

PROJECT TITLE: **Breathe**

## **Script**

(footsteps and chatter of people around)  
(footsteps and chatter become dull, filtered with low pass)  
(sounds become a bit stretched/ blurry)

Sound of character breathing heavily.

Thoughts of character begin, they are communicated in a monologue way and with clear sound:

It's happening again...

Everything around me has gone quiet

and slow

But my heart

My heart is racing and I can't help but hyperfocus on my breathing now.

It feels like I'm about to die.

I can't breathe, I can't breathe, I need to breathe, ( I need air)

Heavy Breathing Sounds

Character grabs onto her clothes where her chest is as if she's experiencing tightness in her chest)

Looking around helplessly, she can't see properly as she's dizzy.

heartbeat sounds

character is confused and

High Pitch sound ( as if about to faint)

Pitch Black

(What is happening? Why is my heart beating so rapidly, it's so loud... Everything else is quiet...)