

NAAZ

A film by Vidushi Yadav



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Personal emotional baggage

The product of unresolved and unexamined psychological wounds that condition human minds to think in rigid and self-defeating ways.

Emotional baggage are like trapped emotions, until they are brought to conscious awareness and released, they interfere with the healthy flow of life force energy in the body

Why Personal Emotional Baggage?

- Back story behind every face.
- Human behaviour and the way human mind works.
- The fact that we are the products of our own unique emotional baggage and how they shape us to be the human being we become is very fascinating to me.
- Dictated by them without us being consciously aware.
- Well known psychological term.

Research

- For most of the people letting go is the biggest challenge they face.
- They bleed into our relationships and our ability to be fully who we are.
- They rob us of our energy and our life force as it is diverted to maintain our baggage.
- They begin to layer, one on top of another wreaking havoc with our sense of peace and harmony.

Awareness is empowering!

Our personality, our behaviour, our mental thought patterns and our attitude towards every small and big event of our life are being dictated by the Personal Emotional Baggage we carry.

Gathering of PEB

- Emotional Baggage is most commonly gathered in the midst of **experiences of tragic loss**, experiencing an irreplaceable **loss of safety** in our living situation.
- Enduring an irreconcilable loss of a significant person in our life, **trust in someone close**, belief in another's capabilities or other's qualities we value in others.

Inherited Emotional Baggage

- A lot of times you inherit your guardians/caretakers emotional baggage.
- Feeling either trapped by their aggression or challenged to fight back with an alarmed sense of chronic danger.
- Its most commonly gathered during early stages of life
- Most permanent scars.

Overwhelming Past

- Ghosts from our past history that we never put to rest.
- We try to forget about it and succeed at "getting a grip" until the pain gets stirred up by someone with matching luggage.

Symptoms:

- Blockages of Self expression
- Belief System
- Self-Defeating Pattern
- Baggage invents disguises
- Survival Instincts
- Repetitive thought pattern
- Inventing a safe area

Psychological Defence Mechanisms

- Denial

The refusal to accept or acknowledge an uncomfortable aspect of reality.

A surface result of deeper defence mechanisms such as suppression, repression or dissociation.

Projection

- Attributing to others traits, qualities and motivations that actually belong to oneself, but which one cannot accept as part of him or herself (in other words the lost self or Shadow)
- Borderline Personality Disorder and Narcissistic Personality Disorder
- The Projection Principle by George Weinberg.

Repression

- The unconscious banishment of uncomfortable facts, impulses or memories from conscious awareness.
- Repression can occur whenever a part of our psyche is exiled by other parts without our knowledge.

Suppression

- Suppression occurs when we make a decision to avoid thinking about aspects of reality we find distressing, often by choosing to focus elsewhere.
- we do not lose the ability to consciously reconnect with it, we temporarily choose to ignore the voice of a part (or parts) of us.

Fantasy

- Focus on or belief in a more comfortable, though currently inaccurate, view of reality in order to cope with distress.
- The dominance of imbalanced, extreme parts that have hijacked a fragmented psyche blocking out the more realistic, but undesirable views of other parts.

Other Defence Mechanisms

- Dissociation
- Compensation
- Sublimation
- Reaction Formation
- Rationalization
- Intellectualization
- Displacement
- Regression

Solution

- Psychotherapy
- Self help groups
- Spiritual practices
- Re- evaluation counselling
- Education

Story exploration- Story 1

There is a little girl happy and cheerful in her own world like any kid of her age though she is a little different from other kids. She looks at the world differently, everyone around her, her parents, their friends, her maids, her drivers, her teachers. She sees people loaded with baggage, dragging them, their body and face changing/distorting in a weird fashion, tangled in unresolvable conflicts.

She would often complain about it and would ask strange questions of which nobody has a satisfying answer. As a result of that she has become withdrawn from the outer world and awfully quiet. She would hide from people. She has become scared of crowd, traffic or even a slight sense of society and people. She doesn't like to be with them and in one of her break down days she would close her eyes and dream of a land full of butterflies and cats and waterfalls! And when someone would smile at her, she would never smile back!

People think that there's something wrong with her and she is "not normal". They declared her behaviour "socially incorrect".

People have internalized their baggage to a point that they don't even question them.

Her mom and dad (each busy dealing with their own baggage) took her to the doctor (who has his own baggage). The doctor takes out his kit of huge instruments and fixes the girl.

She opens her eyes. She doesn't see baggage anymore. She is 'normal' now. Her parents are proud of her "Socially correct" behaviour.

And now she smiles at everyone!

Story exploration- Story 2

The story starts with a long shot of a tall tower and a lot of tiny figures like bugs are trying to climb up the tall tower. The camera zooms into a skeleton-less obese guy, essentially a lump of mass, he is trying to climb the huge tower, he appears to be totally clueless about why is he climbing but he is still climbing. He is taking every step with great difficulty and walking as if he is trudging along under the weight of a heavy backpack, the load is causing him to sway unsteadily, something tilting forward, sometimes to the side, and occasionally yanked back. Imbalanced. The weight though is not visible. He is struggling with every step he is taking. He is holding the tower with million hands and is scared to let go of it. He doesn't know what is up there. He is sure that he'll find his true purpose of life on the top of that tower, which is why everybody is so desperate to reach there.

Suddenly to his surprise he notices a man who is falling from almost the top of the tower, He gets more scared, holds on to the tower tightly. The guy who is falling is coming nearer and nearer to him, he turns back to look at him with eyes full of pity, thinking that the poor guy almost reached the top.

That guy comes very near to him and time holds still. To his surprise, that guy was falling in peace, in tranquillity as if he is not falling, he is flying. He's free, free falling.

