Title: Well Doer

Episode One: Understanding Anger.

**Scene 1: INT: Betting Shop.**

**JAMES (MAIN CHARACTER) IS CALLED JIMMY IN THIS SCENE. HE IS WORKING IN A BETTING SHOP CALLED BETFRED. HE IS PROTECTED BY A SCREEN BEHIND THE COUNTER. MONTAGE OF VARIOUS CUSTOMERS VENTING FRUSTRATION WITH/AT JIMMY FOR BETS NOT GOING THE WAY THEY WANTED. JIMMY DOING HIS BEST CUSTOMER SERVICE.**

**CUTS TO A CUSTOMER LOOKING AT ONE OF THE TV’s.**

CUSTOMER (excited).

Come on, come on….ugh!

TURNS TO JIMMY.

I want my money back.

JIMMY

Sorry we don’t offer refunds.

CUSTOMER

You put it on the wrong horse. I had bet on the other one.

JIMMY

I’m sorry but that’s not my fault.

CUSTOMER

What’s your name?

JIMMY REVEALS NAME BADGE.

CUSTOMER

Jimmy. So…Jimmy. Do I get the refund?

JIMMY

No.

CUSTOMER

You placed my bet incorrectly, I demand a refund.

JIMMY

Look mate, it’s not my fault you filled in the betslip all wrong! I did what you asked, it’s not my fault it went wrong! Now if you want to complain I can give you the phone number to make a complaint.

CUSTOMER (Agitated).

Just give me the money back.

JIMMY

I’m not putting up with this anymore…

CUSTOMER (Interupted)

If you don’t give me my money back right now I’ll smash the fucking place up!

JIMMY (Authoritative/sarcastic)

Be my guest…(gestures), be…my…guest.

CUSTOMER (puzzled)

You want me to smash the place up?

JIMMY

It says Betfred above the door, not BetJimmy.

Cut to:

**SCENE 2. INT. ADULT EDUCATION COLLEGE CL**A**SSROOM.**

**NAME BADGE TITLED JAMES PASSMORE - TUTOR. THIS IS JIMMY NOW 15 YEARS OLDER. MUCH MORE SOPHISTICATED LOOKING. TALKING WITH A SMALL GROUP OF COUNSELLING STUDENTS. HAIR STRAIGHT, FLOPPY, PROBABLY CAN’T DO MUCH WITH IT!**

JAMES

…and this is why, as therapists, we encourage congruence. When our inner feelings don’t match our outside presentation this is called Incongruence.

….and its interesting how sometimes we feel cross…angry…yet we deny that congruence by keeping it all in. I must not show that I’m angry. We swallow it. Adding to the list of slights. A growing pocketbook of how I’ve been wronged.

STUDENT A

A bit like that Malachy McCourt quote “Resentment is like taking poison and waiting for the other person to die.”

STUDENTS NOD IN AGREEMENT

JAMES

Yes exactly that! A list of resentments. For example, I’m cross that the hairdressers I usually go to has closed down. I’ve got the inconvenience of trying to find some one new. Not only that but finding someone that I trust, to cut my hair properly. Just a shorter version of this really… I’ve got to go through all that all over again when I just want the comfort of what came before…

STUDENT B

There’s a new Turkish Barbers in the high street that’s pretty good…they’ll sort that barnet out for yer!

(laughter)

JAMES

Now that anger doesn’t go anywhere. It malingers and manifests in the body…like a green snake hiding in the grass. You tread to near it then bang it’s got you! The next thing you feel slighted by, comes along and bites you. You explode…and the person on the receiving end gets all that pent up aggression in one go. And the anger feels out of proportion compared with the situation…

STUDENT C

Can I ask a question?

JAMES (Almost sarcastically)

You’re asking my permission to ask a question?

STUDENT C

Yes

JAMES (awkwardly).

Yes of course you can ask

STUDENT C

When you get angry do you say how you feel? And how do you manage the tension between wanting to say something about how you feel verses wanting to bury that emotion?

