes in a movie where a guy kissed someone's bellybutton, and it made my bellybutton tingle. So my bellybutton turned gay...but just for one hour.

Noah enters.

KAT

Hey, Noah! How are the first few days?

NOAH

They're good. Overwhelming. But good.

JACKSON

Oh! Noah...do you like football?

NOAH

Um. Yeah, sort of.

JACKSON

Did you watch the 2004 Super Bowl Halftime Show?

NOAH

I think so. Probably. I was a kid, but I'm sure I watched it with my family.



JACKSON

Woah! You watch porn with your family?!

NOAH

What? What are you talking about?

JACKSON

That's messed up.

TOMMY

He does this to everyone.

NOAH

Does what, exactly?

KAT

He's talking about the Janet Jackson nip slip incident.

NOAH

Oh, wow. That was so long ago.

(beat)

Do you guys like sports?

TOMMY

I love sports. I love other stuff too, though! I'm not just obsessed with sports.

NOAH

I see. Well...your jacket's pretty sporty.

TOMMY

Oh, yeah. I'm a psychology researcher at UCLA.

JACKSON

Hey, Tommy. Since you're a psychology researcher, maybe you can explain why Noah watches porn with his family.

TOMMY

I'll have to assemble a team to look into that.

KAT

Come on, Noah. Let's wander.

Noah follows Kat out of the kitchen.

INT. COLLINS HALLWAY - DAY

KAT

Don't worry, you'll get used to everyone's personalities. The first week's pretty overwhelming, but this place is super helpful, really.

NOAH

Thanks. That's reassuring.

KAT

Oh no!

NOAH

What?

KAT

We're not supposed to reassure each other. Here, come look at my pictures!

Kat leads Noah into her room.

INT. KAT'S PATIENT ROOM - DAY

Kat's room is homey and well-decorated. She has a mood lamp. She points to pictures of her two cats.

KAT

These are my babies, Yenta and Shiksa. They're devils.

NOAH

They're cute!

KAT

They use that as a weapon.

NOAH

I know the type, I think.

KAT

We can decorate our rooms however we want. You should bring pictures in.

NOAH

Oh, cool! That's fun.

KAT

Have you gotten to do any fun exposures yet?

NOAH

No, I don't think so.

KAT

You'd know!

NOAH

Actually, I know I have another meeting soon. I think I'll probably go have a panic attack before then.

KAT

Hell yeah!

Noah leaves.

INT. NOAH'S PATIENT ROOM - DAY

Noah flips through their latest assignments.

They read one that says: "Find three people you don't know and have a conversation with them. As always, record your peak distress level during the exposure and your distress level after the exposure for all trials."

Noah walks to the nearest staff office and knocks.

FRANK (40s), another therapist, a straight shooter who wears sweater vests, a Stanley from *The Office* type who sees through B.S. easily and cries when most of his patients graduate, motions for them to enter.

NOAH

Hello! I was wondering if I could please ask for your help with a quick assignment.

FRANK

It's a free country.

NOAH

Uh...

FRANK

What's your assignment?

NOAH

I'm supposed to introduce myself to three people and have a conversation with them.

(beat)

I'm Noah.

FRANK

I'm Frank.

NOAH

Hi.

FRANK

How are you liking your time here?

NOAH

Well, it's my second day, but so far, people are pretty nice.

FRANK

It's your second day? Welcome to Collins!

INT. COLLINS HALLWAY - DAY

Noah walks and flips through the packet again, looking for another assignment. They do a double-take as they pass a room where Doren sits by an egg carton with his eyes closed.

DR. LEONG (mid 40s), the top dog, a no-B.S. psychiatrist who doesn't hesitate to tell patients how to handle situations in their lives; the patients' weekly twenty minutes with her are sacred--approaches.

DR. LEONG

Noah? I'm Dr. Leong. I have a second now, would you like to meet?

INT. DR. LEONG'S OFFICE - DAY

Noah follows her to a single-person office. It's professorial, with a mid-sized bookshelf and a mason jar of something resembling M&Ms. Dr. Leong motions for Noah to sit, then follows suit. She opens her laptop to take notes.

DR. LEONG

Okay. Why are you here?

NOAH

Sorry--

DR. LEONG

In the program.

NOAH

Right...I'm here because I think my anxiety has become unmanageable.

DR. LEONG

I see. Are you currently taking any medications?

NOAH

Yes. I'm taking Zoloft currently.

DR. LEONG

Have you taken any other medications in the past?

NOAH

I have.

DR. LEONG

What medications?

NOAH

How much time do you have?

She checks the clock.

DR. LEONG

Fifteen minutes.

NOAH

All right...Zoloft currently and in the past. I've taken Prozac and Lexapro. Then I was on Effexor for a while, as well as Wellbutrin for a bit. Also, I took Propranolol twice a day for a long time, at least a few years. I took Buspar this year, and small doses of Abilify, but I didn't really like that one. I also took Hydroxyzine for a bit, and a low dose of Paxil very briefly. That might be all of them. Oh, and Xanax and Klonopin, but only a handful of times. I try to take them as little as possible. And I took some things for sleep, like Trazodone, Ambien, and I think it was called...Lunesta?

DR. LEONG

Yes. We can talk about using Klonopin occasionally in a later session. Today

is mostly just to get to know you.  
We'll meet again next week, and we can  
talk about adjusting some things with  
your medications.

NOAH

Okay, thanks. Honestly, I've tried a  
lot of medications that didn't really  
work for me, I think.

DR. LEONG

I see. Have you been having thoughts  
of suicide or self-harm?

NOAH

I do have some.

DR. LEONG

Tell me more about that.

NOAH

It's mostly that I'm afraid of suicide  
and death. I don't want to kill  
myself. I don't want to kill or hurt  
anyone. I'm just afraid I might.

DR. LEONG

Sounds like harm OCD.

NOAH

Oh.

DR. LEONG

Do you have any history of physical or  
sexual abuse?

NOAH

No. Well...I'm not sure if it counts,  
but when I was a kid, my stepbrother  
and his uncle pinned me to the floor  
and held a shoe over my mouth and  
nose.

Dr. Leong stops typing.

DR. LEONG

I'm sorry.  
(beat)  
That counts.

She starts typing again.

DR. LEONG (CONT'D)  
Have you had any other traumatic  
events happen in your life?

NOAH  
Yeah, actually. I saw a pedestrian get  
hit by a car on the freeway in 2019.

DR. LEONG  
I'm so sorry.

NOAH  
I'm sorry for her. And her family.  
(beat)  
By the way, I guess it's not really a  
medication, but I just started  
Transcranial Magnetic Stimulation. I'm  
worried I've exhausted all my options.

DR. LEONG  
How's the TMS going?

NOAH  
To be honest, I was scared to even  
start it. I kind of wish I wasn't  
doing it. I think it's too early to  
tell if it's helping though.

DR. LEONG  
I see.

NOAH  
Maybe I'm trying too many things at  
once.

DR. LEONG  
TMS is fine.

NOAH  
I'm trying to find something that  
actually helps. I'm worried I'm  
running out of options.

INT. NOAH'S PATIENT ROOM - DAY

Noah takes an assessment on a laptop. They respond "Nearly  
Every Day" to the prompts "Little interest or pleasure in  
doing things" and "Feeling bad about yourself or that you are  
a failure or have let yourself or your family down."

Lauren knocks and opens the door at the same time.

LAUREN

Sorry for the delay. I came by earlier, but I saw you were with Dr. Leong.

NOAH

Yeah. Sorry.

LAUREN

Don't apologize! You better not.

Lauren puts a snack on Noah's desk.

LAUREN (CONT'D)

Anyway...didn't you say you were feeling nauseous earlier?

NOAH

Uh--what? No.

Lauren points to an assignment that says "Pretend to vomit using a snack and water--swish them together in your mouth."

LAUREN

I'm pretty sure you did. You said you felt like you were about to throw up.

NOAH

OH. Maybe. Maybe I did.

Lauren hands Noah the nearby trashcan.

LAUREN

Here. Try not to get puke everywhere.

NOAH

Gee, thanks.

Noah opens the snack, starts chewing, drinks from their water bottle, and pretends to throw up in the can. They sell it very well.

LAUREN

Oh, God--

Lauren grabs the can and throws up into it.

LAUREN (CONT'D)

There goes my breakfast.



NOAH  
Was that...real?

LAUREN  
Yeah. That was real.

NOAH  
I'm so--

LAUREN  
Don't say it!

INT. NOAH'S APARTMENT - DAY

Noah sees an incoming FaceTime from their mom. They hesitate, then answer.

NOAH  
Hey, I'm pretty busy.

MOM  
I sent you some jobs I found.

NOAH  
I'm thinking about taking a break from that for a while.

MOM  
Oh.

NOAH  
I don't know. It seems unconventional at best, but honestly, I think I'm gonna be doing this mental health treatment program I found for at least a couple months.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S OFFICE BUILDING - DAY

Noah holds their breath on the elevator.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S TMS ROOM - DAY

A TMS TECHNICIAN (30s) counts down on their hand as Noah sits in a chair with the Brainsway TMS machine attached to their head.

The magnetic pulses start to flow. There are bursts of clicking noises, and Noah flinches slightly from the sensation.

INT. NOAH'S PATIENT ROOM - DAY

Lauren's on her laptop with Noah.

LAUREN

I wanna get to know your symptoms a little better. Tell me a bit more about your intrusive thoughts.

NOAH

You mean, like, what they're about?

LAUREN

Sure.

NOAH

Honestly, a lot of what comes into my mind is just images, so I don't know if they're even thoughts, really. But, like...I see myself getting caught under rubble in the big SoCal earthquake. I spend lots of time seeing images of my exes over and over. I see myself dying alone in my apartment in the middle of the night.

LAUREN

Coolness. What about some of your compulsions? What do those look like?

