

DO YOU WISH TO CONTINUE

by

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BBC RADIO 4

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Produced by Kirsty Williams

SCENE 1: ASSESSOR.INTERIOR DEBRA'S KITCHEN.SFX: RADIO ON:

MUS 1: 00.00 - 00.12 (00.12)
 CD: Henri Mancini: Legends CD2
 B5: Mr Lucky
 Label: SME

Opening Anno.

1. JANE GARVEY: ... Lizzy Yarnold winning Gold in the Winter Olympics in the Skeleton event ...
(Archive from 'Woman's Hour' tx Radio 4 Wednesday 31st December, 2014)

OVER JANE, DEBRA'S MOBILE RINGS:

MUS 2: "BY THE SEASIDE" JOLLY RING TONE
(00.10 - 0.13).

SHE ANSWERS. 'WOMAN'S HOUR' CONTINUES
UNDER.

2. DEBRA: Hello?

3. ASSESSOR: (beat) Miss Fell?

4. DEBRA: (beat) Who's calling please?

5. ASSESSOR: My name's Carol.

6. DEBRA: I don't know any Carols.

1. ASSESSOR: No, we've never met -
2. DEBRA: I'm not buying anything.
3. ASSESSOR: I'm not from a call centre.
4. DEBRA: I don't care where you're from.
5. ASSESSOR: Your GP got in touch with us to assess your compatibility for Cognitive Behavioural Therapy.
6. DEBRA: (beat) Oh... Oh, right, em. Yeah, hello.
7. ASSESSOR: Hi.
8. DEBRA: Sorry about that. I just... I get a lot of calls from India.
9. ASSESSOR: Not to worry. Is that a radio I can hear?
10. DEBRA: I can't turn it off.
11. ASSESSOR: Is it stuck?
12. DEBRA: What?
13. ASSESSOR: The radio?
14. DEBRA: No. I mean I... I find it hard to -

1. ASSESSOR: Not a problem, I can hear you well enough.
2. DEBRA: I'll just... I'll turn it down a bit.

SHE DOES. IT BECOMES A MURMER OF
COMPANIONABLE WOMEN'S VOICES OCCASIONALLY
FILLED WITH DELIGHT BUT LARGEMLY
UNDECIPHERABLE.

3. There.
4. ASSESSOR: Lovely. It's nice to have the company.
5. DEBRA: What?
6. ASSESSOR: The radio.
7. DEBRA: Oh, I thought you meant me.
8. ASSESSOR: No. Well, yes. I mean - So. Shall I call you Debra or Ms Fell?
9. DEBRA: Debra's fine.
10. ASSESSOR: Fell's an unusual surname.
11. DEBRA: (sighs) It is, yeah.

1. ASSESSOR: Like "went" or "leapt' or... So, I'm going to ask you a few questions. Does that sound ok?
2. DEBRA: (beat) Fine.
3. ASSESSOR: Great. First of all, how many days over the past two weeks have you been affected by the following problems. Zero means not at all, one means several days, two means - do you need to write this down?
4. DEBRA: No.
5. ASSESSOR: Ok. Two means more than half the days and three means nearly every day. Right. So how often have you been bothered by: little interest or pleasure in doing things?
6. DEBRA: Three.
7. ASSESSOR: Lovely. That's nearly all the days.
8. DEBRA: All the days.
9. ASSESSOR: Feeling down, depressed or hopeless?
10. DEBRA: Three.

1. ASSESSOR: Trouble falling or staying asleep or sleeping too much?
2. DEBRA: Three.
3. ASSESSOR: Feeling tired or having little energy?
4. DEBRA: Three.
5. ASSESSOR: Poor appetite or over eating?
6. DEBRA: Three.
7. ASSESSOR: Feeling bad about yourself or that you are a failure or have let people down?
8. DEBRA: (sighs) Three.
9. ASSESSOR: Thought that you would be better off dead?
10. DEBRA: Three.
11. ASSESSOR: Gosh, you're scoring very highly on these.
12. DEBRA: Thank you.
13. ASSESSOR: And finally in this section: Becoming easily annoyed or irritable?

1. DEBRA: Is there a four?
2. ASSESSOR: No. Sorry. Only goes up to three.
3. DEBRA: Three.
4. ASSESSOR: Ok then Debra. We're nearly there. The next section is about safety. Please choose a number from zero to four -
5. DEBRA: So there's a "four" now?
6. ASSESSOR: There is, yes.
7. DEBRA: Suddenly there's a four.
8. ASSESSOR: There is.
9. DEBRA: Right.
10. ASSESSOR: Please choose a number from zero to four to show how much you have experienced the following over the last two weeks. Zero being not at all and four being most of the time. "I have been physically violent to others"
11. DEBRA: Zero.
12. ASSESSOR: Oh that's good.

1. DEBRA: It could change.
2. ASSESSOR: Fingers crossed. "I have thought of hurting myself"?
3. DEBRA: Four.
4. ASSESSOR: "I have made plans to end my life"?
5. DEBRA: (beat) Zero.
6. ASSESSOR: Excellent! "I have threatened or intimidated another person"?
7. DEBRA: Two or three. Three. Eh, no: two.
8. ASSESSOR: Is two your final answer?
9. DEBRA: Two is my final answer.
10. ASSESSOR: "I have thought it would be better if I were dead"?
11. DEBRA: Haven't we already covered this and I gave you a three?
12. ASSESSOR: That was a section to assess your depression. This is a section to assess your safety.

1. DEBRA: I'm gonna say four. Even though I said three in the other section.
2. ASSESSOR: The other section only went up to three.
3. DEBRA: I know.
4. ASSESSOR: This section goes up to four.
5. DEBRA: I know.
6. ASSESSOR: So you're going with four? Despite the three in the other section?
7. DEBRA: I'm not sure it's me that's being illogical here.
8. ASSESSOR: Four then... And finally for this section: "I have hurt myself physically or taken dangerous risks with my health"?
9. DEBRA: (beat) Does that mean sort of... Drugs... and alcohol... and cigarettes, bingeing on biscuits? Or is it more like carving the word "hate" into me forehead?
10. ASSESSOR: Erm... Well all of them really. Maybe not the biscuits.
11. DEBRA: Sugar's a killer.

