SUPER HERO AT THE THERAPIST



WRITTEN BY JASON ALLEN PLOUFF

SUPER HERO AT THE THERAPIST

THE HYBRID EDITION

SCREENPLAY • COMIC • PROSE

Written by JASON ALLEN PLOUFF

Table reading by Jason and Jess Allen

Listen to the original table reading



INT. THERAPIST'S OFFICE

Z-Bulb, a gold lightbulb in a superhero suit, sits across from Dr. Jay Sun.

Z-BULB

Thanks for seeing me on such short notice, doctor.

DR JAY SUN

Oh, sure thing. Anything for a super person like you.

Z-BULB

Doc, I'm having major, major problems here.

DR JAY SUN

Oh, great. That means you have great, great opportunities.

Z-BULB

Yeah, I guess. So I have this opportunity to see how I'm happy throughout all my problems and stuff like that.

DR JAY SUN

You have opportunities to see all happy thoughts about your problems? Is that what you're saying? Like you can't actually find the happy thoughts in your problems?

Z-BULB

Doc, I feel like I'm dying here.

DR JAY SUN

Dying?

Z-BULB

Dying or breaking free, one or the other.

DR JAY SUN

Mmm, dying or breaking free, what are you talking about?

Z-BULB

Doc, I feel like I'm destined to be, well, a superhero. I know it sounds crazy. I know, I know.

DR JAY SUN

Oh, well, I am glad to see that we are finally making progress.

Z-BULB

Oh, yeah, Doc. It's progress, all right. And let me tell you, I'm just making so much progress about my destiny. You know, it's like trying to be a superhero and it's heading to my death at the same time.

DR JAY SUN

Well, technically, we are all heading to our death, agreed?

Z-BULB

Agreed, I guess.

DR JAY SUN

Okay, well then, we are all heading to death. I'm so glad you agreed, but some approach this differently. Some approach it as fear, fear of the unknown, fear of success.

Z-BULB

I'm confused.

DR JAY SUN

Other people don't have the belief in themselves that they can achieve those big dreams that lie dormant in their hearts. People fear failure. Why else would we hesitate consistently from pursuing those passions that burn in our hearts?

Z-BULB

That's exactly it. It burns, it burns. I'm breaking free, Doc, and it's scary.

DR JAY SUN

Okay, okay, take a deep breath. Take a deep breath. Breathe in.

Z-BULB

No, that's a growl. That's a growl.

DR JAY SUN

Breathe in. Take, relax.

Z-BULB

So that's part of my challenge, Doc.

DR JAY SUN

I know, I know. You might die trying. You might fail in progress. You might succeed.

Z-BULB

I don't know what scares me more, the fear of failure or the fear of success.

DR JAY SUN

Ah, that is what makes you so special. The real superheroes are the ones that might really fear failing or fear success, but they take action and they move forward anyway. It doesn't matter whether other people think they're successful. They are successful in their own minds. They know they're superheroes. Because they're following their purpose, their passion, their desires? That's definitely one reason why. I've heard Earl Nightingale say that success is a progressive realization to a worthy ideal. It's the progressive. Do you hear me? Progressive. And John Maxwell wrote a book with a great title called Success Is a Journey.

Z-BULB

Success is a journey, but I would also like to arrive, to arrive somewhere, to something that might look a little better than this.

DR JAY SUN

Success is really different things to different people. Sometimes freedom is success for people, yet some people have freedom and they don't feel success. But freedom means different things to different people. Of course. Well, what does freedom mean to you?

Z-BULB

I was hoping you weren't going to ask me that.

DR JAY SUN

Ah, take your time. You can think about it.

Z-BULB

Well, I used to think that success was about money, but what other people have taught me, thought of me, what I earn, what they think of me.

DR JAY SUN

And what do you think of success now?

Z-BULB

Success now? Well, freedom, I guess.

DR JAY SUN

Freedom from what? Freedom to be what?

Z-BULB

Freedom to be a superhero.

DR JAY SUN

You might want to be a superhero?

Z-BULB

Not only do I want to be a superhero, but I believe my life has prepared me to be a superhero.

DR JAY SUN

Well, you know what? I'll let you in on a little tip. I have always known there was something super about you.

Z-BULB

Was it the costume?

DR JAY SUN

Oh, yeah. That's what tipped me off, but it was also been so much more than that.

Z-BULB

So I want to be a superhero and I feel like I'm getting closer and closer and closer. Well, to doing more super things, you know, helping more people, I guess, but—but I'm afraid.

DR JAY SUN

What are you really afraid of?

Z-BULB

Failing, failing again.

DR JAY SUN

I understand this is hard for you, but this is where your real change will occur.

Z-BULB

Change? What change?