The protagonist is lost, he doesn't understand. He expected him to cry and shout. Suddenly a small stone comes rolling from above and hit him right on his nose. He wakes up from his dream, turns

are un-naturally attached to his body. The huge mass of strings is getting heavier and heavier with every memory which flashes in front of his eye.

Every now and then, during his fall, he crosses a strange looking bird. They both exchange a strange glance and move on. Sometimes that bird appears out of nowhere and will disappear.

He turns upside down because the weight of those strings are way heavier than his. All the force and pressure which is acting upon him now due to gravity has created huge tension in those strings and when they can't hold any longer, they break, to create a huge lump of tangled strings on his head, hands, neck and shoulders. Now he is no more free falling. His fall is controlled by those strings now. The strings have overpowered.

Parallel to him that strange looking bird is happily flying, light as ever.

He falls in darkness.

Final story summary

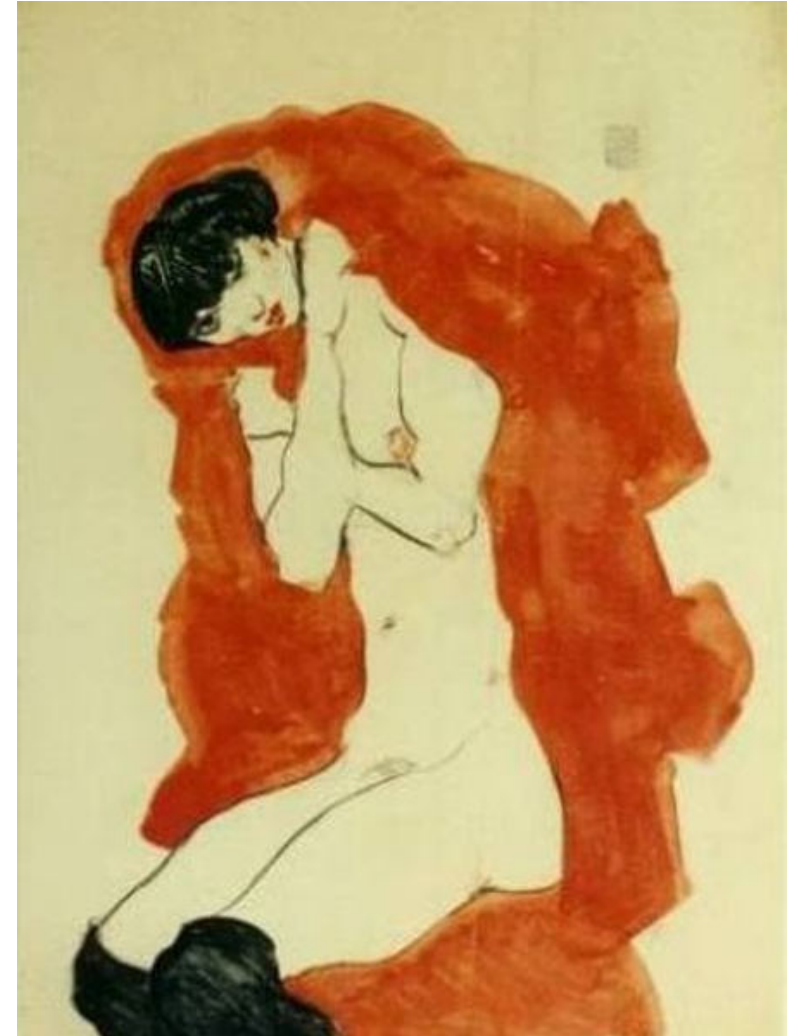
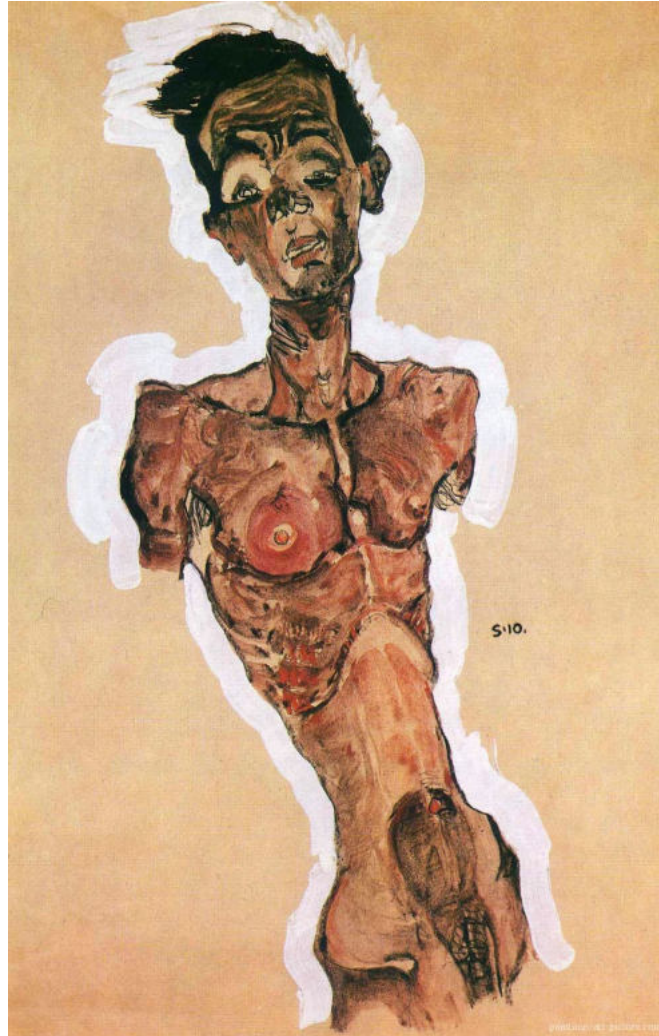
The film is about a girl who comes from a broken family, as a kid she was welcomed and loved but her parent's loveless, dysfunctional marriage had a deep impact on her and she starved for love and attention that every child deserves.