NOAH

Definitely a lot of checking.

LAUREN

What types of things do you check?

NOAH

Locks, especially on the car doors. My bank account. Um...emails and texts, like I reread them over and over before hitting send. And then I check the sent folder to see, 'Did I actually send it?'

LAUREN

What other compulsions?

NOAH

Exercise. Praying. Hoarding sometimes, I think. Asking people to repeat themselves. And contamination issues,

like avoiding doorknobs. I didn't leave my building for a whole month once during Covid.

LAUREN

Yikes!

NOAH

You might already know this, but I say sorry a lot. And I check in with people to make sure they're not mad at me or something like that. To make sure I'm doing, like, what I'm supposed to do.

LAUREN

That's an important thing for us to talk about...When it comes to reassurance, you can always come looking for me if there's an emergency, but we want to emphasize the importance of sitting with uncertainty on your own.

NOAH

How do--I wanna ask now if you define 'emergency' the same way I do.

LAUREN

Our main goal is to prepare you to be on your own once you leave here. Seeking reassurance from others will be one of your banned behaviors during your time in program. In fact, this is why traditional talk therapy usually doesn't work for OCD, and can even make it worse--cause therapists reassure the patient instead of encouraging them to become comfortable with distress. We also want you to avoid giving yourself reassurance. But if you do, say by thinking 'I don't have cancer,' you can always undo it by thinking or saying 'actually, maybe I do. Anything's possible.'

NOAH

(snarky)

Anything?

LAUREN

In your treatment, we're gonna start you off with some of the easier exposures, then move you up what's called your 'exposure hierarchy,' so we finish by doing all the ones that are hardest for you.

NOAH

Wow. You make it sound so fun.

INT. IMPROV THEATRE - NIGHT

A HOST (30s) introduces teams to the stage.

HOST

Now, coming to the stage: Passport to Party!

The crowd cheers. Dan, Gabby, Bert, Noah, and some OTHER TEAMMATES (20s and 30s) get on stage. When the cheers quiet, there's a moment or two of silence.

DAN

(awkwardly)

Hey, guys. We're Passport to Party. All we need to get started is a word.

AUDIENCE MEMBER #1

Trampoline!

AUDIENCE MEMBER #2

Lampshade!

AUDIENCE MEMBER #3

Funeral!

DAN

I heard trampoline!

GROUP

Trampoline!

Most of the group comes out from the backline and starts jumping on an imaginary trampoline. After a few moments, Noah gets ready to speak, but Gabby cuts them off.

GABBY

Thanks for coming to my birthday party, guys! I'm so glad you made it!

DAN

Of course, Gabby! It's good to be here. My job at the yoga studio has

been so stressful.

The audience laughs. Dan shakes his head in slight embarrassment. Bert tags out the rest of the team and motions for Dan to join him in the next scene.

BERT

I'm so excited for you to teach me yoga today!

DAN

Welcome to your lesson today, Bert. It's such a blessing to have you here. Namaste.

BERT

Namaste.

DAN

We'll begin today's lesson with a sun salutation.

Bert and Dan assume poses.

DAN (CONT'D)

Breathe in. Breathe out...I'M GOING FUCKIN' CRAZY!

The audience laughs.

BERT

Oh! What's the matter?

DAN

They're doing construction across the street from my building! It's driving me fucking nuts! I haven't slept in AGES!

(beat)

I'm sorry, that was so unprofessional of me. If you'll now transition to warrior pose, we'll continue with our deep breathing practice.

The two assume their poses and take deep breaths.

NOAH

We hear a truck backing up outside the studio.

The audience laughs again.

DAN  
MOTHER--

INT. BEE'S BAR - NIGHT

The group hangs out around a table. "Vienna" by Billy Joel is playing.

GABBY  
That was such a fun one!

DAN  
Yeah!

BERT  
Who's coming to Def Leppard with me next week?

GABBY  
You're going to Def Leppard?

BERT  
Yeah, I won free tickets on the radio!

DAN  
Who listens to the radio?

BERT  
I do! And I won tickets!

DAN  
How do they send you the tickets? By carrier pigeon, Paul Revere?

The group laughs. Some of them go off to get drinks, which leaves Noah and Gabby.

GABBY  
How are things?

NOAH  
Pretty good, I think. I just started this new therapy. Well, it's not new, but kind of new to me.

GABBY  
Nice! That's cool. Therapy's helped me so much. It took me so long to find a good therapist though.

NOAH  
I get that.

GABBY  
So, what is it?

NOAH  
What? It's called Exposure and Response Prevention. I think it's used for a few things, but it's considered the best treatment for OCD.

GABBY  
Oh. Is that what you have?

NOAH  
Yeah.

GABBY  
My cousin has that. She doesn't go anywhere without Clorox wipes.

NOAH  
Cool. I mean not cool, but...

Some of the group comes back from the bar.

GABBY  
Have you ever tried meditating, though? I used to have so much debilitating anxiety whenever I had to do one of my self-tapes. It's done wonders for me.

Dan brings over a tray of shots.

DAN  
Time for shots!

NOAH  
I got an early morning tomorrow, actually. I'll see y'all!

DAN  
Are you trying to get the worm?

NOAH  
Gobble gobble!

They laugh.

GABBY

You're still coming to Big Bear next week, right?

NOAH

For sure. For sure.

INT. NOAH'S PATIENT ROOM - DAY

Lauren approaches.

LAUREN

Let's go to the kitchen for a minute.

Noah stands and follows Lauren down the hall.

INT. COLLINS KITCHEN - DAY

LAUREN

Okay, so. If you have a panic attack while you're here, start by coming to the sink and putting cold water on your face.

She goes to the sink, turns on the cold water, and starts putting some on her face.

LAUREN (CONT'D)

Then, we have ice packs in the freezer. For now, just think about taking a deep, fast breath in, leaning forward, holding your breath for a few seconds, and putting ice packs on your face, especially around your eyes. If you're at home, the best thing is to dunk your face in a bowl of ice water. Or frozen oranges also work well. But, basically, we just wanna mimic the diver's response as much as possible.

She steps away from the sink, gets some paper towels, and motions for Noah to step up to the sink.

LAUREN (CONT'D)

Get in here.

INT. COLLINS DEPRESSION TRACK GROUP ROOM - DAY

Tommy's wearing a MAGA hat. All the female staff members act overly scared of him. They back away from him as he moves toward them hesitantly. He looks sick with guilt.



TOMMY

Deshaun Watson is innocent. Deshaun  
Watson is innocent. Deshaun Watson is  
innocent!

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Patients trickle in from lunch. Frank sits at the front of  
the room with his laptop. Everyone's quiet. Noah's making a  
friendship bracelet. Britney walks in with sunglasses on.

BRITNEY

Oh my God, Frank. I'm so sorry I'm  
late.

FRANK

That's okay. Go ahead and find a seat.

BRITNEY

(exasperated)

Okay.

JACKSON

Oh! Frank, you just gave her  
reassurance. Busted!

FRANK

Okay, yeah. I see what you did  
there...well, that leads right into  
our topic for group today. Virtual  
guys, can you hear me?

A VIRTUAL PATIENT (30s) on the flatscreen answers.

VIRTUAL PATIENT

Yeah, I can hear you.

FRANK

All right! Great.

Frank stands and goes to the whiteboard. Someone sneezes.

EVERYONE

Bless you.

Some people laugh.

BRITNEY

Frank, I love your sweater today.

FRANK

Thank you, Britney. So...today, we're gonna talk about the OCD cycle. But first, just to review--who remembers the CBT triangle?

BRITNEY

I do! Thoughts, feelings, and behaviors.

FRANK

Right.

He draws the triangle on the board, labeling the three corners as such.

FRANK (CONT'D)

Cognitive Behavioral Therapy, or CBT, says these three things all affect each other, in every direction. Anyway, now...who knows the first stage of the OCD cycle?

JACKSON

Intrusive thoughts.

FRANK

Okay, that's part of it. Does anyone know another, more general word for the first stage?

TOMMY

Obsessions.

FRANK

That's right, Tommy.

Frank writes on the board as they discuss.

FRANK (CONT'D)

What are some examples of obsessions that people have?

KAT

Images.

FRANK

That's right. Images, like the face of a family member. What else?

JACKSON

Urges.

FRANK

Urges, sure.

BRITNEY

Memories.

FRANK

Yep.

NOAH

Ideas.

FRANK

Good, Noah. All of these things. And the important thing about obsessions is that they all have some sort of meaning attached to them for the individual with OCD.

He keeps drawing on the board.

FRANK (CONT'D)

So...what comes next in the cycle?

TOMMY

Anxiety goes up.

FRANK

That's right. Anxiety, or the other word we use is distress. So what do we wanna do when distress goes up?

KAT

We wanna make it go away!

FRANK

Exactly. How do we make it go away? Or how do we try?

KAT

We use skills!

FRANK

Ideally, yeah, we'd always use coping skills. But this is the OCD cycle.

JACKSON

Oh--I see. Compulsions.

FRANK  
That's right, compulsions. What are  
some examples of compulsions?

BRITNEY  
Rituals.

FRANK  
Right. Mental rituals, physical  
rituals. What else?

NOAH  
(apprehensively)  
Looking for reassurance.

FRANK  
Great, Noah. Seeking reassurance.

JACKSON  
Avoidance.

FRANK  
Good one. There's a common  
misconception that it isn't, but  
avoiding certain things is, in fact, a  
compulsion...any others? There's one  
more I'm thinking of.

No one answers.

FRANK (CONT'D)  
Overt behaviors. Like keeping your TV  
on an even volume number.  
(beat)  
So...what comes next?

KAT  
Relief!

FRANK  
Yes. Doing these compulsions leads to  
relief, but the relief is temporary.  
In fact, all feelings are temporary.  
So, then...what's next in the cycle?