Cut to:

**SCENE 3. EXT. School playground which doubles as parent drop off/collection point.**

**SCHOOL DROP OFF**

**VARIOUS MUMS ASK JAMES IF HE CAN VOLUNTEER FOR VARIOUS PTA EVENTS. POLITELY DECLINES. AT EACH POINT JAMES IS GETTING SLIGHTLY MORE FRUSTRATED.**

Cut to:

**SCENE 4. Ext. School roadside.**

**STARTS TO RAIN. JAMIE WALKING TO CAR WHILE ON MOBILE PHONE BOOKING AN APPOINTMENT WITH THE TURKISH BARBERS FOR LATER THAT DAY.**

**WALKS TO HIS CAR (PARKED ON DOUBLE YELLOW LINES) AND NOTICES A FLAT TYRE. A SIGH. LOOK OF FRUSTRATION.**

**FADES TO A TAXI PICKING JAMES UP.**

Cut to:

**SCENE 5. INT.Inside the taxi.**

JAMES IN TAXI. BACK SEAT.

TAXI DRIVER

Are you a family lawyer then?

JAMES

No I’m a therapist. What made you ask?

TAXI DRIVER

Ah right, well James Passmore and Associates sounded like a law firm to me…any way

TAXI DRIVER SINGING BADLY.

JAMES (under breath).

It’s like being in a car with James bloody Corden.

TAXI DRIVER

You what mate?

JAMES

Oh I was just saying about James Corden

TAXI DRIVER

What about him?

JAMES

He can’t be in anything without singing in a bloody car can he. Gavin and Stacey, car adverts, other adverts, American chat shows. Probably one of those kids that wanted everyone to look at him and being nasty about what great new trainers he’s got.

TAXI DRIVER

I’ve never heard of him…I’ve heard of James Cordroy!

JAMIE

Who?

TAXI DRIVER

James Cordroy.

JAMIE:

Whose James Cordroy.

TAXI DRIVER.

I dunno.

TURNS MUSIC UP. SINGING STARTS.

JAMIE LOOKS AT THE METER.

JAMES (surprised).

How much is that!! We aren’t even half way there yet?

TAXI DRIVER

You what mate?

JAMES

Look just drop me here I’ll walk the rest of the way.

Cut to:

**SCENE 6. INT/EXT: Street in the heavy rain.**

WALKING IN THE HEAVY RAIN. CARS VANS AND LORRIES SOAKING JAMIE AS THEY PASS.

HE ARRIVES AT HIS OFFICE DRENCHED. JAMES PASSMORE AND ASSOCIATES.

Cut to:

**SCENE 7.INT. Reception.**

JAMES:

Morning Julie.

JULIE:

God your absolutely soaked.

JAMES:

I’ve had a bit of a morning actually but luckily I’ve got an emergency pot noodle as a comfort before I start…anyway, you’re off out for an appointment shortly aren’t you.

JULIE:

Yes if that’s still ok.

JAMES:

Absolutely! Does my new client know how to get to my room.

JULIE:

Yep and the appointment is all confirmed for 10.30.

JAMES:

Ah I thought I told her 10. Ok…that gives me a bit of extra time to sort myself out. Any other news.

JULIE:

Yes, we’ve had the results of a survey come back. Most clients think James Passmore and Associates sounds more like a firm of lawyers than a high end counselling service?

JAMES (looking annoyed).

Cut to:

**SCENE 8.INT.Therapy Room.**

JAMES IS IN HIS THERAPY ROOM WHERE COUNSELLING TAKES PLACE. HE STRIPS OFF HIS WET TROUSERS TO DRY ON THE RADIATOR. REVEALING WHITE PANTS

COMPLEMENTING A WHITE SHIRT. PUTS KETTLE ON. OUT COMES THE POT NOODLE.

FADES TO THE MIXING OF THE POT NOODLE. SPILLING A LITTLE BIT ON HIS SHIRT, HE UNDRESSES AND GIVES THE STAIN A WIPE. HE HANGS THE SHIRT ON THE RADIATOR.

JIMMY IS NOW JUST IN HIS WHITE UNDERPANTS, SOCKS AND SHOES.

STIRRING THE POT NOODLE WITH A FORK. RAISING A FORK FULL OF NOODLES, BURNING HIS MOUTH.

HIS MOUTH IN THE SHAPE OF A ZERO HE YELPS. STANCE LIKE A SUMO WRESTLER IN THE WHITE GARMENTS THAT REMAIN.

JAMES:

Auoouuuuuuuuuuuu

WE CUT TO A LADY OF JAPANESE ORIGIN LOOKING AGAST AT JAMES. SHE RUNS OUT. JAMES INAUDIBLY TRIES TO COMMUNICATE HE HAS BURNT HIS MOUTH.

Cut to:

**SCENE 9. INT.Reception.**

IN RECEPTION. JAMES FULLY CLOTHED ALTHOUGH DISHEVELED.