1. ASSESSOR: I suppose it can be...
2. DEBRA: Did you know that diabetes costs the NHS over 10 billion pounds a year?
3. ASSESSOR: No I -
4. DEBRA: Most of it caused by obesity. Maybe if they dropped the price of fags and let all the fat people smoke, they wouldn't eat so much.
5. ASSESSOR: I - I don't think they're talking about sugar or smoking here necessarily. The alcohol and drugs would probably count... And the cutting.
6. DEBRA: I haven't done any cutting?
7. ASSESSOR: But you carved the word "hate" -
8. DEBRA: I was just using it as an example.
9. ASSESSOR: Oh good. I thought... it's my first day...
10. DEBRA: Is it.
11. ASSESSOR: Yeah. I get really nervous on the phone.
12. DEBRA: You can't tell.

1. ASSESSOR: No, well... I'm good at covering things up. You're not supposed to cover things up, are you? It's not good for you.
2. DEBRA: So they say.
3. ASSESSOR: (beat) I split up with my boyfriend last week... Sorry it's just...
4. DEBRA: It's fine. Carry on.
5. ASSESSOR: He says he doesn't love me anymore.
6. DEBRA: I meant with the questionnaire...
7. ASSESSOR: (clears her throat) Oh, so, em, let's say zero for that last one, and I'll just tot you up.

PAUSE. THE RADIO BURBLES ON. NEWS. THE
USUAL CATASTROPHES.

8. OK Debra, you've scored very highly.
9. DEBRA: Good. Is... is that good?
10. ASSESSOR: It means you're most probably going to qualify for help from one of the NHS CBT counsellors at your local surgery. So that's good.

1. DEBRA: It is good. What do I do now then?

2. ASSESSOR: Your surgery will be in touch as soon as a therapist becomes available. Hopefully that won't be too long. In the meantime -

3. DEBRA: I'll just sit tight.

4. ASSESSOR: You sit tight. It was nice to talk to you, Debra. I'm er... I'm sorry about the boyfriend thing.

5. DEBRA: So am I.

SCENE 2: CONFESSITIONAL ONE - THE CURSE.

CLOSE AND CONFIDING.

6. DEBRA: I'm trying to remember if there was a time when I didn't feel like this. But I can't. Or there wasn't. Perhaps I was robbed when I was born. Or cursed at the Christening. Like in Sleeping Beauty where the Bad Fairy turns up late: "I curse this baby, but just a bit. She won't die. But she will live a long and fruitless life. /...

1. DEBRA: She will have all the wrong boyfriends, and this will eventually create a feeling of repetition and pointlessness that will eat away at the very core of her childhood notions of love. She will prefer animals to humans and this will bring her as much sorrow as it does joy. She will look at other people and wonder why they are laughing. She will hear fireworks in the distance but she will rarely be in the right place to see them. She will let the phone ring. She will not answer the door. She will be inarticulate in shops. She will be afraid of the small things most people are unafraid of, but have no fear of the big things like illness and death. She will watch a lot of cartoons."

SCENE 3: JOB APPLICATION AND DAD
PHONECALL.

INT. DEBRA'S FLAT. SHE IS SEARCHING JOB
WEBSITES ON THE COMPUTER. READS OUT.

2. DEBRA: Telesales... No. Telesales... Temporary Gallery Assistant. Uh. ... "We are looking for a good team player with excellent communication skills and a personable manner". There's a surprise!

TYPES.

1. DEBRA: Dear Charlie B Gallery. I am not a team player. I never have been. I have always hated team sports for instance, and consider them a thinly disguised opportunity to persecute the weak. I am a lone wolf. Are you recruiting any of those? P.S. As you can see however, I do have excellent communication skills and a personable manner.

THE PHONE RINGS (08.12 - 08.15):

MUS 3: "BY THE SEASIDE" RING TONE

2. Hiya Dad.

3. DAD: We've been watching the weather and its gonna be very rainy in London so -

4. DEBRA: It's not raining now.

5. DAD: But it will do, so just be careful.

6. DEBRA: I live on the fourth floor.

7. DAD: What you doing?

8. DEBRA: Er... Nothing. Job application.

9. DAD: What for?

THE WHOOSHING SOUND FOR A COMPUTER
SENDING EMAIL.

1. DEBRA: Oh no.
2. DAD: What?
3. DEBRA: I've sent it off!
4. DAD: Good for you.
5. DEBRA: You shouldn't have distracted me -
6. DAD: It'll be fine.
7. DEBRA: I said I was a lone wolf...
8. DAD: Oh, (beat) what job you applying for?
9. DEBRA: (beat) Gallery Assistant.
10. DAD: What's that got to do with wolves?
11. DEBRA: Absolutely nothing.
12. DAD: Gallery Assistant, eh? What do they do?
13. DEBRA: (sighs)... you know if you go to a gallery -

1. DAD: Not really -
2. DEBRA: To... to an art exhibition or... or a museum or something -
3. DAD: Oh aye -
4. DEBRA: And there are people who stand in the rooms with the exhibits to stop you scribbling on things?
5. DAD: Security guards.
6. DEBRA: No, not the security guards. They're... they just do security.
7. DAD: Oh.
8. DEBRA: The gallery assistants are more sort of... They talk to the public and help out with other stuff.
9. DAD: More like a tour guide.
10. DEBRA: (beat) I'd best get on with it, Dad, see if I can salvage anything after that email. Maybe I could pretend I was someone else.
11. DAD: Your mam says don't forget to send a card to Aunty Margaret.