No one answers.

FRANK (CONT'D)  
Anyone? What about one of my virtual  
patients?

VIRTUAL PATIENT

Um. Another obsession?

FRANK

That's right! The cycle starts again with another obsession.

JACKSON

Dang. That was fast.

FRANK

What's another term we use to describe this whole process?

KAT

It's a...spiral.

FRANK

Any other guesses? I'll give you a hint: it's not positive.

JACKSON

Oh! Negative reinforcement!

FRANK

Right. The OCD cycle reinforces your OCD, making it stronger. Then, next time, maybe you have the exact same obsession as before, but you feel like you have to do more to make the discomfort go away. So, then, you end up spending more time and energy on compulsions to try to get rid of distress from the obsessions.

TOMMY

That makes sense.

Noah's taking notes. Someone sneezes again.

EVERYONE

Bless you!

A few more people laugh.

FRANK

So...what tools do we have to make this cycle less powerful?

BRITNEY

ERP!

FRANK

ERP! Exposure and Response Prevention, the type of therapy you're all here to do in our Partial Hospitalization Program, or PHP. ERP is a type of CBT, so it addresses thoughts, feelings, and behaviors. Then, hopefully, you'll keep working on this in our half-day Intensive Outpatient Program, or IOP, at Collins. So...we expose you to your fears, and prevent you from doing your compulsions. That way, you can become used to the anxiety and not feel the need to spend all your time and energy on compulsions. Does anyone know what we call getting used to the anxiety?

BRITNEY

Habituation!

FRANK

Yep! The more you habituate to the anxiety, the less suffering you'll have in the long run. We hope treating the OCD will address generalized anxiety and depression, too.

NOAH

Do you promise?

FRANK

(smiling)

Are you seeking reassurance?

NOAH

Yeah!

Everyone laughs.

FRANK

Okay, I want everyone to write down three of the obsessions you spend the most time dealing with.

Noah thinks for a while. Someone sneezes again.

EVERYONE

BLESS YOU!

INT. NOAH'S PATIENT ROOM - DAY

Lauren enters and puts a packet on the desk titled "Noah Homework" with the current date.

NOAH

You guys weren't kidding about the homework.

LAUREN

Nope!

Lauren looks around the room.

LAUREN (CONT'D)

You seriously need to decorate, at least with something. The blank walls are creeping me out.

She sits and turns to the homework packet.

LAUREN (CONT'D)

Okay. As you can see, the first page is your list of banned behaviors. Some of them are pretty self-explanatory, like apologizing, but I'll go over a few. There are two columns where you keep track of each time you submit to or resist the behavior.

NOAH

Okay. Wait, so 'submit' means that I did the behavior, or didn't do it?

LAUREN

It means you did it.

NOAH

Oh, okay. I thought it meant I didn't do it. Like...

Noah bows.

NOAH (CONT'D)

'I submit to the therapist.'

Lauren laughs.

LAUREN

That's funny.

NOAH

Oh. Thanks.

(beat)  
So, what happens when I do them?

LAUREN  
(snarky)  
You mark it in the 'submit' column.

NOAH  
Okay, sorr--yeah.

Lauren picks up the packet.

LAUREN  
Seeking reassurance we already talked about. We're gonna start by limiting your daily exercise to one hour.

NOAH  
Oh.

LAUREN  
How does that sound to you?

NOAH  
Does that include walking?

LAUREN  
Yeah.

NOAH  
Wow...okay. I think I can do that.

LAUREN  
Good. Also, this one, 'research,' includes anything you might look up online or in some other format as a compulsion. We consider research a compulsion because it's often used to lower anxiety, like when you check a list of symptoms to see if you might have an illness.

NOAH  
Got it.

LAUREN  
And for this one, 'self-destructive behavior'...that includes anything that's harmful, even if it seems helpful in the short term. So impulsive behaviors. Drinking alone.



Another example for some people is  
binge eating. Things like that.

NOAH  
You guessed spot on with that one.

LAUREN  
Oh, sorry. That was a shot in the  
dark.

NOAH  
Hey--I thought we couldn't apologize!

EXT. GABBY'S DRIVEWAY - DAY

Gabby, Bert, Dan, and Noah are packing Gabby's car. Noah has  
the biggest bag, and brought extra food and water.

BERT  
How long are you going for?

NOAH  
Thirty-eight hours.

INT. GABBY'S CAR - DAY

Bert and Dan are in the back behind Gabby and Noah.

BERT DAN  
Three...two...one...salad! Three...two...one...bicycle!

BERT DAN  
Three...two...one...green! Three...two...one...exercise!

BERT DAN  
Three...two...one...fitness! Three...two...one...fitness!  
Yes! Yeah!

They high five.

GABBY  
I'm so psyched for our next show!

DAN  
I know, right?

Noah checks their phone and sees they don't have reception.

EXT. BIG BEAR CAMPSITE - NIGHT

The group has their tent set up by the car. They sit around a

campfire.

DAN

So...who does everyone hate in the  
improv scene the most right now?

BERT

Definitely this guy named Dan.

They laugh.

INT. BIG BEAR TENT - NIGHT

The group's asleep. Suddenly, something wakes Noah. They  
listen closely and hear a huffing sound and heavy footsteps.

NOAH

(whispering)

Fuck...Gabby!

GABBY

Yeah?

NOAH

(whispering)

Do you hear that?

Gabby sits up in her sleeping bag. A claw swipes the tent.

GABBY

(whispering)

Oh, fuck, dude!

NOAH

(whispering)

It's a fuckin' bear!

GABBY

(whispering)

What do we do?!

NOAH

(whispering)

I don't know! Just stay really still,  
I guess!

Dan jolts awake.

DAN

What's going on?

NOAH/GABBY

Shhh!

GABBY

(whispering)

That's either the Big Bad Wolf or a  
fucking bear!

DAN

Fuckin' Big Bear!

Noah moves to hit himself in the head. Dan falls back  
asleep. Gabby and Noah lie with their eyes wide open till  
morning.

INT. BIG BEAR TENT - DAY

Gabby and Noah get out of their sleeping bags.

GABBY

That was fucking crazy!

NOAH

Holy shit.

EXT. BIG BEAR CAMPSITE - DAY

Bert and Dan are making breakfast. Gabby and Noah leave the  
tent. They look disoriented.

DAN

Good morning!

GABBY

You're in a good mood for someone who  
almost got eaten!

BERT

It's 'whom,' Gabby.

DAN

No, it's not--

BERT

'Whom almost got eaten.'

DAN

No, Bert. Cause you'd answer 'he  
almost got eaten.' Not 'him almost got  
eaten.'

BERT

Of course, you HAD to make him a man,  
Dan!

NOAH

Guys! You didn't hear the bear last  
night?

DAN

What bear?

Gabby and Noah share a look.

INT. NOAH'S APARTMENT - NIGHT

Noah does their homework.

INT. NOAH'S PATIENT ROOM - DAY

Noah puts up pictures of dogs, Dennis Rodman, Amy Poehler, a  
St. Louis Cardinals poster, and more. Lauren passes Noah's  
door and sees the walls.

LAUREN

No. No! No, no, no!

NOAH

(scared)

What's the matter?

LAUREN

You're here to make progress.

INT. COLLINS HALLWAY - LATER

Noah walks down the hall and sees Doren holding a knife.  
Samantha's standing behind him. Doren smiles awkwardly.

DOREN

Don't mind me!

INT. NOAH'S PATIENT ROOM - DAY

The walls are now full of articles about cancer in young  
adults, images of wildfires, earthquake rubble, and Zac Efron  
shirtless on the set of *Baywatch*, a post-it with the word  
"God" crossed out and the number 13, and diagrams of the  
prostate.

NOAH  
(to self)  
It's not enough I'm getting hunted by  
bears.

Lauren knocks, enters, and closes the door.

LAUREN  
Are you ready to do some exposures  
together?

NOAH  
Sure. By the way, I did have a run-in  
with a bear over the weekend.

LAUREN  
What? Jesus!

NOAH  
So I guess not all anxiety's bad, huh?

LAUREN  
That's true. We need some anxiety to  
function. And to stay alive.

NOAH  
How much is the right amount?

LAUREN  
How the hell should I know?

Noah scoffs.

NOAH  
Also...is everything okay with Doren?

LAUREN  
What do you mean?

NOAH  
He's holding a knife in the hallway.

LAUREN  
Oh! I don't know. Maybe he's not okay.

NOAH  
Okay...

LAUREN  
Or maybe he's both. Maybe he's both  
okay and not okay. That's the

'dialectical' in Dialectical Behavior Therapy. Two things can be true at once, even conflicting ideas.

NOAH

Okay...you know what? No. I don't know what's fake and what's real anymore in this place! Don't you people have any limits of any kind? Don't you think, just a little bit, this is crossing a line? I don't know this guy! He could fucking kill someone with that knife!

LAUREN

Did he?

NOAH

What?

LAUREN

Did he kill someone?

NOAH

No! But don't you think it's a little concerning that he could?

LAUREN

Maybe. Maybe not.

NOAH

Jesus Christ! A bear touched my tent. A real bear. Not everything's a fucking maybe!

INT. NOAH'S PATIENT ROOM - LATER

Noah reads an assignment that says: "Throw away a dollar. Sit with discomfort." They skip to one that says: "Think about your ex who abandoned and wrote a song about you. Listen to the song, if you'd like. Talk to a staff member about her."

INT. COLLINS HALLWAY - DAY

Noah checks a few offices for a free staff member.

They see a bunch of fake Social Security cards with the number "123-45-6789" and the words "Identity Theft" taped to the walls. Britney's doing the Macarena in front of a door. She ends the dance by rubbing her face with her hands.

NOAH  
What are you doing?

BRITNEY  
The Contamination Macarena!

NOAH  
Oh. Right on!