DR JAY SUN

Oh, well, one of us in this room believes you are 100% superhero, and I'll tell you that ain't you. I believe some, a little. I believe—I know you believe, and I know there are times of massive belief. And I know there are times of massive doubt.

Z-BULB

You can say that again.

DR JAY SUN

I know you believe. I know there are times of massive belief. I know that even the best superheroes have wondered if they were super. They question whether or not they were supposed to use those talents to do super things, or if it was some crazy idea or not. After all, most people say not everyone is born a superhero. After all, most people say not everyone is born a superhero. People say that not everyone is born a superhero. Yes, and super people that turn into superheroes have chosen to believe that they're super, and know that they're super, and that they can be heroes. Yes, they're superheroes that just fought off the doubt, the doubt, long enough to believe that they are superheroes.

DR JAY SUN

Oh, now the question is, are you going to fight off your doubt long enough to believe, to become a superhero?

Z-BULB

I feel like I'm getting really close. What can I do? What can I do to speed this process up? Can you give me like a prescription or something so I can be more super?

DR JAY SUN

No, no need for anything like that. You just need to keep doing super things and know that your time is coming. Your time is coming. And not only is it coming, it is now.

Z-BULB

I just need to believe.

DR JAY SUN

You just need to know.

Z-BULB

All right, Doc, thanks again for seeing me on such short notice.

DR JAY SUN

Oh, no problem. For you, I only give this last-minute appointments to my super clients.

Z-BULB

Thanks, Doc. I promise I will be more super. I believe that my day is coming and I will be 100% superhero.

DR JAY SUN

Your day is coming. Your day is coming. Your day is now.

Z-BULB

My day is coming. My day is coming. See you, Doc.

DR JAY SUN

Your day is now. Your day is now.

SUPER HERO AT THE THERAPIST

COMIC / 01



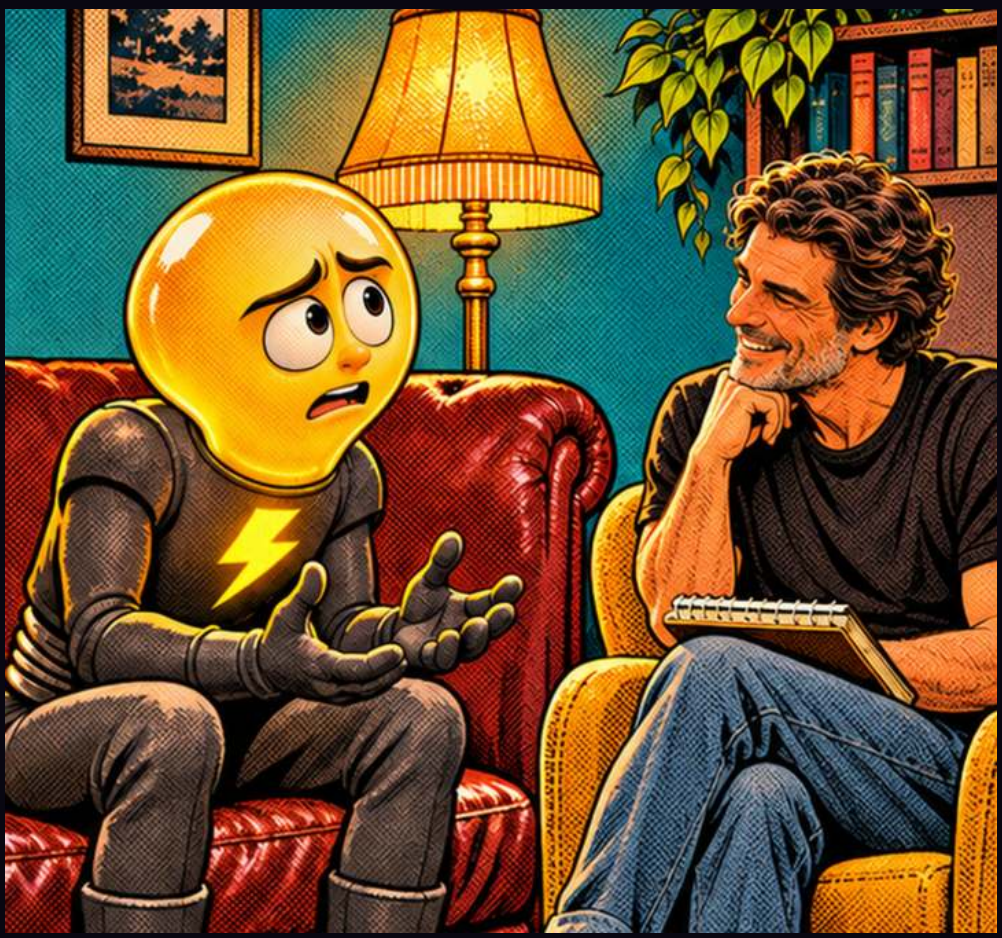
THE LAST-MINUTE APPOINTMENT

Z-BULB Thanks for seeing me on such short notice, doctor.