1. DEBRA: How is she?

2. DAD: Confused. She keeps thinking I've come in fancy dress -

3. DEBRA: Oh -

4. DAD: And that she supports Man U!

5. DEBRA: Sounds awful.

6. DAD: Bloody desperate. Right then. You look after yourself.

7. DEBRA: I will.

8. DAD: I'm sure sommat'll turn up.

9. DEBRA: Yeah. Definitely.

MUS 4: 09.43 - 09.56 (00.13)

10. DAD: (singing) "So long, Farewell,
Aufedersehen, Aideu..."

11. DEBRA: (beat) "Adieu, Adieu, to yieu and yieu
and yieu"

12. DAD: ...da daddle dur dur, da daddle dur dur,
da daddle dur dur dum.

DAD LAUGHS.

SCENE 4: COUNSELLOR ONE.

INT. DOCTORS SURGERY. DAY.

1. COUNSELLOR: Right then Debra. Had a look through your telephone assessment
2. DEBRA: Do you think you can help me?
3. COUNSELLOR: Well... There are no magic wands I'm afraid.
4. DEBRA: Yeah, I thought you'd say that.
5. COUNSELLOR: I have to admit I'm a bit concerned about how highly you're scoring on the suicidal ideation. How often are you having these thoughts exactly?
6. DEBRA: Which ones?
7. COUNSELLOR: The - the suicidal ones.
8. DEBRA: Every day.
9. COUNSELLOR: That's quite a lot.

1. DEBRA: Is it?
2. COUNSELLOR: Compared to most people.
3. DEBRA: Oh.
4. COUNSELLOR: Have you, em... I have to ask this I'm afraid. Have you made any plans?
5. DEBRA: Plans?
6. COUNSELLOR: Are you researching ways of ending your life?
7. DEBRA: Oh. No. I haven't got the energy.
8. COUNSELLOR: You just have the thoughts?
9. DEBRA: Just the thoughts. Yeah.
10. COUNSELLOR: Every day?
11. DEBRA: Every day.
12. COUNSELLOR: Thoughts can have a very devastating effect you know, Debra.
13. DEBRA: You're telling me.

1. COUNSELLOR: And if I think you're a danger to yourself -
2. DEBRA: They help. They help me. I just. I just have the thoughts because they make me feel a bit calmer. That's all. I wouldn't actually do anything.

BABY STARTS TO CRY IN BACKGROUND.

3. COUNSELLOR: I'd like you to start writing things down.
4. DEBRA: Ok.
5. COUNSELLOR: Write down all the thoughts you're having, however dark or random, and how they make you feel.
6. DEBRA: I'm not sure I'll be able to keep up with them.
7. COUNSELLOR: Are they happening now?
8. DEBRA: Yes.
9. COUNSELLOR: What are they saying?

1. DEBRA: Erm... That this is a waste of time. No offence. Em... That you dislike me. That I always fail so this is pointless...
2. COUNSELLOR: Maybe the things you considered to be fails aren't fails? Maybe they're "good enough".
3. DEBRA: Well obviously not or I wouldn't be sat here.
4. COUNSELLOR: But perhaps your perspective of events is a little black and white. We'd call that "All or nothing" thinking.
5. DEBRA: I call it "realistic" thinking. (beat) I don't mind keeping a diary of thoughts, though. I used to keep diaries when I was a teenager.
6. COUNSELLOR: Ah well then -
7. DEBRA: But I burned them all.
8. COUNSELLOR: Why?
9. DEBRA: Proof of what a dick I was in black and white.

SCENE 5: CONFESSİONAL TWO: HYPNOSIS.

1. DEBRA:

I've tried everything. Yoga. Meditation... Then I heard Paul McKenna on the radio talking about trauma and denial. What if you could simply erase all the bad stuff? Chuck out the box without looking inside. So, I bought a book and a tape and set about some self-hypnosis. The first instruction was to find a happy place. One very strong memory sprung to mind. I was in a Hen Party and we were travelling up the M6 to Blackpool for the weekend. Someone told a joke. I can't remember what it was, but I do remember quite clearly turning round in my seat as I laughed and seeing the whole gang cracking up. For one brief moment there was only joy. And then into my head came the thought that if this were a film, then the very next second a massive lorry, probably petrol tanker, would smash straight into us. Flames. Blackout. Cut to mass funeral. POV of corpse as it travels into the incinerator. More flames. Deafening crushing sound. Felt a little pointless to proceed from there.

SCENE 6: COUNSELLOR TWO: NEGATIVE
THOUGHTS.

INT. DOCTORS SURGERY. READS FROM THOUGHT
DIARY.

1. DEBRA: I am unlikeable, stupid, untrustworthy, deceitful, fickle, unreliable, judgemental, disgusting, hateful, ugly and I smell like old cupboards. I am a coward.

2. COUNSELLOR: Well that's -

3. DEBRA: I am a liar.

4. COUNSELLOR: (beat) Good -

5. DEBRA: And I will always fail. That one seems to be a bit of a favourite.

6. COUNSELLOR: (beat) Is that everything?

7. DEBRA: Erm...

SHE TURNS A COUPLE OF PAGES.

8. That's the sort of top ten I suppose.

9. COUNSELLOR: Gosh. Quite a list.

1. DEBRA: I can think of loads of others?
2. COUNSELLOR: No. No, that's fine to be going on with.
The ones you have are pretty... meaty.
3. DEBRA: Yep.
4. COUNSELLOR: And what about your negative thoughts
about other things, the... the world
around you and the future?

DEBRA FLICKS THROUGH HER PAGES.

5. DEBRA: Just the top ten?
6. COUNSELLOR: Please.
7. DEBRA: Ok. (*reading*) "Humans are basically evil.
I wish we could be wiped out as a
species" - that's two separate ones... I
mean they're connected but -
8. COUNSELLOR: I see.
9. DEBRA: Shall I carry on?
10. COUNSELLOR: Please.

1. DEBRA: "The world is saturated by overwhelming cruelty" and... hang on...

SHE RIFLES THROUGH MORE PAPER.

2. "Things will only get worse".