Noah finds Samantha working at her computer.

NOAH (CONT'D)  
Hi. Would you happen to have a second?  
Please.

SAMANTHA  
Sure...come on in.

NOAH  
Thanks.

Noah enters Samantha's office.

INT. SAMANTHA'S OFFICE - DAY

Noah stands awkwardly.

NOAH  
So...it says I'm supposed to talk to a  
staff member about my ex.

SAMANTHA  
Oh--I heard about this one! Your ex  
who's a famous Tik-Tokker?

NOAH  
(half-frustrated)  
I mean...famous is a strong word.

SAMANTHA  
Okay. What do you wanna talk about?

NOAH  
Well...I don't know. Um. She wrote a  
song about me.

SAMANTHA  
Play it.

Noah takes out their phone and plays part of a song about  
their ex not wanting to fall for them, but falling anyway.

SAMANTHA

It sounds like she was falling for you.

NOAH

No. I mean...sort of. For a bit. But then she suddenly stopped talking to me, basically.

SAMANTHA

Hmm. So she ghosted you.

NOAH

Pretty much. And then I found out she was talking to my friend.

SAMANTHA

How did that make you feel?

NOAH

Extremely anxious and rejected. And depressed. I stopped feeling okay most days after that, and it led to lots of suicidal ideation for me.

SAMANTHA

And what would happen if you were to act on those thoughts?

NOAH

You mean...if I killed myself?

SAMANTHA

Yeah.

NOAH

I'd...die.

SAMANTHA

True...

NOAH

I'd die young, I guess. And unfulfilled.

SAMANTHA

And how would that affect your ex? If it would.

NOAH

She'd probably never find out,



honestly.

SAMANTHA

But what if she did?

NOAH

I don't know. Maybe she'd make a post about it. Or something.

SAMANTHA

I bet your ex would become even more famous on Tik Tok if you killed yourself.

NOAH

Damn.

SAMANTHA

She'd probably say 'Noah and I were very close, and I'm absolutely devastated by this tragedy.' Or something like that.

NOAH

Wow. Okay.

INT. COLLINS DEPRESSION TRACK GROUP ROOM - DAY

Dr. Leong closes the door behind her and Noah.

DR. LEONG

How's everything going?

NOAH

Pretty well.

(beat)

That's not true. Things aren't going well. I don't know why I said that.

DR. LEONG

Tell me more.

NOAH

I just...I don't know. Never mind.

Dr. Leong smiles.

DR. LEONG

What is it?

They sit for a beat.

NOAH

I was sitting at home recently, and I had the thought...I sort of thought, 'Honestly, I think I'm ready to die.'

They sit for another beat.

NOAH (CONT'D)

Are you gonna send me to the hospital?

DR. LEONG

Have you made plans to end your life?

NOAH

No.

DR. LEONG

Then I'm not going to send you to the hospital.

NOAH

(relieved)

Okay.

DR. LEONG

It's good you told me. You should let Lauren know, and let's keep talking about this as we continue to meet.

NOAH

Okay. Thank you.

DR. LEONG

Of course.

NOAH

Honestly...sometimes I'm just not sure I can keep going.

DR. LEONG

Well...you have to.

NOAH

I don't know about that. But I appreciate it.

DR. LEONG

It sounds like you have a lot going on outside of your OCD.

NOAH  
Yeah. I think so, too.

INT. NOAH'S CAR - DAY

Noah's on the phone with the TMS technician.

TMS TECHNICIAN (V.O.)  
...Yes--unfortunately, since you're saying you slept fewer than four hours, we won't be able to do the treatment today, just to be on the safe side. Get some rest, and we'll see you tomorrow. Hopefully.

INT. NOAH'S APARTMENT - NIGHT

Noah scrolls through job listings. They're drinking and binge-eating sweets, so they add tallies to the "Submit" column of their homework.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

The patients finish sharing check-ins. Samantha smiles at Kat.

SAMANTHA  
Okay, everyone. Before we wrap up check-in today, it's someone's last day of IOP--

BRITNEY  
Oh my God. No. Way.

SAMANTHA  
--so let's go around and, whoever wants to, please share whatever you'd like with Kat today.

BRITNEY  
Kat! No! You can't leave.

KAT  
Sorry, Britney. I mean--damn it! I'm not...sorry.

Some people laugh.

JACKSON  
Kat, I'll miss you. It's gonna be hard to say goodbye, but I know you're

gonna do good things, and I wish you the best with everything. I hope you'll put your number on the board. Thank you for being my friend, Kat.

KAT

Aw. Thanks, Jackson. You too.

(beat)

Not everyone at once. Jeez, you guys.

Noah clears their throat.

NOAH

I'll go. Kat, I still haven't been here far too long, but it's been so nice getting to know you and bond with you. I can't believe you're leaving already, but I'm so glad we overlapped here. You're such a genuine, down-to-Earth soul. I'll miss your clever remarks and constant smile. It feels like yesterday, on my first day here, I attended your parents' funerals--

KAT

That was your first day? What the fuck!

Everyone laughs.

KAT (CONT'D)

For that, I actually *am* sorry.

NOAH

Thank you for making me feel so welcome, Kat. I know everyone here will miss you so much.

KAT

Thank you, Noah. I'll miss you, too.

BRITNEY

Kat. Love you. Bless you. Miss you already. Please put your number on the board. I'm so proud and cannot wait to see what comes next for you. Amen.

KAT

Aw. Love you too, Britney.

BRITNEY  
Abandonment issues triggered!

SAMANTHA  
Kat, it's been such a pleasure working with you. I'm so proud of everything you've accomplished here. I hope you can see how much of an impact you've had on all your peers and all the staff, too. I'm so happy for you, and I hope I never see you again!

INT. COLLINS KITCHEN - DAY

Noah and Jackson are eating lunch. Britney enters.

BRITNEY  
Thanks for the invite. Oh my God, so Noah. Like...where are you from?

NOAH  
St. Louis, Missouri.

BRITNEY  
No way. I almost went to WashU.

NOAH  
Oh, that's cool.

BRITNEY  
Jackson, how many absences have you had?

JACKSON  
During my whole time here?

Britney nods. Some other patients enter.

JACKSON (CONT'D)  
Uh...one, I think.

BRITNEY  
They said if I have one more, they'll have to take 'disciplinary measures.'

JACKSON  
You have been gone a lot.

BRITNEY  
They're always singling me out to enforce the rules, and they don't even

enforce them with anyone else...

(louder)

Hey, everyone! I'm starting this thing where I sell chips at Collins. They're fifty cents a bag.

Britney holds up a cup with her Venmo handle and puts it in a cabinet with chip bags that's right above the "No sharing food" sign.

NOAH

Oh, nice!

BRITNEY

Are you gonna buy some?

NOAH

For sure.

(beat)

Now?

Britney nods.

NOAH

Sure!

BRITNEY

Slay.

INT. ADULT CHILDREN OF ALCOHOLICS COMMUNITY ROOM - NIGHT

Members read from the ACA Big Red Book.

NOAH

'Abandonment can take many forms. One form is as simple as the parent leaving the child alone without returning. Or it can involve parental perfectionism in which a child's behavior never measures up. Parents abandon their children when they fail to praise or recognize a child's true effort to please the parent. Instead, most parents are quick to criticize and correct a child's behavior but rarely find time to praise the child or to build confidence for good choices. As a result, most adult children have a critical parent inside. The critical, inner parent berates or undermines the person at

almost every turn. This critical inner parent is a form of self-abandonment.'  
Pass.

Betty smiles at Noah and starts to read.

INT. NOAH'S PATIENT ROOM - DAY

Lauren grabs the assignments on Noah's desk.

LAUREN

What fun exposures can we do together?  
I know! Let's start with cancer.

NOAH

Fun!

LAUREN

So, this one says to 'read the attached symptoms of cancer and sit with the possibility that you could have it. Avoid self-reassurance.'  
Wanna read the symptoms out loud?

NOAH

Sure. 'Muscle or joint pain. Lumps under the skin. Weight changes.'  
(half-jokingly)  
I have all of these.

LAUREN

Keep reading.

NOAH

'Changes in bowel or bladder habits. Persistent cough or trouble breathing. Difficulty swallowing. Fatigue.'

LAUREN

So you might have cancer. Let's sit with that.

They sit quietly.

LAUREN (CONT'D)

What's your distress level, zero to seven?

NOAH

Probably around my baseline. Like a three.

LAUREN

Who's the first person you'd call when you found out you had cancer?

NOAH

Um. Probably my mom, I think.

LAUREN

What would you say?

NOAH

'Mom, I have cancer?'

LAUREN

You'd just lead with that? What would you say exactly?

NOAH

Okay... 'Hey, Mom.'  
(frustrated)  
I don't know!

LAUREN

Really think about it.

Noah thinks for a beat.

NOAH

(sincere)

'Hey, Mom. I hope you're doing well. I just came from the doctor. Um...I really don't want to worry you, but I got some pretty bad news. I'm sure everything's gonna be okay, and I really don't want you to be too upset, but, honestly, she told me that...I have cancer.'

LAUREN

(concerned)

Oh my God. What kind of cancer?

NOAH

Lymphoma. They say there's a chance of survival, but...to be completely honest, it's actually pretty low.

LAUREN

Wow. Holy shit. Your dad's here, too. This is absolutely devastating.



Noah starts to tear up.

LAUREN (CONT'D)

Let yourself feel it.

They sit quietly. Noah wipes a tear. Lauren picks up Noah's homework packet. She sees many tallies under the "Submit" column for drinking.

LAUREN

Holy--

NOAH

Yeah.

LAUREN

Okay. What's the deal?

NOAH

I don't know. I mean, honestly, can I just ask...at the end of the day, do you even want me to get better?

LAUREN

(firm)

Yes.