DR JAY SUN Oh, sure thing. Anything for a super person like you.

SUPER HERO AT THE THERAPIST

COMIC / 02



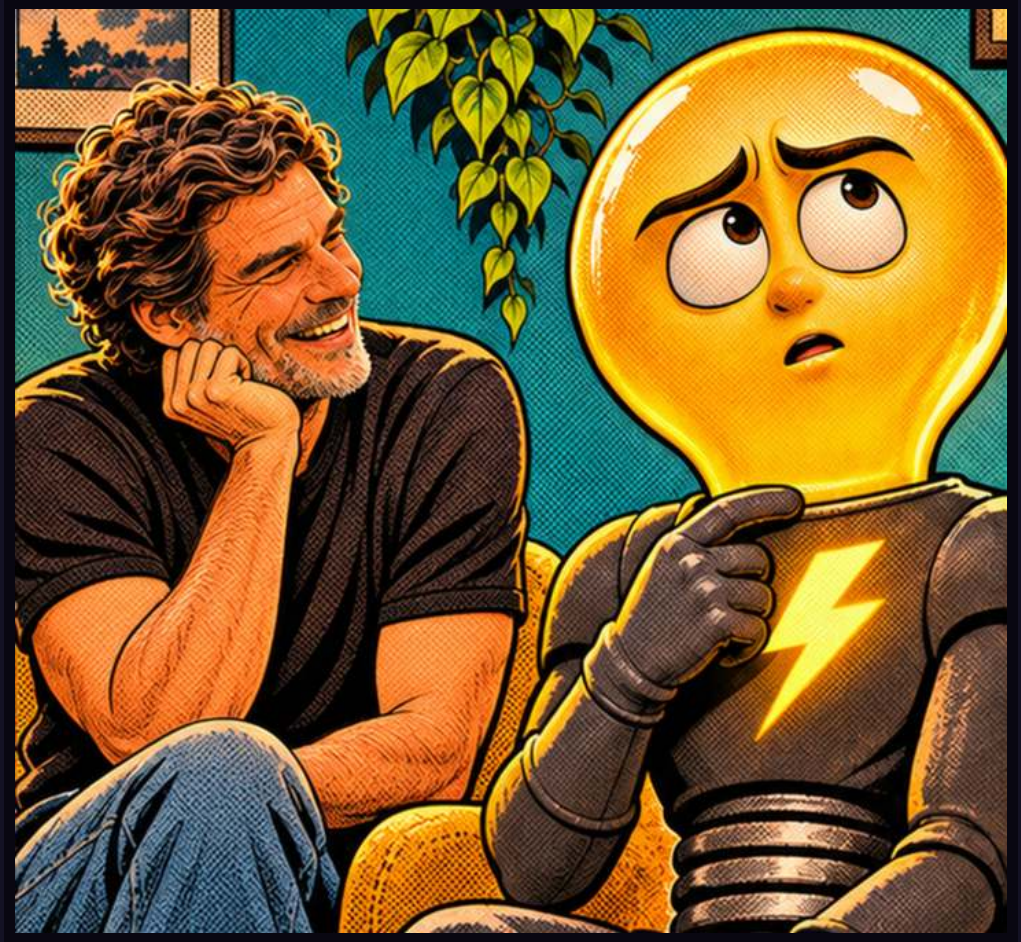
DYING OR BREAKING FREE

Z-BULB I don't know what scares me more, the fear of failure or the fear of success.

DR JAY SUN The real superheroes ... take action and they move forward anyway.