3. COUNSELLOR: Right. Those are very negative thoughts.

4. DEBRA: They're not thoughts. They're facts. I've got more here somewhere -

5. COUNSELLOR: No no. I think that might be enough for the moment.

6. DEBRA: (beat) Are you ok?

7. COUNSELLOR: Yes, yes. I'm fine.

8. DEBRA: You don't look fine.

9. COUNSELLOR: Now. Can I just check your current employment status?

10. DEBRA: Unemployed. I'm... I'm looking for stuff but I keep being rejected. Every time I get rejected I feel a little bit worse.

11. COUNSELLOR: It's important to keep trying though. I'm sure you'll find something eventually.

1. DEBRA: I just applied for a job as a gallery assistant.
2. COUNSELLOR: Oh, excellent. You like art?
3. DEBRA: I liked drawing. I did my degree in Art History. Choose differently now you have to pay forty thousand quid.
4. COUNSELLOR: Do you still draw?
5. DEBRA: No. I'm not good enough.
6. COUNSELLOR: But... but if you enjoyed it?
7. DEBRA: (*beat*) I'm not good enough.

SCENE 7: NEWS OF INTERVIEW AND MAM PHONE CALL.

INT DEBRA'S KITCHEN. RADIO BURBLES. DEBRA IS TYPING.

8. DEBRA: (*reading*) "This exercise aims to help you analyse your thinking and challenge unhelpful thoughts. Section A. Activating thought: Write about an event or situation in which you felt distressed or upset".

THE SOUND OF AN EMAIL ARRIVING.

1. Oh no... (*reading out*) " Re: Gallery Assistant Job Application" (*double clicks*) "Dear Miss Fell, Thank you for your application. It certainly caught my attention. We would like to invite you to an interview at the gallery on Wednesday. Would three o'clock be convenient? Best wishes, Charlie B, Director".

DEBRA'S MOBILE RINGS (16.35 - 16.37) .
MUS 5: "BY THE SEASIDE" RING TONE

2. Hiya mam.

3. MAM: Oh, you sound breezy.

4. DEBRA: Do I?

5. MAM: Mm, what's happened?

6. DEBRA: Nothing. I got an interview.

7. MAM: What for?

8. DEBRA: Gallery Assistant.

9. MAM: Your dad said you were gonna be a gallery assistant.

1. DEBRA: I haven't got the job, it's just an interview.
2. MAM: Oh that's a shame.
3. DEBRA: No - well, I *might* get it.
4. MAM: Fingers crossed.
5. DEBRA: I'm a bit worried they've... I think they might have mixed me up with someone else.
6. MAM: (laughs) What makes you think a thing like that?
7. DEBRA: I don't know I just - I don't think I can have made a very good first impression.
8. MAM: Well you obviously did!
9. DEBRA: Yeah.
10. MAM: Wear something really bright for the interview. It'll help them remember you.
11. DEBRA: I don't think they'll have much bother remembering me. So what you up to tonight?
12. MAM: Oh, Fox and Hounds. Your dad can't swallow the chips at the Lamb.

1. DEBRA: Oh.

2. MAM: Here, I'll tell you who's died. Do you remember Mary Gillespie that used to be a dinner lady at your school?

3. DEBRA: Yeah.

4. MAM: Mrs Gillespie. Cheerful wee body. Tight perm?

5. DEBRA: Yes! I remember her, mam. I'm not simple. Oh no - has she died?

6. MAM: What? No she hasn't died. I saw her this morning. (beat) Her son has though.

7. DEBRA: David?

8. MAM: David, that's right. He was the year above you -

9. DEBRA: He was in my class!

10. MAM: No, he was the year above you.

11. DEBRA: Mam, I sat next to him in maths for three years!

12. MAM: Did you?

1. DEBRA: Yes!
2. MAM: Well he's dead.
3. DEBRA: How?!
4. MAM: Cancer.
5. DEBRA: Oh no. Poor David. What sort of cancer did he have?
6. MAM: Leg.
7. DEBRA: What?
8. MAM: Leg cancer.
9. DEBRA: Leg cancer's not a thing. You don't get leg cancer.
10. MAM: Well he did. He was walking with a stick for a bit. You dad and me used to pass him in the car sometimes on the way back from the shops. I suppose we should have given him a lift but you don't like ask.
11. DEBRA: That doesn't mean he had leg cancer.
12. MAM: And then he had it amputated but they can't have cut it all out because he went very quickly downhill.

1. DEBRA: Maybe he was diabetic. That can happen sometimes.
2. MAM: No it was definitely cancer. But I'll tell you who's diabetic -

SCENE 8: COUNSELLOR THREE.

INT. DOCTORS SURGERY.

3. DEBRA: I'm not sure this is working out for me.
4. COUNSELLOR: Are you finding the exercises difficult?
5. DEBRA: Yeah. I mean, I understand them and everything. But... it's just... When something makes me feel overwhelmingly sad, the last thing I want to do is pick up a pencil -
6. COUNSELLOR: I know it's difficult -
7. DEBRA: - and write down a list of evidence to the contrary.
8. COUNSELLOR: It... it does get easier.
9. DEBRA: It's so much effort. It's harder than washing.

1. COUNSELLOR: But with practice -
2. DEBRA: I just... I, I can't see the point.
There's... there's just no point.
3. COUNSELLOR: (beat) What happened to your fingers?
4. DEBRA: My -? Nothing. Why?
5. COUNSELLOR: Well, they're very pink.
6. DEBRA: They're flesh coloured. They're supposed to be that colour.
7. COUNSELLOR: They just seem very... Pink.
8. DEBRA: Oh that. Yeah it's Germolene ointment.
I've got a stash that my mam gave me when I was little -
9. COUNSELLOR: Why did you put Germolene on all your fingers Debra?
10. DEBRA: Oh look it... no, it's nothing like that, it's not... it's not what you're thinking, I wasn't trying to shoot myself and the gun backfired and blew up in my hand so I had to plaster them with Germolene...
11. COUNSELLOR: You've certainly got a lot of it on.