(beat)

Look...I know it's not the most fun, but ERP is the gold-standard treatment for OCD.

NOAH

But what if it doesn't work?

LAUREN

What *if* it doesn't work? Or, better yet--what if it does work?

NOAH

I don't know. But if it doesn't, then I'll have gone through all this suffering for absolutely no reason.

LAUREN

Maybe. Maybe you will. But weren't you suffering before you came here anyway? There's an important concept in ERP-- we call it the leap of faith. Treatment requires you to take a leap of faith. Even if your treatment is all suffering every hour of every day,

at least you'll be suffering in the right direction. OCD wants to control things, including your treatment. We can't control the timeline of recovery. It's nonlinear. OCD wants certainty, but the truth is that nothing in life is certain. The only thing we know for sure is that we'll die some day.

NOAH

I can't handle this anxiety. I just can't handle feeling this way anymore.

LAUREN

But you are handling it.

NOAH

Okay...I don't want to keep ruminating. But if I could just ask you one more thing, maybe...

LAUREN

I'm not leaving yet.

NOAH

Just...how can it be this complicated? Shouldn't this all be, I don't know...easier?

LAUREN

Interesting question. I'll answer it, but just this once, cause my answer could be considered reassurance.

NOAH

Thank you.

LAUREN

You've been forming your OCD habits your whole life. And to some extent, what you were doing before worked for you. But you must have come to treatment for a reason, right? Those things aren't working for you anymore...It takes a lot to undo the old habits.

NOAH

I'm trying. I just don't know what you all want me to do.

LAUREN

Do your assignments. I'm leaving now.

INT. NOAH'S APARTMENT LOBBY - DAY

Noah opens a letter that says: "We recently received a Discover It card application with your name and/or Social Security number. If you did not recently apply for a Discover It card, please call..."

NOAH

OH, YOU'VE GOTTA BE F--

INT. NOAH'S APARTMENT - NIGHT

Noah tosses and turns in bed. They get up, get ice packs from the freezer, and try to mimic the diver's response.

INT. NOAH'S PATIENT ROOM - DAY

Lauren knocks.

LAUREN

Let's go see what staff members are available.

Noah follows Lauren into the hall.

INT. COLLINS HALLWAY - DAY

They pass an empty office before finding Nicki and Andrea.

LAUREN

Nicki, do you mind if we borrow you for a second? Actually, maybe we could borrow you both, if you're not busy.

NICKI / ANDREA

Sure.

Lauren and Noah enter Nicki's office.

INT. NICKI'S OFFICE - DAY

LAUREN

All right, Noah. Say something mean to one of them.

NOAH

Huh?

LAUREN

Cause you're so good at hurting people.

NOAH

Okay. Um...Andrea. You...were late this morning.

LAUREN

Seriously?

NOAH

(scared)

What?

ANDREA

Come on! That's all you've got?

NICKI

Yeah. Give us an actually challenging one.

NOAH

Okay. Nicki. You...I don't know. You...wear too much black.

ANDREA

Wow...

NOAH

Still?

NICKI

You know what? I get that one a lot. And it's funny, actually--I wear black because both of my parents died.

NOAH

Oh--

NICKI

Within two months of each other. But for some reason, it always comes up here, and I don't know why.

NOAH

I feel the urge to apologize.

LAUREN

You can't say that! That's the same thing as apologizing!

NOAH

Oh, man!

LAUREN

Why'd you have to go and pick something so personal, Noah?

NOAH

You made me do it!

LAUREN

Did I?

NOAH

Ahhh! Fuck. I'm so--

LAUREN

Say bye, Noah.

NOAH

Bye. I'm...I...thank you?

INT. NOAH'S PATIENT ROOM - DAY

Noah's watching YouTube videos about cancer on a laptop. Lauren knocks, and Noah jumps slightly.

LAUREN

Are we having fun?

Lauren sits and starts typing on her laptop.

NOAH

Yeah. I'm having a blast.

LAUREN

Sounds like you're using sarcasm to cope.

NOAH

Okay, then no. I'm not having fun. I feel like all I do is complain, but...I've been coming here every day so I can feel better. I'm not. In fact, I'm feeling worse. Can I just ask--is any of this even helping? Do you guys enjoy watching me suffer?

LAUREN

Who knows? Maybe we do.

NOAH

Great.

LAUREN

Really, though--of course you're gonna feel worse before you feel better. We're taking away all the coping mechanisms you've used for years, maybe most of your life, cause they're maladaptive. Our whole goal is to raise your anxiety and make you sit in it. No one said it's fun.

NOAH

Okay. I guess that makes sense.

LAUREN

Yeah, it does! Of course it does. I'm always right.

Noah smiles.

LAUREN (CONT'D)

But for the times you are feeling bad...how are coping skills going?

NOAH

Honestly, I keep trying a bunch of different skills. I just really don't think they work for me.

LAUREN

Why do you think that?

NOAH

Cause I'm still anxious all the time.

LAUREN

That's a common misconception about skills--they're not supposed to make your anxiety go away. If they take you from a seven to a five, or even a six, that's still a win.

NOAH

Hmm.

LAUREN

And sometimes you need to pair more than one skill together. But, in general, I have a feeling you're not

giving skills enough of a chance.

NOAH

I hear you.

LAUREN

And when urges come up to drink, binge eat, etc., let's have you set a timer. You don't tell yourself you can't do the behavior--you just delay the time between onset of the urge and the action. If you start with one minute, then you can change it to two. Then five. Then, eventually, maybe you'll be able to resist the behavior completely.

NOAH

Okay. I can try that.

LAUREN

Great. Anyway...other than that, Mrs. Lincoln, how was the play?

NOAH

It's weird--I almost feel like watching this cancer stuff's gonna give me cancer!

LAUREN

We call that emotional contamination.

NOAH

Oh...

INT. NOAH'S APARTMENT - NIGHT

Noah's having a drink, cooking dinner, and feeding their cat. There's an earthquake.

NOAH

Fuck!

They head for the nearest table, but the shaking stops. They laugh.

INT. NOAH'S PATIENT ROOM - DAY

Lauren sits with Noah.

LAUREN

In the past week, have you wished you were dead, or that you could go to sleep and not wake up?

NOAH

Yes.

LAUREN

In the past week, have you actually had any thoughts of killing yourself?

NOAH

I...don't know. I don't think so. Mostly, I'm just scared of suicide. I don't think I want to kill myself.

(laughing)

I don't know why I'm scared of it, though--it's not like I wanna be alive!

Lauren tries not to laugh.

LAUREN

All right. Please let me know if anything changes.

NOAH

I will.

LAUREN

So, anyway...you caused an earthquake.

NOAH

I did?

LAUREN

You've been thinking about earthquakes so much with your assignments. Maybe thinking about them made it happen.

NOAH

Yeah, maybe. It was pretty crazy, huh?

LAUREN

How are your assignments going?

NOAH

Good, I think. I don't always know if I'm doing them right though.



LAUREN

Maybe you're doing everything wrong.

Lauren studies Noah.

LAUREN (CONT'D)

Do you know what skills we recommend when you're experiencing an intense emotion?

NOAH

Mindfulness?

LAUREN

Maybe. Generally, we recommend 'TIPP.'  
It stands for...

NOAH

Treatment.

LAUREN

No. Temperature, intense exercise, paced breathing, and progressive muscle relaxation. For temperature, we mostly recommend cold, like when we splashed cold water on our faces. For exercise, you can run up and down the hall, do pushups, or something. I can't tell you how many times I've gone on runs while in tears...Paced breathing usually means you're holding for a longer count on the exhale than the inhale. And progressive muscle relaxation you'll learn more about.

Noah stares at her blankly.

LAUREN (CONT'D)

Okay. Get up.

Noah follows her into the hallway.

INT. COLLINS HALLWAY - DAY

LAUREN

Let's go for a run.

NOAH

Now?

LAUREN

Yep! Follow me!

They start jogging up and down the hallway. Some nearby patients look intrigued.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

SAMANTHA

Okay! We've got a new patient today!

JACKSON

WOOHOO!

BRITNEY

Yay!

EDEN (40s) waves to everyone and takes a seat.

SAMANTHA

Why don't we have everyone say your name, pronouns, and somewhere you'd love to visit some day...Britney, would you like to start?

BRITNEY

Sure. Hi, I'm Britney. She/her. And some day, I'd like to visit Fiji.

SAMANTHA

Which way do you wanna pass it?

BRITNEY

Um...this way.

She points to Tommy, who's sitting to one side of her.

TOMMY

My wife and I always wanted to go to Ireland...Oh, and I'm Tommy. Pronouns he/her...I mean he/him. Sorry. I'm all over the place with these new meds I'm on. Not that there's anything wrong with--I...never mind.

SAMANTHA

Thanks, Tommy. Jackson?

JACKSON

I'm Jackson. My pronouns are 'he different'--

SAMANTHA

Jackson...

JACKSON

--okay, he/him. And some day, I want to visit Ibiza.

SAMANTHA

Thank you. Noah?

NOAH

Hi, I'm Noah. He/they. Um...Japan?

SAMANTHA

Yum! What about you, Eden?

EDEN

Hi, I'm Eden, like the garden. Um...my ex and I always wanted to go to New Zealand, but turns out he wants a divorce now. So...I guess that's not gonna happen. And, so...I'm here.

SAMANTHA

Thank you all for sharing. Today, we're gonna talk about boundaries. How about we role-play setting a boundary with someone in your life. Noah, would you like to go first?

NOAH

Nope!

SAMANTHA

Well, you're gonna do it anyway!

NOAH

I figured!

SAMANTHA

Why don't you pick someone to play a person in your life?

NOAH

Okay...Eden, would you mind being my mom?

Noah laughs awkwardly.

EDEN

Sure! I don't mind.

SAMANTHA

Now tell her about a boundary you

wanna set.