SUPER HERO AT THE THERAPIST

COMIC / 03



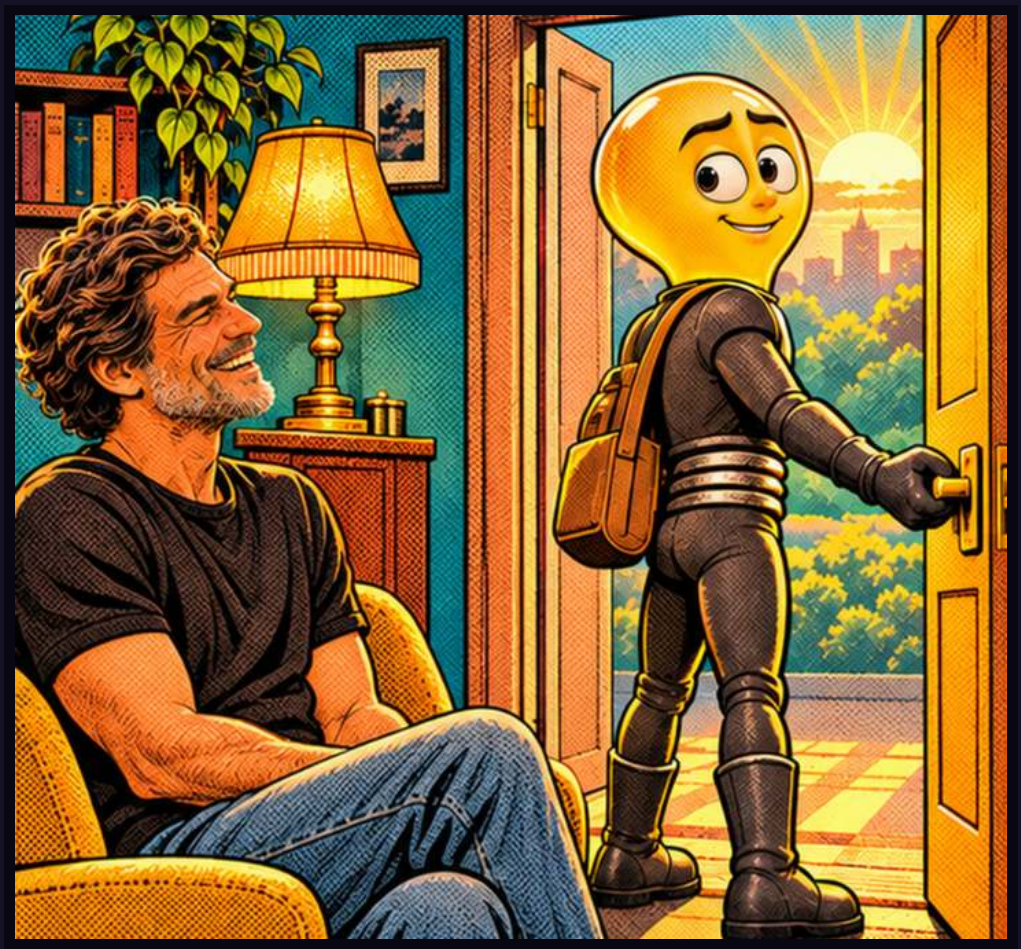
FREEDOM TO BE A SUPERHERO

DR JAY SUN Freedom from what? Freedom to be what?

Z-BULB Freedom to be a superhero.

SUPER HERO AT THE THERAPIST

COMIC / 04



YOUR DAY IS NOW

Z-BULB I just need to believe.

DR JAY SUN You just need to know.

Z-BULB My day is coming. My day is coming. See you, Doc.

DR JAY SUN Your day is now. Your day is now.

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DYING OR BREAKING FREE

Z-Bulb had managed to get a last-minute appointment. Now that he was in Dr. Jay Sun's office, he couldn't decide whether he was dying or breaking free. He was pretty sure it was one of the two.

Z-Bulb told the doctor he thought he was destined to be a superhero. He braced himself for the doctor to say it sounded crazy. The doctor said he was glad they were finally making progress.

That was the trouble with progress. From where he sat, it looked an awful lot like heading toward his death. The doctor pointed out that technically they were both doing that already. Then the doctor asked him to take a breath. The sound he made was closer to a growl. The doctor asked him to try again.

He couldn't tell which scared him more. If he tried and failed, he'd have to live with failing again. If he succeeded, he might actually have to become the person he kept imagining.

The doctor told him that superheroes could be afraid of either outcome and still take another step. The doctor talked about success as something that happens along the way. Z-Bulb said he understood the journey part. He just wanted to arrive somewhere a little better than where he was sitting.

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YOUR DAY IS NOW

When the doctor asked what freedom meant to him, Z-Bulb stalled. Money had been an easy way to measure success. So had other people's approval, at least on days when he could get it. He finally said what he'd wanted to say all along. He wanted the freedom to be a superhero.

The doctor told him he'd always known there was something super about him. He asked if the costume had tipped him off. The doctor admitted it had helped. Then he told the doctor why he kept coming back to the idea. He wanted to do more good, even though he was still afraid of failing again.

His certainty came and went. The doctor knew that because he'd heard him speak from both sides of it. The doctor asked if Z-Bulb could hold on through the doubt long enough to believe he could do the work.

By then he was ready to ask for a prescription. The doctor told him to keep doing the super things he was already doing. Z-Bulb said he just needed to believe. The doctor said he just needed to know.

At the door he thanked the doctor again for seeing him on short notice. The doctor said he saved those appointments for his super clients. He left saying his day was coming. From inside the office the doctor called after him one more time. "Your day is now."