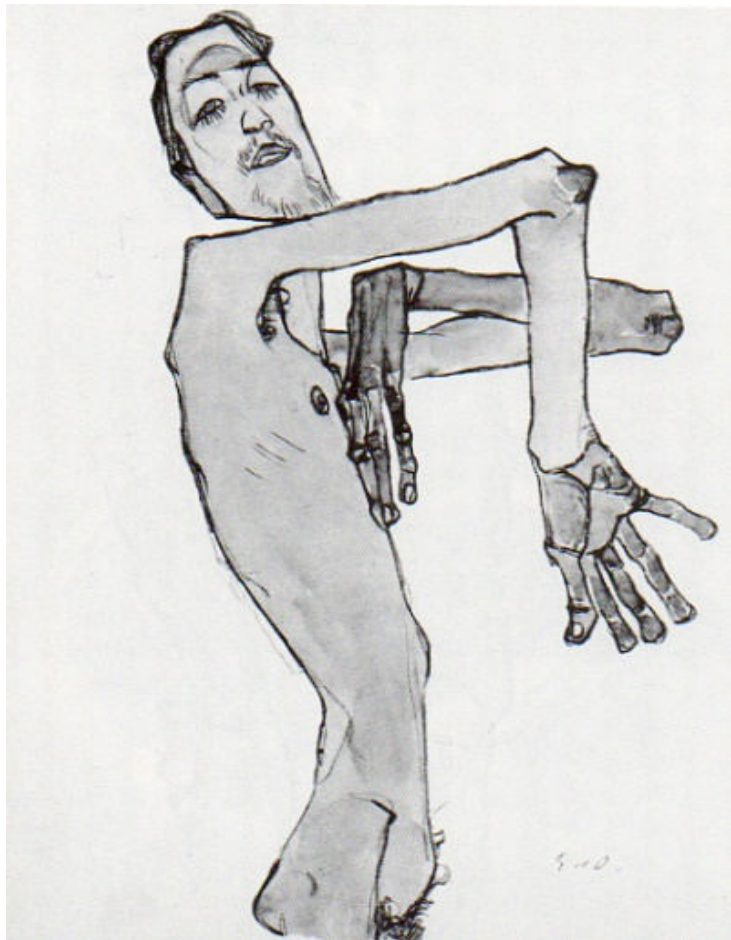
When she grew up she had everything beauty, attention, money, independence but she felt empty because the ghosts of her past were still following her. She still carried her past like a weight on her shoulders, she could not make peace with her past which infected her present and future.

She roamed around in search of real love, from one person to the other, only to find that her ghosts are never going to leave her, she would never be free of her inhibitions which are so deep rooted.

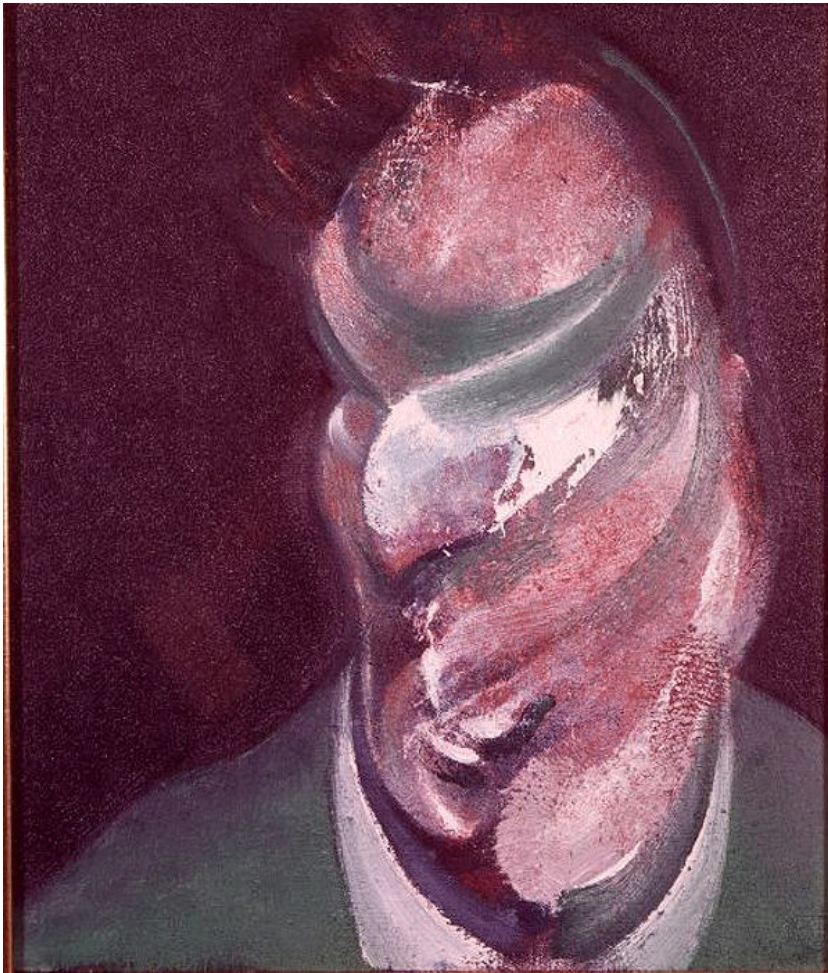
Finally she found peace, not in other people but in herself.