NOAH

Okay. Mom...I know you care about me,  
but I'd appreciate it if you'd stop  
criticizing me every time we talk. It  
makes me feel small. And weak.

INT. NOAH'S PATIENT ROOM - DAY

Noah works on assignments. There's a knock at the door. No  
one enters, and they turn to see Dr. Leong in the window.  
They stop working and wave. She opens the door.

DR. LEONG

I was wondering if you could meet now.  
If you're not too busy.

Noah chuckles.

NOAH

Only as busy as you all make me.

Dr. Leong smiles, closes the door, and sits.

NOAH (CONT'D)

I hope that wasn't too rude.

DR. LEONG

Maybe. Maybe not.

(beat)

So how's your sleep?

NOAH

I sleep very little.

DR. LEONG

Are you having issues falling asleep,  
staying asleep, or both?

NOAH

Both, definitely. I feel so restless  
throughout the night.

DR. LEONG

Let's try adding Gralise to your  
medications. You take it at bedtime.  
It's extended-release Gabapentin.

NOAH

Okay. Thanks.

DR. LEONG  
And how's your mood?

NOAH  
Honestly, not good. Whenever my anxiety gets better, I feel like my depression gets worse. And vice versa. It's like whack-a-mole.

DR. LEONG  
Depression means you're stuck in the past, anxiety means you're stuck in the future. Are you still having suicidal ideation?

NOAH  
A bit. Yeah.

Dr. Leong thinks for a beat.

DR. LEONG  
Let's increase the Abilify to five milligrams.

NOAH  
Oh. Okay.

DR. LEONG  
Is something wrong?

NOAH  
I really don't like Abilify still. Honestly, I was hoping I could maybe get off of it soon. I know you said it doesn't cause tremors, but I swear it makes me shake. And it feels hard to sit still sometimes.

DR. LEONG  
You're not shaking now.

NOAH  
Not really. But it comes and goes throughout the day. I swear, I'm not making it up.

DR. LEONG  
Okay. Is there anything else on your mind?

NOAH

I'm just so afraid of my anxiety. It's painful. I don't know what to do.

DR. LEONG

When you feel very high anxiety, you should do pushups or something. Most people get upset when they try many coping skills and the anxiety doesn't go away. But your body has ways of regulating itself naturally.

NOAH

Okay, thanks. By the way...I've been taking the Abilify at night. Is that okay? I'm not sure if it could maybe be hurting my sleep.

DR. LEONG

Either way, it's fine. It can help sleep, if anything.

NOAH

So...I should take it at night?

DR. LEONG

You can take it at night or in the morning.

NOAH

Okay. But...do you have a recommendation?

DR. LEONG

You can take it either way.

She stands and heads for the door.

NOAH

I see. But--

DR. LEONG

I'm leaving now. You're micro-analyzing.

INT. LAUREN'S OFFICE - DAY

Lauren and Noah sit in front of Lauren's laptop. There's a Zoom call with Noah's parents.

MOM

I just want to say, I have OCD, too. I have OCD.

LAUREN

Okay.

NOAH

Dad, why do you look like you're in a bunker?

DAD

(smiling)

I'm in my basement.

LAUREN

Why don't you guys start by telling me a little about your family dynamic.

DAD

Oh, it's perfect. Perfect dynamic.

LAUREN

Really?

DAD

No. I mean...we tried our best. We've been divorced since before Noah can remember. Debby comes over all the time though. We're good friends.

(beat)

We care about Noah very much. I keep my phone on all night for him.

LAUREN

That's very nice. So...are we all familiar with OCD?

DAD

We sure are.

MOM

Yes.

LAUREN

Why don't you tell me what you know about OCD.

MOM

I've had OCD since I was a child.

DAD  
Debby, you're ruminating.

MOM  
Well, no--actually, I'm just repeating myself.

LAUREN  
(to Dad)  
Very good. Rumination can be a big part of OCD.

DAD  
You're telling me!

MOM  
So what can we do to help?

LAUREN  
Good question. Have either of you heard of symptom accommodation?

DAD  
What's that?

LAUREN  
It's the act of reinforcing someone's relationship to fears by helping them avoid their triggers. For example, if someone's scared of trash, symptom accommodation could mean taking out the trash so they don't have to.

MOM  
Is that bad?

LAUREN  
It usually is, yes. Our whole goal with exposure therapy is to get the patient used to facing their triggers so they can habituate to the anxiety.

MOM  
Okay.

DAD  
We have to listen to Dr. Lauren.

LAUREN  
Thank you for calling me a doctor. I wish I was one.



INT. NOAH'S PATIENT ROOM - DAY

Noah works on assignments. Lauren knocks.

LAUREN

Any questions come up for me?

NOAH

Actually, yeah...how do I know if some of the things I do are compulsions? Cause there are things like making returns to stores that I used to do compulsively, but I know one of the other patients had to return things as part of her exposures.

LAUREN

It's all about the intention behind the behavior. Is it used to relieve your anxiety? If so, it's probably a compulsion. For example, confessing something to me in session to relieve distress is different from telling me something I actually need to know for your treatment.

NOAH

I see. It still just feels confusing to know the difference.

LAUREN

Maybe you won't know. Maybe you never will.

NOAH

Uh-huh.

Lauren sits.

LAUREN

Let's do one.

Noah points to an assignment that says: "Think of ways you might be a bad person. Sit with anxiety/discomfort."

LAUREN

So you might be a bad person. Actually, you know what? You are a bad person. We've established that.

NOAH  
Damn. Thanks.

LAUREN  
How does that make you feel?

NOAH  
Tremendous.

INT. NOAH'S APARTMENT - DAY

Noah's on a Zoom with their OUTPATIENT PSYCHIATRIST (50s).

PSYCHIATRIST  
...So, unfortunately, it looks like you didn't respond to the TMS in the way we were hoping.

NOAH  
Yeah.

PSYCHIATRIST  
So, I don't know...maybe try esketamine?

INT. ADULT CHILDREN OF ALCOHOLICS COMMUNITY ROOM - NIGHT

Noah reads from a laminated sheet.

NOAH  
'The solution is to become your own loving parent. As ACA becomes a safe place for you, you will find freedom to express all the hurts and fears that you have kept inside and to free yourself from the shame and blame that are carry-overs from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to love and accept yourself. The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to reparent ourselves with gentleness, humor, love, and respect. This process allows us to see our biological parents as the instruments of our existence. Our actual parent is

a Higher Power whom some of us choose  
to call God.'

EXT. BEE'S BAR - NIGHT

Noah's on a call with their dad.

NOAH

...I don't know, Dad. She offered to  
check in with you guys, so I thought  
we might as well do it. That's all.

DAD (V.O.)

Okay.

NOAH

You confront me too much.

DAD (V.O.)

How dare you say I confront you too  
much?

NOAH

I'll talk to you later.

Noah hangs up.

INT. BEE'S BAR - NIGHT

Passport to Party hangs out at a table and drinks.

GABBY

Dan, you're a fucking idiot. You were  
awake. You even made a joke about the  
bear.

DAN

I was not. I guarantee you I have no  
idea what you're talking about.

GABBY

You were!

BERT

You guys are so full of it. You think  
we wouldn't hear a BEAR?

GABBY

I think you guys are idiots!

DAN

Okay, Gabby. Whatever you say.

Noah checks their phone. There's an email from Lauren with the subject line "Today's Family Session."

GABBY

Whatever I say?

DAN

Whatever you say!

NOAH

WILL YOU ALL JUST SHUT THE HELL UP?

They stop and look at Noah.

INT. NOAH'S PATIENT ROOM - DAY

Noah and Lauren work on an exposure.

NOAH

Honestly, can you just tell me straight up...do you really think all this stuff is actually worth it?

Lauren looks at Noah, then at their latest homework packet.

LAUREN

Get the fuck up.

Noah drops their assignments and follows Lauren.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Lauren sits on the floor by the window and motions for Noah to follow. Noah sits.

LAUREN

What kind of music do you like?

NOAH

I don't know. Um...

LAUREN

Don't make the wrong choice. Just pick one artist you like.

NOAH

...ABBA?

Lauren starts playing "Dancing Queen" from her phone.

LAUREN

You keep blaming external things for your treatment not working. You know, it'd probably work better if you weren't doing banned behaviors all the time.

NOAH

Hmm. That's fair.

LAUREN

Thoughts influence our emotions, which influence our behaviors. Remember the CBT triangle?

Noah nods.

LAUREN (CONT'D)

Why do you engage in banned behaviors, Noah?

NOAH

Honestly...at a certain point in the day, when I haven't really enjoyed anything, I tell myself, 'You know, I'll be...fucking damned if I don't enjoy at least *something* today.'

LAUREN

Do you really enjoy drinking? Or smoking pot, or binge eating?

NOAH

I don't know.

LAUREN

I don't think you do. I think you do them mainly because you're afraid to feel your emotions. Substances and food have provided you some comfort in the past.

NOAH

They definitely have.

(beat)

I don't know. Maybe I'm just fucked up. Maybe I'm not supposed to get better. I mean...I have so many issues, sometimes I just think I might

be beyond repair.

LAUREN

You have to realize--maybe earthquakes, cancer, all these things--maybe they're not the problem. Maybe it's your *fear* of these things that's actually holding you back. Look...you are not OCD. You are not your anxiety. You are not any of your diagnoses. Diagnoses are a tool that clinicians use so we know how to talk to each other. That's it. Diagnoses don't matter. Do you believe me?

Noah thinks, then nods. Lauren points to the window.

LAUREN (CONT'D)

Good. Now let's play 'I Spy.'

INT. NOAH'S APARTMENT - DAY

Noah gets a call from a COORDINATOR (40s) at their outpatient psychiatrist's office.

COORDINATOR (V.O.)

Good news, Noah--we heard back from your insurance, and you've been approved for the esketamine treatment!