JAMES (panicked).

And she will bloody well think I’m a perverted racist…I mean you could have told her to knock.

JULIE:

She’s fine, listen James, she’s fine. I’ve spoken to her and it’s just one big misunderstanding. She found it incredibly funny and didn’t mention race at all. In fact she’s popping back in to rearrange.

JAMES:

To see me?

JULIE:

No an associate.

JAMES (demonstrates)

See, she does think that… I was standing there in my white underpants, like a sumo wrestler, going Auuuuuooooooooo

JULIE:

Why are you so agitated today? Look…now if I had a bag of proper chip

shop chips and without checking how hot they are, I put one in my mouth.

DEMONSTRATES WIDE EYES AND OPEN MOUTH A PATHETIC NOISE.

Aaaaaaaagh!!

JAMES:

I’m not going to think you’re a stark raving racist am I, just some one whose eaten a hot chip.

JULIE:

And that’s exactly what she thought too? Although she was more concerned about the lack of clothes but…

JAMES:

Listen…I was half starkers in my undies going Auuuuuuooooo.

JULIE COUGHS TO GET HIS ATTENTION. THE SAME WOMAN IS BEHIND HIM.

JAMES (wide eyed)

Cut to:

**SCENE 10.INT.Therapy Room.**

JAMES AND HIS CLIENT ARE SEATED.

JAMES:

So Tom, I’m aware we have 5 minutes; how have you experienced the session today?

TOM:

Yes thanks James, it’s been productive like it always is. I feel that there is a way forward now.

JAMES:

We also spoke last time about booking some more sessions over the coming months. Did you manage to find out about your schedule?

TOM:

I did James but I’ve got to do it by memory because I forgot to bring the diary in.

JAMES:

No problem. Ok I can do the 5th, 12th, 19th, and 26th, same time.

TOM:

What time?

JAMES:

The same time.

TOM:

11.30

JAMES (early signs of agitation).

Yeah 11.30.

Tom:

On the 4th, 5th no?

JAMES:

The 5th, the 12th, the 19th and the 26th.

TOM:

Haha the 4th and the 5th, you would see me two days running would you haha! So the 5th, 12th 19th and the 26th. All Mondays?

JAMES:

Yes all Mondays all 11.30.

Tom:

You’re a star James. Can you write all those down for me please, likes I say I forgot my diary.

JAMES RIPS A PAGE OUT OF HIS NOTE PAD. SCRIBBLES FURIOUSLY.

JAMES:

There you go.

TOM:

Erm, it’s just occurred to me that I might have trouble with our next session on the 5th.

JAMES (cutting over).

I’ve got an online session now Tom, can you send an email if it’s a problem. If I don’t hear from you then I’ll assume it will go ahead.

TOM:

Great I’ll email you.

JAMES:

If it’s not going ahead.

TOM:

Yes and I’ll send an email to confirm.

JAMES:

Ok maybe see you next week otherwise the week after.

TOM:

Unless anything unforeseen happens of course.

JAMES:

Right must go!

TOM:

Of course, I won’t keep you any longer.

TOM LEAVES.

JAMES RUSHES OVER TO HIS DESK.

JAMES:

Right who am I seeing?

CHECKS DIARY.

Ah, Michael.

JAMES PRESSES BUTTONS TO START THE ONLINE SESSION ON THE IPAD.

MICHAEL ANSWERS BY AUDIO ONLY AGAINST THE BLANK SCREEN.

Hi James, you ok?

JAMES:

Fine thank you. I can’t see you yet Michael. Can you switch the camera on?

MICHAEL.

Yes it’s on.

JAMES:

On your iPad?

MICHAEL:

No my phone sorry hang on….I can never get to grips with this

JAMES:

Yes we’ve only been doing this for 3 years.

MICHAEL:

Pardon?

JAMES:

I said it’s annoying how technology keeps changing over the years.

MICHAEL:

I think I’ve got it. It’s the camera icon isn’t it?

JAMES:

That’s the one.

MICHAEL, AN ELDERLY GENTLEMAN, HAS SUCCESSFULLY SWITCHED KN THE VIDEO BUT CAN NO LONGER BE HEARD. MICHAEL IS CHATTING AND GESTURING.

JAMES:

For fuck sake. I can’t hear you now Michael…Michael.

GESTURES BY PULLING HIS EARS. SILENTLY MOUTHING…I CAN’T HEAR YOU.