Visual Inspiration- Egon Schiele





Fracis Bacon



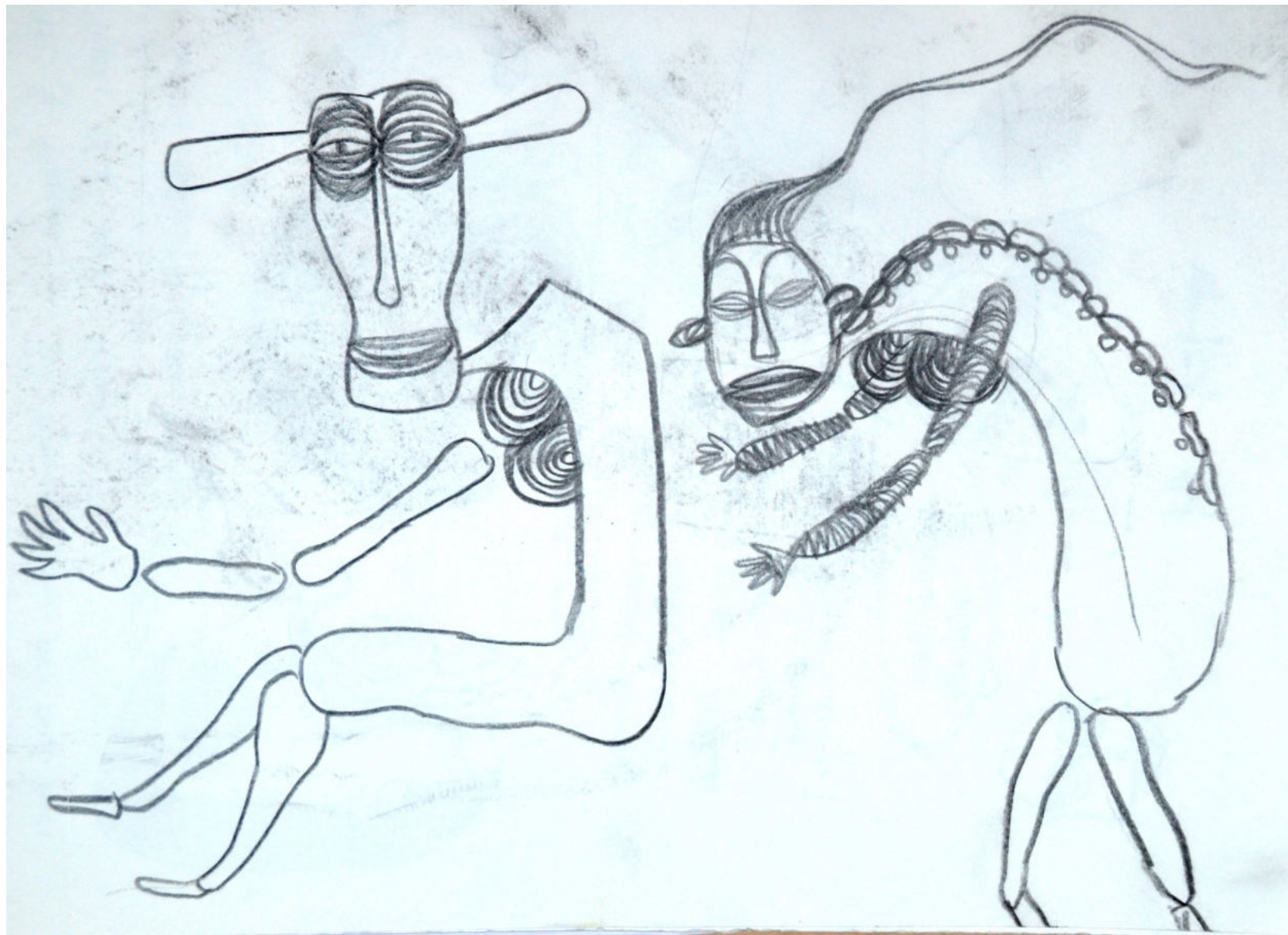
Visualization of the story

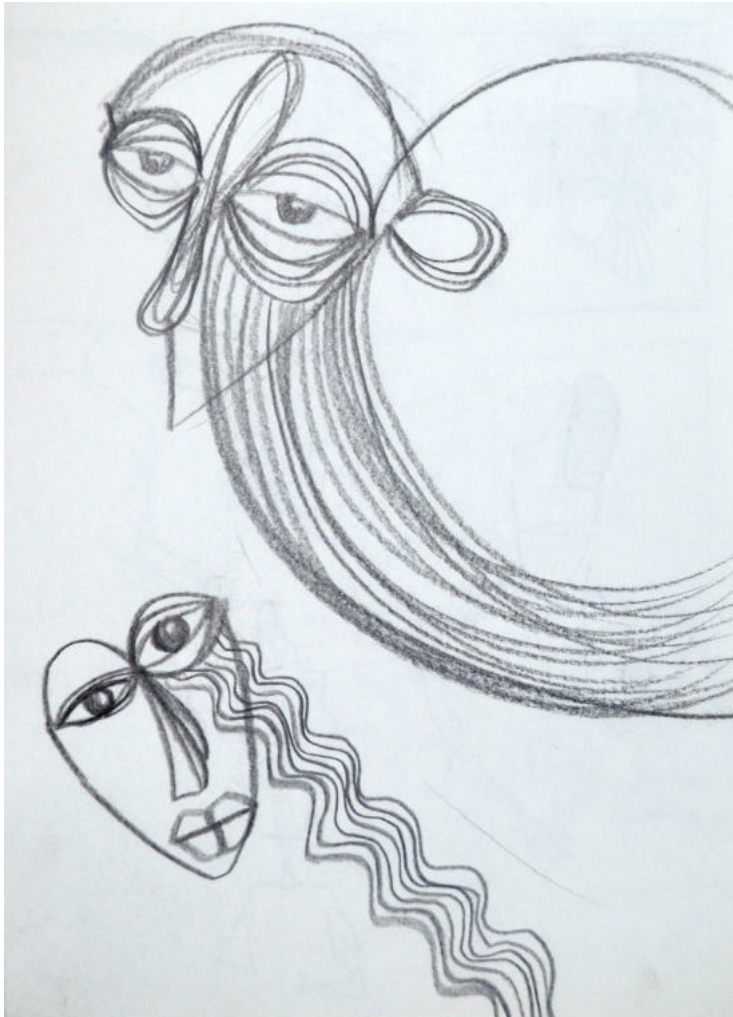
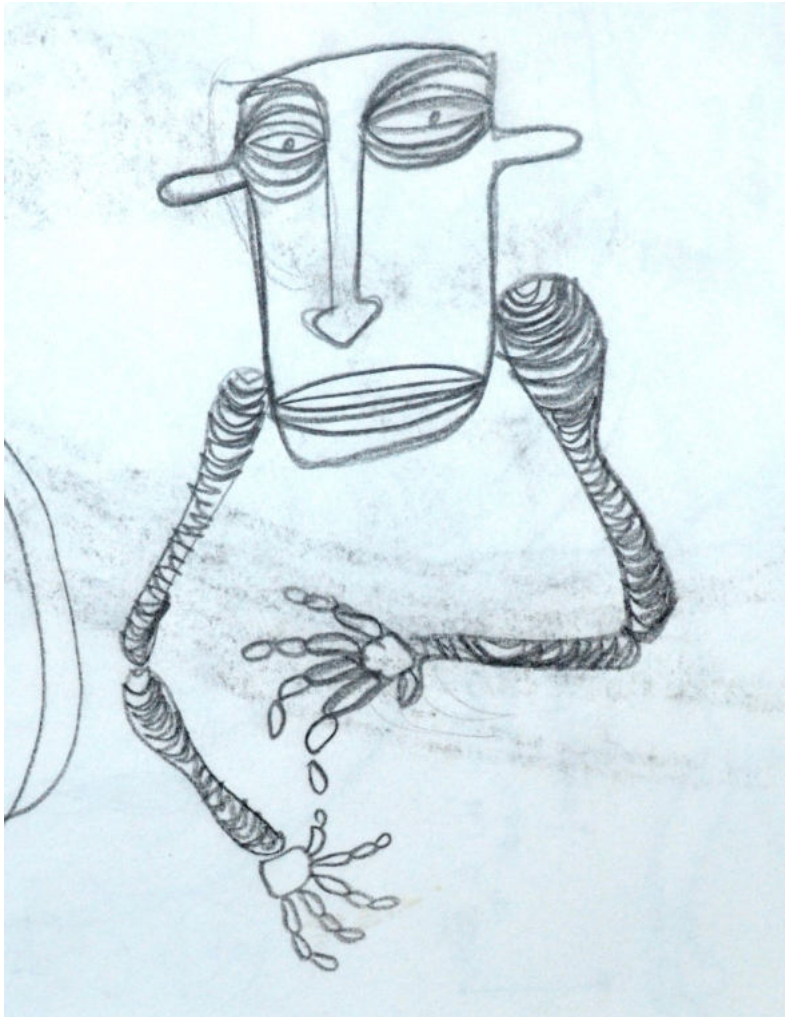
- Visually very distinct and to have a visual style of its own.
- Old, rusted water colour feel to my movie.
- Figures of Egon Schiele
- Strong visual statement

Style Explorations













Colour Palette

The Colour Palette

The colour palette contains dark and earthy shades.

Technique and Medium

To achieve a very free hand water colour feel to the characters in the animation I decided to keep the animation hand drawn while compositing the layers in three dimensions in Aftereffects.