NOAH

Oh, wow! That was fast.

COORDINATOR (V.O.)

We usually don't hear back this quickly. Would you like to go ahead and schedule your first appointment?

NOAH

(hesitant)

Sure!

COORDINATOR (V.O.)

Great.

They're quiet for a beat.

NOAH

Honestly, I'm nervous to start. I'm scared of chemicals. To be honest, I'm sort of scared of everything.

COORDINATOR (V.O.)

There's no rush. How about we set your first appointment, and you can always change or cancel it, if you'd like?

NOAH

Okay, thanks. Also...if I end up not liking my first time, is it okay if I stop doing it?

The coordinator laughs.

COORDINATOR (V.O.)

Yes. We're not gonna force you to keep going.

INT. NOAH'S PATIENT ROOM - DAY

Noah and Lauren are talking.

NOAH

You know, when I was a kid, I used to put myself into situations or think about hypotheticals that would scare me and just sit, thinking about them for as long as I could. It's almost like I was doing exposure therapy on myself.

LAUREN

Maybe. Or maybe you're just a sadist. Maybe we all are.

NOAH

Oh...you all are for sure!

Lauren laughs.

LAUREN

That was the best possible response.

NOAH

Thanks. Also, my outpatient psychiatrist had me purposely try to spike my anxiety before TMS sessions. Which is kind of an exposure.

LAUREN

Oh! I almost forgot--your approximate discharge date's the 22nd. I wanted to give you a heads up.

NOAH

Really? I feel like I'm just getting settled in.

LAUREN

Yep. Time flies here.

NOAH

Okay...good to know. Honestly, I just wish I'd come here so long ago. I think I've needed this type of help for so long.

LAUREN

You know...on average, people with OCD spend over nine years seeking treatment before they get a correct diagnosis. And studies show it takes an average of seventeen years from the time OCD symptoms start for people to get the proper treatment--that is, ERP.

NOAH

Wow, I had no idea. Jeez.

LAUREN

So maybe you're actually pretty lucky. Anyway...you're on fire.

(singing)

'This...girl is on fire!'

(beat)

Anywho...how are things?

NOAH

Not bad. I mean, I'm still perpetually lonely and wish I could be in a relationship every day. But whatever.

LAUREN

Huh. Why do you wanna be in a relationship?

NOAH

Oh, I don't know. So I can receive love and validation.

LAUREN

I see. And what would it look like if you were to give that love and validation to yourself?



NOAH

Wow, Lauren. I see what you did there!

LAUREN

Okay, so...I have something extra fun for you today.

NOAH

Slay!

Lauren laughs.

LAUREN

We've been gradually working our way up to harder exposures. We're gonna do what's called a 'worst case-scenario.' We have patients create worst case-scenarios for different themes. An example is kind of what we did with telling your mom you had cancer. That's basically a health worst case-scenario.

NOAH

Got it. I see why you called it 'fun!'

LAUREN

Yeah! So...how about you write a worst case-scenario for the theme of natural disasters. I'll sit here with you.

Noah nods and writes something on a notepad.

NOAH

Okay.

LAUREN

Great! Now read it to me.

NOAH

'A huge earthquake knocks me onto the ground and I get trapped under something heavy.'

LAUREN

That's it?

Noah nods.

LAUREN (CONT'D)

Boo!

NOAH

What?

LAUREN

Aren't you a writer, Noah?

NOAH

Yeah.

LAUREN

Then write something *engaging* for me. I want all five senses--things you can see, or is it pitch-black? Things you can hear, if you can hear anything over all the screams. Things you can touch, smell, taste. Where are you? What are you doing beforehand? Really play to your strengths here.

Noah starts over and writes something else.

NOAH

All right. I'm done.

LAUREN

Now read this one.

Noah picks up the paper. Their hands are shaking slightly.

NOAH

Okay. 'I'm alone in my apartment, asleep in the middle of the night. Southern California's long-awaited Big One happens, and everything's shaking uncontrollably. My ears are ringing, but I hear blood-curdling screams all around me. It's raining sharp shards of glass. I try to get to a table, but my building collapses, and I get stuck under rubble. Glass from my window stabs me, and I'm bleeding profusely. There's a dull ache in my stomach and chest, and my vision's fading as I lose consciousness. I can taste the blood on my tongue. I die a slow, painful, lonely death.'

INT. OUTPATIENT PSYCHIATRIST'S OFFICE BUILDING - DAY

Noah gets on the elevator. They're relieved when the door starts to close. Then, they hear an ACCOUNTANT (50s) approach

from the lobby.

ACCOUNTANT

Hold it, please!

Noah sighs quietly and holds the door. The ride up is awkward.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S WAITING ROOM - DAY

Noah fills out forms. There are RECEPTIONISTS (20s and 30s) behind some glass. An ESKETAMINE TECHNICIAN (20s) comes to take Noah's vitals and then invites them to a room.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S ESKETAMINE ROOM - DAY

There are curtains separating the room into three sections. Each one has a recliner, a side table with tissues, a star projector, and a Zen waterfall machine. There's a mini-fridge by the door. The technician shows Noah to a recliner.

ESKETAMINE TECHNICIAN

Would you like water or anything?

NOAH

Water would be great, please.

The technician opens the fridge and hands Noah a small bottle.

NOAH (CONT'D)

Sorry--how long does this usually go?

ESKETAMINE TECHNICIAN

We have you stay for about two hours. We'll be back in forty minutes and again at the end to check your vitals.

NOAH

Okay!

ESKETAMINE TECHNICIAN

The doctor will be in shortly.

Noah nods. The technician turns on the star projector and waterfall machine, then leaves. Noah looks around nervously. Their psychiatrist enters. He has a Spravato esketamine nasal spray device that's sealed in a plastic container.

PSYCHIATRIST

How are you, Noah? Nice to see you.

NOAH

Hi. Nice to meet you in person.

PSYCHIATRIST

So, this treatment can be very helpful for some people. And the effects can be very immediate. Which is good.

NOAH

That's great.

The psychiatrist tears the back off the container and holds it out to Noah.

PSYCHIATRIST

Here's the medication. You just use it like any nasal spray.

Noah takes the device from the container.

NOAH

Do I do it, like...now?

PSYCHIATRIST

Yeah! Go right ahead. You put the first spray in one nostril and the second in the other.

Noah looks at the device.

NOAH

I'm nervous.

PSYCHIATRIST

Oh, don't be. You'll be fine.

NOAH

You'll be here?

PSYCHIATRIST

Yep. I'll be right in the other room.

Noah puts the device into one nostril and snorts. They move the spray to the other nostril and snort again.

NOAH

Okay!

The psychiatrist takes back the device, checks the tip, and puts it back in the container.

PSYCHIATRIST

You okay?

NOAH

I think so, yeah...I'm not sure if it matters, but I'm having a lot of drip. Like in my throat.

PSYCHIATRIST

Oh.

NOAH

Is that...normal?

PSYCHIATRIST

Yeah, definitely. We actually have lollipops for that.

He reaches into a bowl, takes out two dum-dums, and hands them to Noah.

NOAH

Thank you.

PSYCHIATRIST

Sure. So I'll just be back in a couple minutes with the next dose.

NOAH

With what?

PSYCHIATRIST

The next dose. This was the first of two doses you take.

NOAH

Oh, okay. Wow.

He leaves. Noah looks around, stands, browses the mini-fridge, and sits again. The psychiatrist knocks and reenters.

PSYCHIATRIST

Okay! And...here you go.

He gives Noah another device. Noah uses it and gives it back to him. The psychiatrist turns off the lights and leaves. Noah sees the star projection on the wall.

NOAH

Woah! Cool.

They sit for a minute. They recline in the chair. Gradually, their extremities become heavy and their neck loosens.

NOAH (CONT'D)

Woah.

They start laughing.

NOAH (CONT'D)

The universe is on the wall.

They take a sudden, deep breath. They laugh more.

NOAH (CONT'D)

We're so tiny!

(beat)

Wow. This is good stuff.

(beat)

Oh my goodness.

(beat)

Mmmmm.

(beat)

MmmmmMMMM.

(beat)

I love you, Noah. I love you. I love you.

(beat)

I love you, God.

(beat)

Everything's good. Life is...good.

(beat)

It's a reset button. My brain has a reset button!

(beat)

The source of life!

They reach for the water bottle and take a sip. As they do, they see their arm.

NOAH (CONT'D)

Woah. WOAHH!

They start singing "Vienna" loudly.

NOAH (CONT'D)

The universe is love.

(beat)

I've found the answer.

(beat)

I'm just an instrument of existence.

(beat)

God is pleasure.  
 (beat)  
 I have found the meaning of life!  
 (beat)  
 Thank you.  
 (beat)  
 I'm being reborn. I'm being reborn.  
 (beat)  
 Time...is...crazy!

They laugh.

NOAH (CONT'D)  
 I'm leaving my body.  
 (beat)  
 Elvis has left the building!  
 (beat)  
 Respect this moment.  
 (beat)  
 I feel...so...GOOD!  
 (beat)  
 There is hope.  
 (beat)  
 This is good stuff. This is good  
 stuff. Smile!

They laugh. They drink more water, start sucking on a dum-  
 dum, and throw their hands up in celebration.

NOAH (CONT'D)  
 RESPECT!  
 (beat)  
 Okay. They did a great ass job with  
 this one.  
 (Pacino voice)  
 SHE'S GOT A...GREAT ASS!  
 (beat)  
 This is the best thing that's ever  
 happened to me.  
 (beat)  
 I think I may be the smartest mother  
 fucker in the universe!  
 (beat)  
 Drugs are the answer!  
 (beat)  
 I love ketamine.

They take off their glasses and put them back on.

NOAH (CONT'D)  
 Woah.