1. DEBRA: Well if you're gonna do something, you should do it properly.
2. COUNSELLOR: Ah. Whose voice is that?
3. DEBRA: What?
4. COUNSELLOR: The one that says if you do something you should do it properly?
5. DEBRA: Mine?
6. COUNSELLOR: And before that?
7. DEBRA: Everyone's. Isn't... isn't that what everyone says?
8. COUNSELLOR: "Should" thoughts fall into one of our negative thinking categories.
9. DEBRA: Do they?
10. COUNSELLOR: Mm. "Should Thoughts". They're unhelpful.
11. DEBRA: What about "I should maybe see a doctor" or "I should probably get away from that bloke that just took his pants off at the bus stop"? / ...

1. DEBRA: Look. I cooked some kippers, ok, and they were out of date so I cooked them both and then I had to clean the grill pan out because it stank of kippers so I used a scourer that my mam gave me two Christmasses ago and I have never used a scourer before and by the time I discovered it was advisable to wear gloves it was a bit late.

2. COUNSELLOR: Hmm... Debra, how many units of alcohol would you say you consume in a week?

3. DEBRA: What?

4. COUNSELLOR: How many -

5. DEBRA: Yeah, no I heard the question. I just - I thought we were talking about kippers. I dunno. A few. Not many. I haven't got the constitution.

6. COUNSELLOR: That's-/ Ok... Em, let's look at the list of things you agreed you could still take enjoyment from.

DEBRA OPENS THOUGHT DIARY AND HANDS IT OVER.

7. DEBRA: I wrote them down. There.

1. COUNSELLOR: Here we are. Let's see.
2. DEBRA: I couldn't think of many.
3. COUNSELLOR: Well here's one. "Family Guy". So you've got that to look forward to.
4. DEBRA: I don't look forward to it if I'm honest. It's more... It's more that I can *stand* it. I can stand cartoons. Funny ones. I couldn't stand Watership Down, for instance -
5. COUNSELLOR: No and I... I certainly wouldn't suggest -
6. DEBRA: Or Animal Farm. Or Bambi.
7. COUNSELLOR: God no, no...
8. DEBRA: Or even Dumbo because everyone makes fun of him for having big ears.
9. COUNSELLOR: (beat) Yes, but in the story of Dumbo he takes the very thing he felt was his weakness and uses it to fly!
10. DEBRA: It's too late by then. The damage has already been done.

1. COUNSELLOR: But don't you think the damage can be rectified? Or transformed?
2. DEBRA: No. I don't.

SCENE 9: CONFESSİONAL THREE: DUMBO.

3. DEBRA: I think it'd be ok if something terrible had happened. Like if I'd had ears the same size as my body. Childhood is a trauma for everyone isn't it? I don't suppose the things I went through were that different to most... Everyone cries a bit and then you get laughed at and then you learn how to stop crying. You curl your fists into balls and you push down really hard into your cardigan pockets.

SCENE 10: CHARLIE BALL BAG INTERVIEW.

INT. CHARLIE B'S OFFICE.

4. CHARLIE B: Come in Debra.
5. DEBRA: Wow that's a great view. We're higher up than I thought.

1. CHARLIE B: I sit with my back to it most of the time these days so I can see what I'm doing.
2. DEBRA: That's a shame.
3. CHARLIE B: It is. Can I get you a drink of anything? Coffee or...
4. DEBRA: No, no I'm fine thanks.
5. CHARLIE B: Well, let's crack on then shall we?
6. DEBRA: Yeah.
7. CHARLIE B: Take a seat.

THEY SIT.

8. I was very interested to read your application.
9. DEBRA: Oh. I'm so sorry about that. I clicked send by accident. I don't know what I was thinking of. I write things I don't mean all the time. I told all my Facebook friends I was gonna kill a load of little parrots the other day. I didn't mean it. I mean, you know, as far as the parrots are concerned I don't think I'd object to a cull... /...

1. DEBRA: And it's not because I don't like them, it's 'cause I'm worried about the crows. I mean I was just... I think I might be a bit nervous...
2. CHARLIE B: In the *second* e mail you sent in which you apologised for the first and attached your cv -
3. DEBRA: And I meant that apology, I really did -
4. CHARLIE B: You didn't just attach your CV. You attached -
5. DEBRA: Oh God -
6. CHARLIE B: Some photos of trees - very nice - and an extract of something called "My Thought Journal" -
7. DEBRA: No... Oh, no...
8. CHARLIE B: Which I read with interest, in particular the section which refers to my name. And I quote: "I wonder what the B stands for? Probably Ball Bag. Charlie Ball Bag's Gallery".
9. DEBRA: I'm so sorry...

1. CHARLIE B: You then go on to speculate that perhaps my surname *rhymed* with Charlie in which case I would have been well within my rights to shorten it as I may still be carrying the trauma from boyhood taunts. Suggested possibility: Charlie Barley.
2. DEBRA: This isn't going very well is it?
3. CHARLIE B: You must be the most accident-prone person in the world having *accidentally* sent a job application saying that you hated being part of a team and then minutes later sending an apology and *accidentally* attaching a document which accuses your future employer of being a ball bag.
4. DEBRA: Do those windows open?
5. CHARLIE B: No I'm afraid you'd have to run straight through them. Should we have a quick look at your CV, while you're here?

SCENE 11: CHUGGER.

EXTERIOR BUSY HIGH STREET.

1. CHUGGER: Hello Miss! How are you today?
2. DEBRA: Fine thanks.
3. CHUGGER: Can you spare a minute for children with cancer?
4. DEBRA: Sorry.
5. CHUGGER: It'll just take two minutes.
6. DEBRA: No it won't.
7. CHUGGER: You seem like a nice person.
8. DEBRA: Ok listen. You want my money -
9. CHUGGER: It's more about raising awareness -
10. DEBRA: You want me to set up a direct debit for a "small" amount which I will hardly miss, from my account into your charity's every month. Let me tell you something. First of all, I'm unemployed at the moment. I'm very unlikely to be employed in the near future as I just pretty much called my prospective employer a ball bag. /...