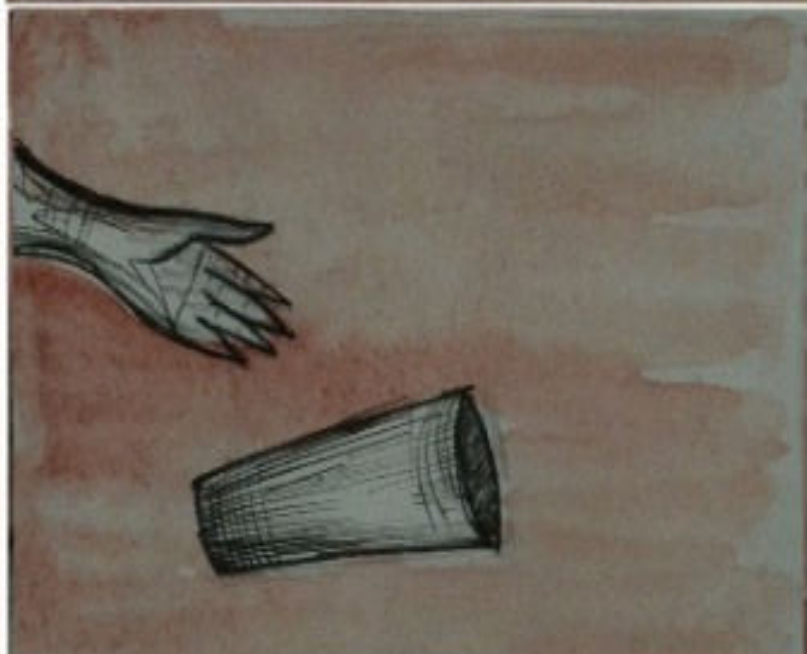


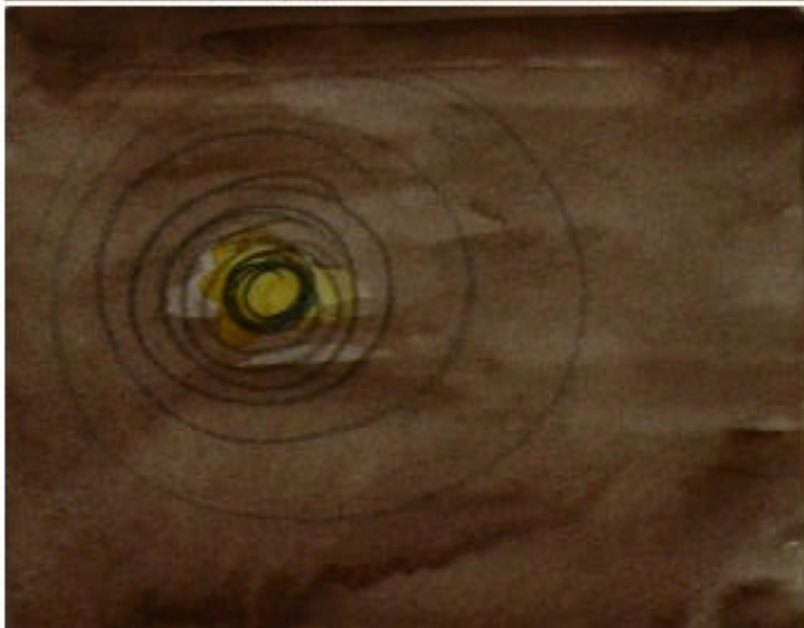
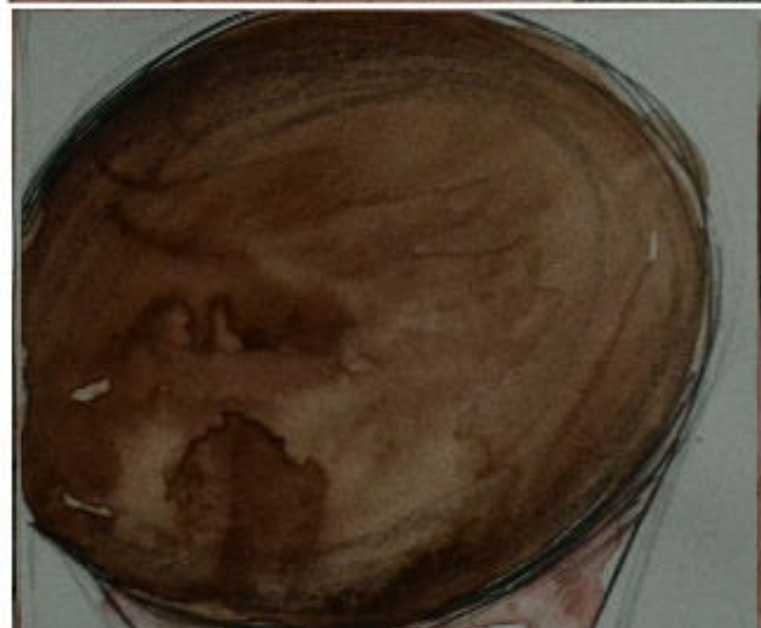
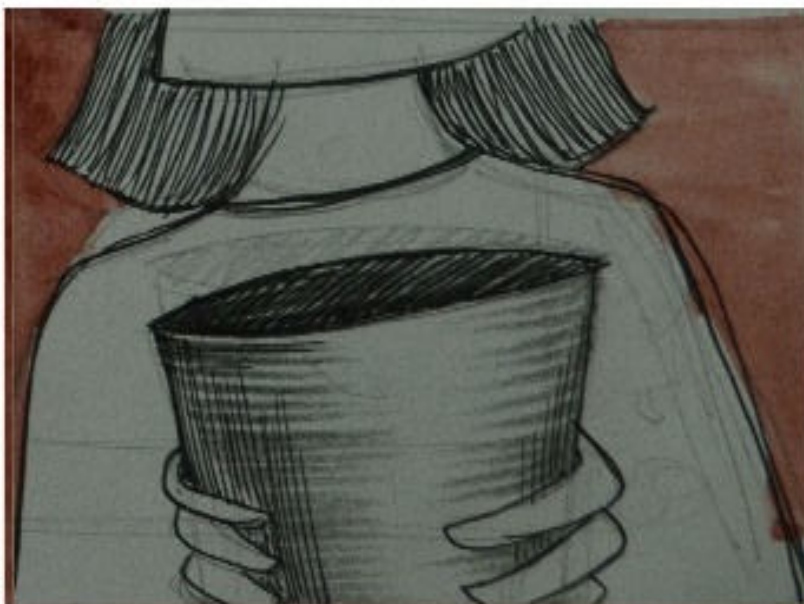