The technician comes in to take their vitals again. Noah can barely keep their cool. The technician leaves. Eventually, Noah gets up and goes to the door. They open the door and take out their phone.

NOAH (CONT'D)

Woah!

They take a photo of the room number.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S WAITING ROOM - DAY

Noah takes a restroom key from the front desk. The receptionists glance up from their screens.

INT. OUTPATIENT PSYCHIATRIST'S OFFICE BUILDING HALLWAY - DAY

Noah walks through the hallway very slowly. They're in the restroom for what feels like two seconds.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S WAITING ROOM - DAY

Noah walks back to their room slowly. They reference their camera roll to make sure it's the right room.

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S ESKETAMINE ROOM - DAY

Noah sits quietly. They see outlines of their improv teammates sitting around the campfire at Big Bear.

INT. OUTPATIENT PSYCHIATRIST'S OFFICE BUILDING - DAY

Noah, surrounded by ACCOUNTANTS (40s and 50s), takes the elevator down. Noah's smiling.

INT. NOAH'S APARTMENT - NIGHT

Noah writes a letter that reads "You are the best thing that's ever happened to my mental health." They look through photos of Passport to Party on their phone.

INT. ACA COMMUNITY GROUP ROOM - NIGHT

Members are finishing a meeting.

MEMBERS

God, grant me the serenity to accept  
the people I cannot change, the  
courage to change the one I can, and  
the wisdom to know THAT ONE IS ME!  
Keep coming back! It works if you work



it, and you're WORTH IT!

INT. IMPROV THEATRE - NIGHT

Passport to Party comes to the stage. Noah steps out first.

NOAH

Hey, everyone. We're Passport to Party. All we need to get started is a word, please.

AUDIENCE MEMBER

Airplane!

GROUP

AIRPLANE!

Noah initiates a scene with two chairs and motions for someone to sit in one. Gabby sits.

NOAH

Excuse me. Hi. I think you might actually be in my seat.

GABBY

We go through this every time we fly. It's Southwest--there's no assigned seating.

Some of the audience laughs.

NOAH

I know--I'm really sorry. I know I'm a picky flyer. And I know it's even weirder that I asked you to move cause you're my wife.

The audience laughs again.

GABBY

That's okay, sweetheart.

She pats the open chair.

GABBY (CONT'D)

Why don't you just sit in this seat, which is next to me, and which we both know is clearly open?

NOAH

Sure. Of course.

Noah sits. Bert and Dan join the scene.

BERT

Hi--excuse us. I think you're both in our seats.

NOAH

Fuck off! Can't you see we're trying to have a moment?

DAN

Mom, Dad--we just came up from the last row to tell you how much we love you!

The audience laughs.

NOAH

I'm sorry, kids. And I'm really sorry to you too, babe. I've had a lot on my mind recently.

GABBY

That's okay. We understand, Noah.

NOAH

I want you all to know, though--I really appreciate you being there for me. Always. You're a good family.

Bert and Dan initiate a group hug.

BERT

You have to take care of yourself first, Dad. Just like the flight attendant said. If you don't put your mask on first, we're all gonna die.

NOAH

You're right...I had to take care of myself for a while. But now, I'm back--and we're goin' to Japan, baby!

They all cheer.

INT. NOAH'S CAR - DAY

Noah drives with the windows down. They're blasting and singing "Gloria" by Laura Branigan.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Clients fill out their check-in sheets. Frank and Samantha stand by the door. Frank nods at Tommy, who's wearing a blazer. Tommy stands and takes a piece of paper to the front of the room.

TOMMY

So...I wanted to say something on my last day. As a psychological researcher, it's my job to diagnose people. Every patient I see relies on me to give their diagnosis and an appropriate treatment plan. In my field, I've published seven papers, co-written two books, and conducted nine studies. In other words, I think it's safe to say that I'm an expert in mental health diagnosis.

He gestures to Samantha.

TOMMY (CONT'D)

My second or third week here, this wonderful person gave me an earful. She didn't sugar-coat anything. She asked how long it took to write and publish each of my papers. When I bragged that each one took a few hundred hours or more, she smiled and said, 'And how's that been working for you?' She said that my recovery, though difficult, would be up to me. After fourteen long, difficult weeks, I have learned so incredibly much.

He looks at Samantha. She smiles, then glances at the clock.

TOMMY (CONT'D)

Before starting this program, I had no clue that I, someone who diagnoses people for a living, had OCD. In giving me this diagnosis and the type of treatment I needed, Collins has changed my life completely.

INT. NOAH'S PATIENT ROOM - DAY

Lauren and Noah wrap up a session. Noah hands Lauren an envelope with the letter they wrote.

LAUREN

For me? Thank you! You know you don't

have to get me anything, right? You shouldn't.

NOAH  
Oh, it's nothing.

Lauren looks dubious.

NOAH (CONT'D)  
Trust me--it's *nothing!*

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Nicki gets ready to lead a session.

NICKI  
Welcome in, everyone. Today, we're gonna talk about cognitive distortions.

Some of the patients cheer sarcastically.

NICKI (CONT'D)  
I know, very exciting...okay. Has anyone here struggled with rigid thinking?

NOAH  
NEVER!

Everyone laughs.

INT. RESTAURANT - NIGHT

The customer that yelled at Noah before is leaving.

CUSTOMER  
Thanks for sitting me in the bathroom!

NOAH  
Thanks for smelling like one!

INT. COLLINS DEPRESSION TRACK GROUP ROOM - DAY

Dr. Leong and Noah meet. There are three avocados in a paper bowl on the table between them.

DR. LEONG  
I wonder what exposure *that's* for.

Noah chuckles.

DR. LEONG (CONT'D)  
So. Last day?

NOAH  
I'd thought I had at least a few more weeks left.

DR. LEONG  
You've been here a few months...how are you feeling about leaving?

NOAH  
I'm scared not to have this structure anymore.

DR. LEONG  
You can make your own structure.

NOAH  
I'm nervous about my future. And I'm still very scared of abandonment.

DR. LEONG  
We can't make your anxiety disappear. All we can do is change your relationship to it.

NOAH  
I get that.

DR. LEONG  
Before you go, do you have any other questions for me?

NOAH  
Well, yeah--essentially...why am I being discharged?

DR. LEONG  
Because this isn't real life.

NOAH  
Okay. Well, I guess I did it.  
(beat)  
I just wish...I don't know. I wish I could've come here so long ago. I feel like I've needed it for so long.

DR. LEONG  
Look around you. We have people much older than you here. You're young.

Dr. Leong stands, smiles at Noah, and looks around.

DR. LEONG (CONT'D)

Coming here is reassurance. We have to see how you'll do in the real world.

She leaves.

INT. COLLINS OCD TRACK GROUP ROOM - DAY

Everyone's saying bye to Noah.

LAUREN

...And it's hard. It's gonna continue to be hard. But you've done an amazing job. I'm extremely proud of you, and I hope you're just as proud of yourself. I hope I never see you again. And whatever you do, just remember--you can do hard things. I assure you. Just this once, I assure you.

INT. NOAH'S PATIENT ROOM - DAY

Noah takes down cancer articles and such from the walls. Lauren approaches and lifts her hand to knock, but Noah sees her first.

NOAH

Hi, Lauren!

LAUREN

Hi, Noah! Someone's ready to get out of here.

Noah laughs.

NOAH

No. I really don't wanna leave.

Lauren smiles. She comes in and sits. Noah sits, too.

LAUREN

Remember when this was the last place you wanted to be?

NOAH

Okay...I wouldn't go that far!

Lauren laughs.

LAUREN

So...as you transition back to the real world, just remember--structure your days around value-centered living. It's always best to have structure in your daily life. Studies show that people with structure tend to have better overall mental health.

NOAH

Got it. Definitely.

LAUREN

You know that if we ever run into each other in the real world, I can't say hi to you, right?

NOAH

Oh, SURE...

LAUREN

Seriously! Not unless you say hi first. It's patient-clinician confidentiality.

NOAH

Okay, okay. That makes sense.

LAUREN

Yep. So...how do you feel about your time here, overall?

NOAH

Very good. I know I had some hiccups. But I can't thank you enough for all your help. Thank you so much, Lauren. Thank you for everything.

LAUREN

My pleasure...or not!

They smile at each other.

NOAH

Seriously, though--can I stay here forever?

LAUREN

Nope! Good luck with everything. Hope I never see you again!

Lauren leaves.

INT. COLLINS HALLWAY - DAY

Noah looks around one last time.

INT. LAUREN'S OFFICE - DAY

Noah leaves their last assignments on Lauren's desk. Next to the keyboard, they see their letter: "You're the best thing that's ever happened to my mental health."

INT. NOAH'S OUTPATIENT PSYCHIATRIST'S ESKETAMINE ROOM - DAY

Noah hands an empty esketamine device back to the psychiatrist. He leaves. Noah reclines peacefully. They take out their phone and play "Dancing Queen."

FADE OUT

**According to the International OCD Foundation, approximately 2 to 3 million adults and 500,000 youths in the U.S. currently have OCD.**

**Almost a third of adults in the U.S. will experience an anxiety disorder at some point in their lives.**

**Almost 80% of patients with severe depression experienced rapid remission of their symptoms in a Transcranial Magnetic Stimulation study conducted at the Stanford University School of Medicine.**

**Almost 70% of esketamine patients show improvement after 8 treatments.**

CREDITS roll to 'Vienna'

For Sarah, Dr. Wang, Dr. Friesen, Mary Pat, Halle, Jordan, Dr. Shaywitz, Cody, Emma, Rogers - LA, Mindful Health Solutions - LA, Lightfully, Monte Nido - EDCC, Huntington - Della Martin Center, Dr. Galicki, Dr. Garcia, Denny, Skylar, Leonard, Jennifer, all of our mental health clinicians, and all mental health clinicians and treatment centers