1. DEBRA: Second, and more importantly, I don't give a shit about people. I'm one myself so I know how bloody awful they are. I have direct debits coming out of my account - which is dangerously overdrawn by the way - for the RSPCA, The World Wildlife Fund, Dogs Trust, Greyhound Rescue and something to do with donkeys.
2. CHUGGER: So you're an animal lover!
3. DEBRA: I am. Yes. I am a skint, overly empathetic animal lover. I give money to help animals that we - *humans* - have abused or mistreated and left for dead. Those are my priorities. I couldn't give a rat's arse about people, or cancer. We are the cause of the world's problems and if the world wants to give us cancer as a pay back, then I think that's fair enough.
4. CHUGGER: (beat) I see your point but -
5. DEBRA: And what's so special about kids? Eh? We're obsessed with saving children. In a litter of pups, in the wild, do you think they all survive? Haven't you heard of natural selection?
6. CHUGGER: But those are animals. In the wild.

1. DEBRA: Oh for God's sake, why can't we let people die? Just let the cancer kids die?

2. CHUGGER: Ok. I'm sorry I stopped you. I didn't mean to upset you.

3. DEBRA: I'm not upset.

4. CHUGGER: You seem really upset.

5. DEBRA: I'm not upset I've just had a really really bad day.

6. CHUGGER: I'm sorry.

7. DEBRA: No I'm sorry. I haven't been sex trafficked or tortured and I haven't got cancer but I can't remember the last time I wanted to get up in the morning. My life is completely worthless and so am I. So please. Just leave me alone... All I want to do is go to Tesco's for some semi skimmed milk. I'm sorry, I just...

SHE HAS BEGUN TO CRY AND IS WALKING AWAY.

8. CHUGGER: Miss! Don't go!

AS SHE GOES TO RUN ACROSS THE ROAD A CAR SCREECHES.

1. CHUGGER: Look out!

AND BRAKES IN TIME. HORNS. ANGRY VOICES.

2. DEBRA: (to the cars) Sorry... I'm sorry...

SCENE 12: COUNSELLOR FOUR: EXERCISES.

INTERIOR. DOCTOR'S SURGERY.

3. COUNSELLOR: So let's have a look at your exercises for the week and see how you're getting on.

DEBRA HANDS THE DIARY. COUNSELLOR FLICKS THROUGH.

4. Great. Let's see. Ah good. Good, you really got the hang of this.

5. DEBRA: Thanks. But. I'm... I'm getting a bit confused. My brain's a bit - I'm finding it really hard to understand what we're doing... Or... or apply any lessons...

1. COUNSELLOR: Well let... let's have a look. A for activating thought: "Tesco's milk and dairy section". C for Consequences: "paralysis". Now B for beliefs and thoughts: "I will never get out of here. I'm going to be stuck here forever and people will just have to go round me. I will become a living statue. There is something unexpected in the bagging area. Do you wish to continue. Do you wish to continue. Do you wish to continue". Most distressing or hot thought: "becoming a living statue."
2. DEBRA: I don't like them. The ones they have now don't even stay still. They just... they just wear masks so you can't see their faces moving and they sit on them weird chair things that makes it looks like they're floating in mid air. And it involves no skill whatsoever.
3. COUNSELLOR: You seem quite disturbed about living statues.
4. DEBRA: I am.

1. COUNSELLOR: Let's have a look at D for Disputation.
List the factual evidence for this hot thought "I will become a living statue." And you've written: "Check the CCTV" and for factual evidence against it you wrote: "none".
2. DEBRA: Yeah.
3. COUNSELLOR: But you obviously managed to leave the store because you're here today.
4. DEBRA: Yeah. But, it took me ages. I'm getting slower.
5. COUNSELLOR: But even if you're slow, you're still moving. So you can't be a living statue.
6. DEBRA: I can. I am on the inside. I feel... I feel like a stagnant pond.
7. COUNSELLOR: (beat) E for Evaluation. Replace the hot thought with a helpful thought. And your helpful thought is: "one day I will die".
8. DEBRA: Yep.
9. COUNSELLOR: I'm not sure how helpful that is as a thought.
10. DEBRA: Very helpful. I find it soothing.

1. COUNSELLOR: Most people would find it... quite a distressing thought.
2. DEBRA: Horses for courses.
3. COUNSELLOR: Debra... If I believe that you may be a danger to yourself I have to inform your GP who may then have to take further action.
4. DEBRA: Like upping the drugs? That might not be a bad idea actually.
5. COUNSELLOR: No. Like admitting you to hospital.
6. DEBRA: Hospital? But there's... there's nothing wrong with me. It makes sense how I feel.

SCENE 13: CONFESSİONAL FOUR: WISHİNG.

7. DEBRA: I wish I had a different mind. With better thoughts. I wish I had been a student at Cambridge and cycled around with one of them stripy scarves flapping behind me. I wish I had sat on a blanket with a tall boyfriend in a grassy quadrangle and talked about philosophy.
/...

1. DEBRA: I wish that I had learned all the incredible things and that I could remember their every detail, so that my head would now be full of jewels: Ancient Rome. Henry the Eighth. The Dead Sea Scrolls. I wish my mind were a palace where I could wander peacefully for hours and wonder at the glinting things. I wish it was not just broken glass...

SCENE 14: COUNSELLOR FIVE: CROCODILE.

INTERIOR. DOCTORS SURGERY.

2. DEBRA: I think I'm getting worse. I'm sorry, but I was wondering if there was another type of therapy that I could try.