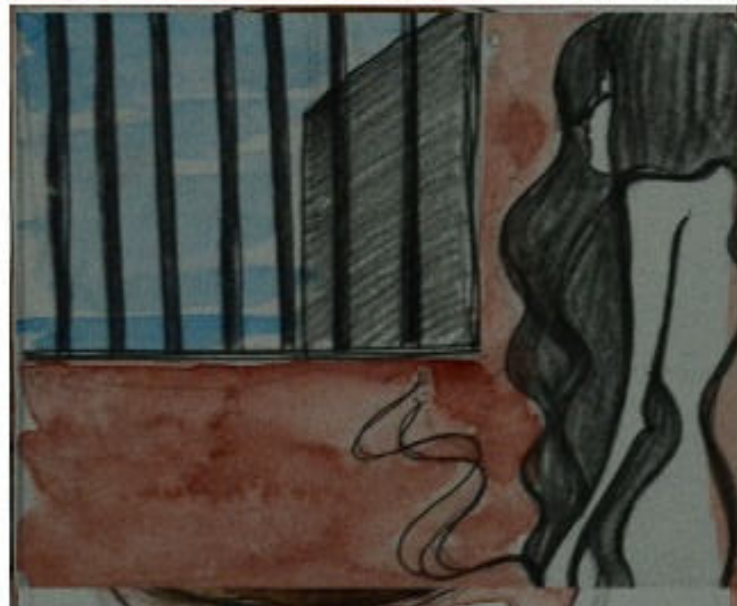


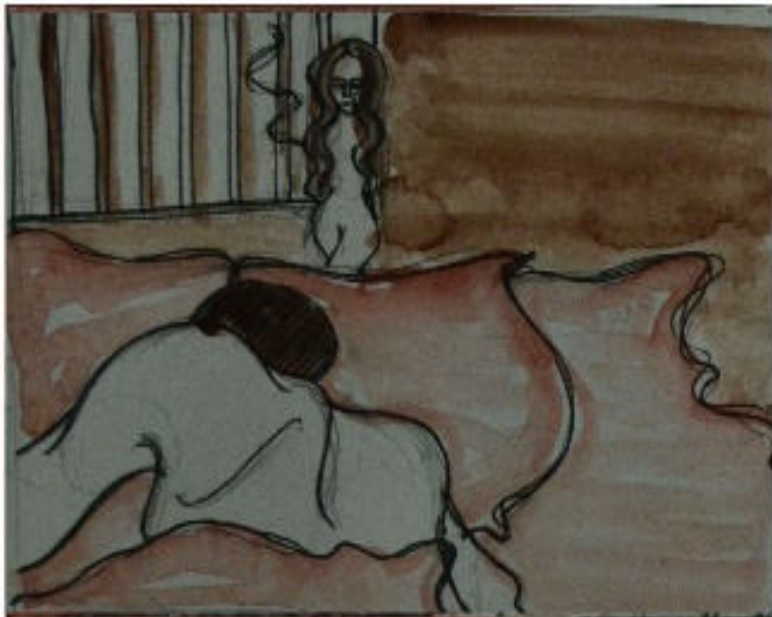
Story board

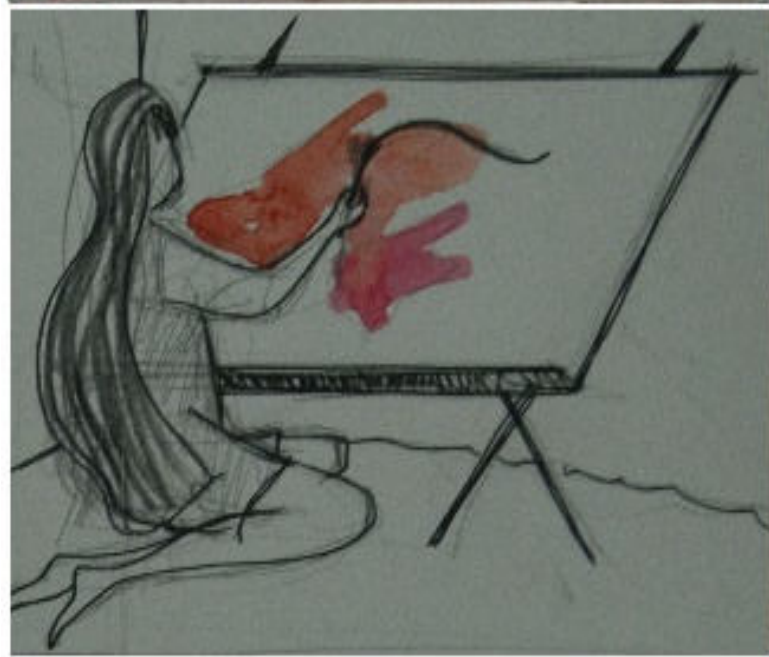


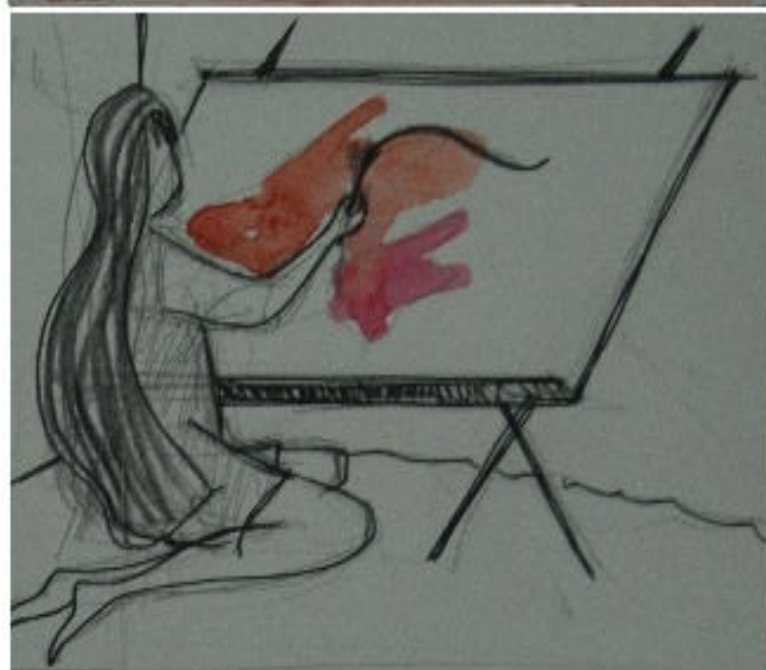


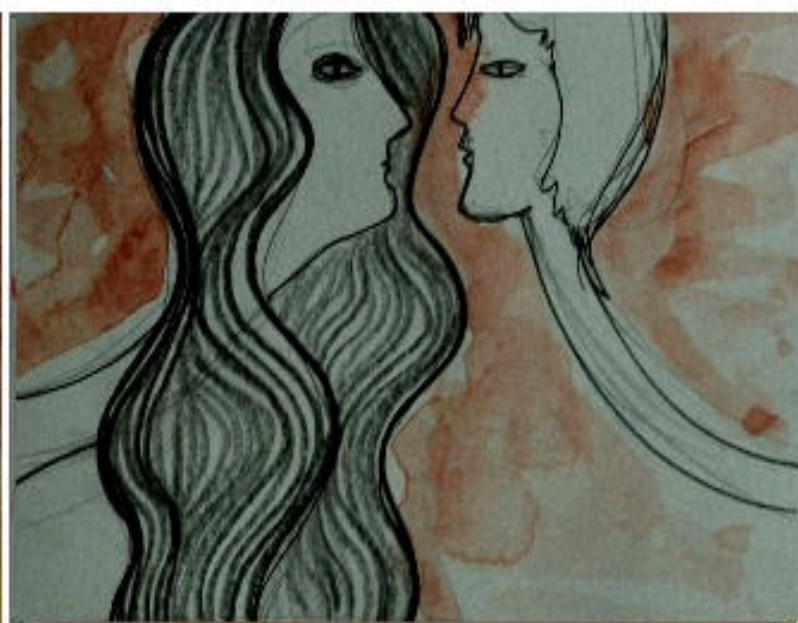


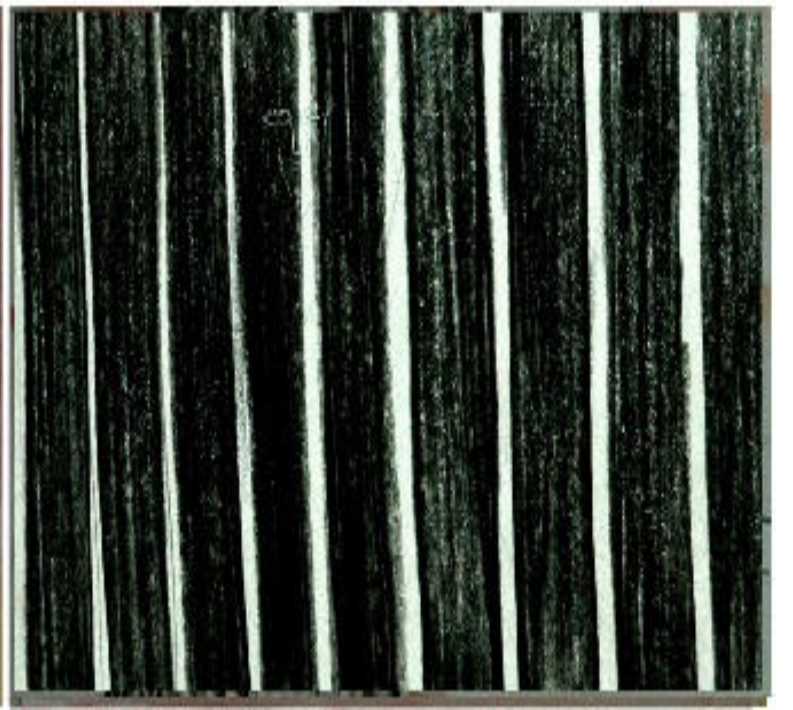












Animatic

- I created each frame keeping in mind the narration behind each visuals to communicate the story entirely and clearly.
- I roughly timed the shot as per my judgment showing the transitions motivated by future set of events and actions. I placed the narration on timeline and the timings of fade in and fade out were deliberate. While preparing the animatic I discarded a number of shots in order to form a well-timed sequence matchup with the soundtrack. I fine-tuned the animatic with visuals, scratch sound and music and found the 3 min long animatic for this film.

Production Planning