JAMES:

YOU DAFT OLD…HELLO MICHAEL GLAD YOU FOUND THE SOUND.

MICHAEL:

Before we get into things, do you have a space at 11:30 on Monday next week.

Cut to:

**SCENE 11. INT.Therapy Room.**

JAMES AND HIS NEXT CLIENT ARE SEATED. JAMES IS LOOKING BUNGED UP.

CLIENT

I really need to understand how to be a better person, less angry. I let the little things get to me.

JAMES (empathic response).

As if it builds and builds over time and results in an explosion…

CLIENT

That’s exactly how it is. I’d like to be more like how you seem to be…relaxed and….measured…

JAMES STARTS TO SNEEZE. APOLOGISES. REACHES FOR THE TISSUES AND STARTS SNEEZING UNCONTROLLABLY.

CLIENT SAYS BLESS YOU A FEW TIMES

JAMES

It’s ok not to keep blessing me…I think I’m out of sneezes now

CLIENT

I bet you got caught out in the rain earlier…

JAMES BREWS UP FOR ANOTHER SNEEZE WHICH IS A FALSE ALARM

CLIENT

I think you’ve got a cold coming.

JAMES (mildly agitated).

Where were we, so yes…periodic explosions of…

JAMES BREWS UP FOR ANOTHER SNEEZE AND THEN STOPS.

Client:

Explosions.

JAMES EXPLODES INTO ANOTHER TIRADE OF SNEEZES.

Cut to:

**SCENE.12. INT. The Barbers.**

JAMES WALKS INTO THE TURKISH BARBERS.

Barber:

Please take a seat.

BARBER DOES A BIT OF PREP.

OK a trim and style?

JAMES

Yes please. Grade two on the back and sides please.

BARBER:

You look like you’ve had a bad day.

JAMES:

It’s certainly been a day and a half yes. I was harassed at the school gates to volunteer for this volunteer for that. I wouldn’t mind but the parents doing the asking never talk to me any other time.

BARBER:

Haha yes bloody PTA hey!

JAMES:

The days escalated from there really!

BARBER CHUCKLES AS HE SHAVES THE BACK AND SIDES OF JAME’S HEAD.

FADES TO BARBER SQUIRTING AN EXCESS OF WATER ON JAME’S HEAD. HE STARTS TO STYLE HIS HAIR LIKE A QUIFF.

JAMES STARTS TO LOOK CONCERNED.

JAMES:

What are you doing mate?

Barber:

I’m styling it for you ready to cut.

JAMES:

In a quiff?

BARBER:

I’m styling it for you?

JAMES (agitated)

Did I walk in with a quiff?

BARBER:

No

JAMES:

Did I ask for a quiff?

BARBER:

You asked for style and I though, you know for a solicitor it would be a good look.

JAMES:

Right, how much is it…I’m going now

BARBER BEFORE HE COULD RESPOND

JAMES:

Here you go here’s twenty quid.

JAMES WALKS OUT WITH UNFINISHED HAIR.

Cuts to:

**SCENE 13.. EXT: Outside Barbers.**

JAMES IN THE STREET. HAILS A TAXI.

LEANS TOWARDS DRIVER. A DIFFERENT DRIVER THAN BEFORE.

James:

Please no music in the car.

TAXI DRIVER 2:

What style is that you’ve got then (pointing at his head)?

Cut to:

**SCENE 14. EXT. Street outside the school.**

JAMES SEES A PARKING FINE ON HIS CAR.

James (to himself).

Ah damn, I forgot to sort this out. I’ve got to get the kids home. Bloody hell!

Cut to:

**SCENE 15..EXT.School playground.**

SCHOOL PLAYGROUND WAITING FOR CHILDREN TO LEAVE SCHOOL.

MUM APPROACHES HIM APOLOGETICALLY.

Erm, can I ask if you’d like to volunteer for the…

JAMES:

No.

MUM:

There’s no need to be rude.

JAMES (Rant).

It’s rude to see me standing here everyday and ignore me…the only time you’ve ever spoken to me is when the bloody PTA need money for this, a volunteer for that…you don’t even know my name do you? Or the name of my children who I come to bloody well pick up!

What’s my name?

What’s my name?

Go on, what’s my name?

ANOTHER PARENT IN EARSHOT.

What’s wrong with him?

Who the solicitor?

JAMES:

I’m not a fucking lawyer or solicitor.

Cut to:

**SCENE 16. College.**

JAMES (TO STUDENTS).

And only if we understand our anger, can we do something about it