3. COUNSELLOR: There's such a long waiting list for anything else, I'm afraid.

4. DEBRA: A friend of mine from school just died... some sort of cancer.

5. COUNSELLOR: That must have been upsetting news.

6. DEBRA: It was, yeah. It was really upsetting.

7. COUNSELLOR: Of course.

1. DEBRA: But I wasn't upset that he was dead. I was upset that... That he died and I didn't...
2. COUNSELLOR: You know you've still got a few sessions left with me. We... we could concentrate on those deep-seated negative beliefs.
3. DEBRA: I'm tired. I feel really... Beaten up.
4. COUNSELLOR: I think you should continue with the CBT for a bit.
5. DEBRA: Why am I allowed to be alive when David Gillespie isn't?
6. COUNSELLOR: (beat) When I first started out I wasn't sure about CBT. Not sure at all. But I had this... this one lecture that opened my mind to the possibilities. It was from one of the head nurses at the Maudsley, and CBT was his thing. He really believed it could change the way people think and behave... And therefore feel.
7. DEBRA: Go on.

1. COUNSELLOR: He told us that most nights after work he used to go to a pub in Elephant and Castle for a quick drink before he went home. He noticed after a while that the same elderly gentleman was sitting in the same corner whenever he was there. One evening, he stayed on for an extra pint and the old man stood up on the dot of six and rang a little bell. Then he sat down again and it was business as usual. Well, the next time the nurse was there, he stayed a bit longer and sure enough, on the dot of six, the old man stood up, rang his bell, sat down again. The nurse's curiosity got the better of him and he asked the barman whether the old man did the same thing every night. Yes, said the barman. Every night the same, for as long as he could remember. So the nurse sat next to the old man and asked him why he rang his bell. The old man said that he had to do it. If he rang his bell every day on the dot of six, it would keep the crocodiles out of Elephant and Castle. And the nurse said: but there are no crocodiles in Elephant and Castle. And the old man said: exactly. (laughs) And the worse thing was, he lived in Scotland!

2. DEBRA: (beat) So what happened?

1. COUNSELLOR: Don't you see? He... he'd associated his bell ringing with the lack of crocodiles. Because in all the time he'd been ringing his bell, there had been no crocodiles.
2. DEBRA: Yeah, but what happened?
3. COUNSELLOR: Well, the nurse managed to change his behaviour. Unlink the links he had made. Obsessive Compulsive Disorder responds extremely well to CBT.
4. DEBRA: I haven't got OCD.
5. COUNSELLOR: (her laughter abating) No. No you haven't.
6. DEBRA: I'm worried about that old man now. He might be sitting in a tiny house in Scotland bored out of his mind with no reason to live.
7. COUNSELLOR: I'm sure he's fine.
8. DEBRA: His wife might have died.
9. COUNSELLOR: His wife?

1. DEBRA: I bet he really liked that pub. Maybe... maybe he enjoyed ringing the bell. You know, it made him... it made him feel important.

2. COUNSELLOR: But it was unhelpful behaviour.

3. DEBRA: Unhelpful to who?

4. COUNSELLOR: To him.

5. DEBRA: (beat) I'm done.

DEBRA GETS UP AND GATHERS HER STUFF.

6. COUNSELLOR: I'm not sure it's wise for you just to leave -

7. DEBRA: Ok, here's the thing. Depressed people are like... they're the opposite of parrots... Or budgies or whatever the hell they are. We are quiet and invisible. Like... like ghosts. If there were to be a cull of humans we would probably - and here's the irony - survive the whole thing. 'Cause the killers would either just not see us, or not perceive us as a threat. /...

1. DEBRA: They would instinctively know that if you can barely be bothered to pull up your own pants, you're probably not gonna lead the resistance army. So not only can we not live a full and fruitful life, we can't even get ourselves annihilated.

2. COUNSELLOR: (beat) Have you ever tried meditating?

3. DEBRA: I'm sorry if I've wasted your time.

SHE GETS UP TO LEAVE.

4. COUNSELLOR: Where are you going?

5. DEBRA: To buy myself a bell.

SCENE 15: ART SHOP.

INT INDEPENDENT ART SHOP. QUIET. DEBRA IS
LOOKING THROUGH SOME PENCILS. SHOP
ASSISTANT APPROACHES, YOUNG MALE. CAMP.

6. SHOP ASSISTANT:
Do you need any help at all?

7. DEBRA: Oh, em, I'm looking for pencils.

1. SHOP ASSISTANT:

What do you want to do with them?

2. DEBRA: Oh just - some sketching I suppose.

3. SHOP ASSISTANT:

And what do you normally use?

4. DEBRA: I... I don't really. I haven't drawn anything in years.

5. SHOP ASSISTANT:

Not a problem. We've got a special on this little tin of six Derwents -

6. DEBRA: Oh Derwent...

7. SHOP ASSISTANT:

Do you like Derwent pencils?

8. DEBRA: I like Derwent Lake.

9. SHOP ASSISTANT:

Well you get lots of choice with these... but to be honest, I tend to use the 3B for pretty much everything.

10. DEBRA: I'll take them.

1. SHOP ASSISTANT:

And you'll need a sketch pad...

THE SHOP ASSISTANT TAKES HER TO THE
SKETCH PADS AND LEAFS THROUGH SOME.

2. This one's cheap and cheerful...

3. DEBRA: It seems a bit... Big. For starting out.

4. SHOP ASSISTANT:

Small sketchbooks are a waste of time.
There's a lot to draw out there... Well
how about this one? It would fit in your
bag but it's big enough to do different
perspectives on the same page.

5. DEBRA: Em, I'm not sure I -?

6. SHOP ASSISTANT:

Yeah, you know. Like if you're sketching
an object or a person... Or anything I
suppose... You can just have a quick go
from one angle, and then a quick go from
another. Fastest way to learn about the
real shape of things. Something can look
completely different on one side than it
does on the other.