I divided the film in three sections according to the events of her life and the visual treatment of the movie.

I decided to do classical animation and paint them by water colour.

Compositing will happen in aftereffects using 3D camera.

Water colour paintings













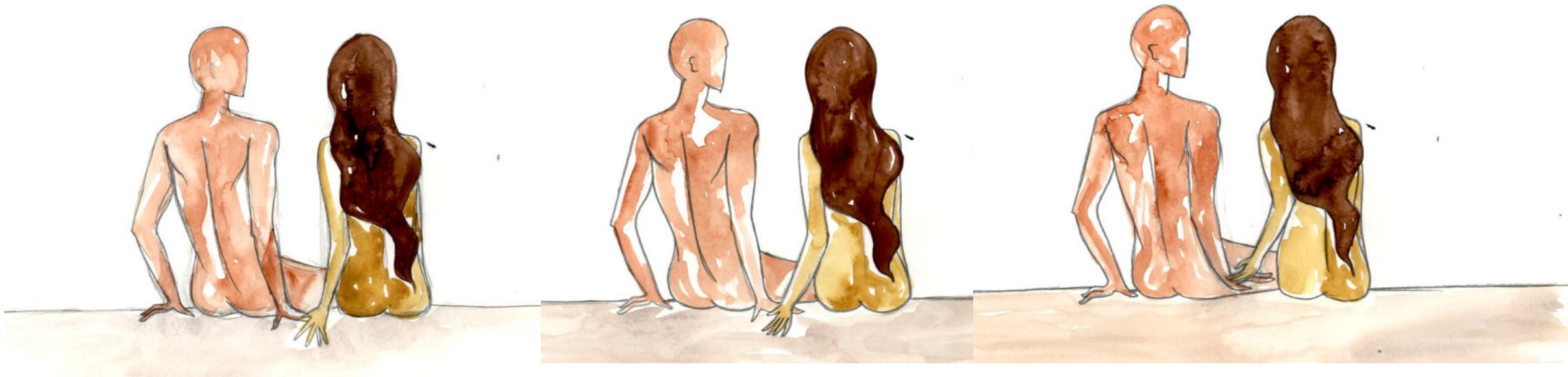


Water colour paintings- Frame by frame









Conclusion

Towards the completion of this project it gave us the detailed understanding of the whole film making process. From ideation to execution to the completion of the movie to a finished level it was an extremely rewarding journey, to see just an idea taking birth and coming to life. Also as an independent film maker this whole process has enlightened me on many practical aspects of film making, it gave us a lot of confidence to take tough decisions time to time during the entire journey to save the integrity and voice of your story.

References

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