1. DEBRA: There's these rocks near my mam and dad's house that look like a lady playing a grand piano but only for a second. As soon as you've driven past it's just a load of rocks...
2. SHOP ASSISTANT:
Do you have a sharpener?
3. DEBRA: I do somewhere yes. I might need a rubber though.
4. SHOP ASSISTANT:
I'm not selling you a rubber.
5. DEBRA: Why not?
6. SHOP ASSISTANT:
What's the point? Make mistakes. Draw over them. Start again.
7. DEBRA: But -
8. SHOP ASSISTANT:
If you start trying to make everything perfect, you're not going to enjoy yourself.
9. DEBRA: Thanks. You're very... kind.

1. SHOP ASSISTANT:

Most people are if you get them in the right light.

BELL TINKLES AS SHE EXITS THE SHOP.

SCENE 17: GALLERY JOB AND PHONE CALL MAM AND DAD.

EXTERIOR HIGH STREET. DEBRA CALLS HER PARENTS. DAD ANSWERS SINGING LIONEL RICHIE.

MUS 6: 38.06 - 38.18 (00.12)

2. DAD: *Hello...?*

3. DEBRA: Hell -

4. DAD: - *Is it me you're looking for?*

5. DEBRA: Dad it's me.

6. DAD: (*continues*) *I can see it in your eyes... I can see it in your smile...*

7. DEBRA: Dad...

1. DAD: *You're all I ever wanted... And my arms are open wide...*
2. DAD: (to Mam) It's our Debra. Debra your mam's listening on the other handset.
3. DEBRA: Hiya mam.
4. MAM: Hello Debra. This is a pleasant surprise.
5. DEBRA: I've got some good news.
6. DAD: That's what we like to hear. What's happened?
7. DEBRA: I got that job!
8. MAM: The tour guide?
9. DEBRA: The gallery assistant!
10. DAD: Did you?
11. DEBRA: Yeah! It doesn't start for a few weeks but...
12. MAM: Oh that's good. Will it be in an office?
13. DEBRA: No I'm - I'm a gallery assistant. It's in a gallery.

1. MAM: Oh in a gallery!
2. DAD: In a gallery, eh?
3. DEBRA: I can't believe it. I thought he hated me.
4. DAD: Who?
5. DEBRA: Charlie B. The bloke that interviewed me.
6. DAD: Charlie B? He sounds like a rapper. Doesn't anyone use their full names anymore?
7. MAM: Well it just goes to show. He must have liked you after all. I mean, you never know what other folks are thinking do you?
8. DEBRA: No. I suppose not. He said he thought that I was refreshingly original.
9. MAM: Oh, that's nice.
10. DEBRA: And that he liked the photos of the trees I'd sent...
11. DAD: Temporary is it?

1. DEBRA: Three months. If it works out, maybe longer.
2. DAD: And is that what you want?
3. DEBRA: Think so, yeah.
4. DAD: Well then that's made our day! We're delighted!
5. MAM: We are! Do you have to wear a uniform?
6. DEBRA: I - I dunno. Yeah, probably.
7. MAM: What colour? Not black?
8. DAD: Never mind bloody black. She could be in a monkey suit, what's it matter?
9. DEBRA: Look I'd better go... I've...
10. DAD: Are you off lass?
11. DEBRA: Yeah, I've got some stuff to arrange.
12. DAD: Oh well -

MUS 7: 39.46 - 39.59 (00.13)

1. DAD & MAM: (*singing*) *Goodbye, Farewell,*
Aufedersehen, Adieu...

2. DEBRA: (*sighs*) *Adieu, Adieu, to yieu and yieu*
and yieu...

3. ALL: *Da daddle dur dur, da daddle dur dur, da*
daddle dur dur dum...

LAUGHTER.

SCENE 18: TRAIN TO SCOTLAND.

INT. TRAIN. ANNOUNCEMENT. AN ELDERLY MALE
WITH A HIGHLAND ACCENT.

4. ANNOUNCEMENT: ...to the East Coast Service to Edinburgh, arriving into Edinburgh Waverley at sixteen hundred hours. We shall be cruising today at an altitude of approximately thirty thousand feet (*laugh*) just my wee joke... We hope you have a pleasant journey.

A YOUNG WOMAN SQUEEZES HERSELF AND HER
LARGE DOG AND BAGS INTO THE SEAT OPPOSITE
DEBRA. SCOTTISH ACCENT.

1. DEBRA: Just an old man. Don't know him.
2. YOUNG WOMAN: In a pub?
3. DEBRA: Yeah.
4. YOUNG WOMAN: With a -
5. DEBRA: Crocodile.
6. YOUNG WOMAN: Wow that's... Unusual. Is it his pal, the crocodile?
7. DEBRA: ...It could go either way.

FLIPS A PAGE.

8. YOUNG WOMAN: And is this a different old man or the same?
9. DEBRA: Different. Em, they're all different. It depends which pub I go in.

SHE HANDS BACK THE SKETCH PAD.

10. YOUNG WOMAN: Here you'd better take it back before I get dog biscuits all over it.
11. DEBRA: Thanks.

1. YOUNG WOMAN: Whereabouts in Scotland are you headed?
2. DEBRA: I don't know yet.
3. YOUNG WOMAN: Get yersel away up in the Highlands. You can draw yersel' loads of wee old Scottish blokes, eh?
4. DEBRA: Yep. In all the different pubs...
5. YOUNG WOMAN: Drinking with his wee pal the crocodile. Maybe you'll even find yersel a Muse.
6. DEBRA: (beat) I think I already have.

SOUND OF THE TRAIN PICKING UP SPEED.

SCENE 19: CONFESSORIAL SIX.

EXT. HIGHLANDS. CLOSE AND CONFIDING.

7. DEBRA: (v/o) Sometimes I hardly notice where I am. But I know exactly where I am today. And when I see a dry patch of heather, I sit down. And my perspective changes. I am dog height. The ferns are as tall as me and they make a swishy foreground to my view. /...

1. DEBRA: I am part of the world again. The real world. The world of warm earth and insects. Not the one made up of only thoughts and sadness. I am an animal. I do not need to try to be happy. I am an animal. Watching other animals. It is enough.

Closing credits.

THE END.