

calm

by

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INT. BEDROOM - NIGHT

Johanna and Trackson are lying in bed.

TRACKSON

-and that's when I told buster, "just because you're my boss, does not mean I have to listen to you" hahaha.

JOHANNA

Trackson, you were 3 hours late, you can't get fired from another job!

TRACKSON

Yeah yeah yeah...anyways, I have to be up early tomorrow, don't wanna piss off Buster. Goodnight, Johanna.

JOHANNA

Goodnight honey...oh, do you mind if I play the calm app, it just helps me sleep.

TRACKSON

Of course.

Johanna takes out her phone and turns on the calm app.

CALM

Welcome to today's guided sleep meditation...take a deep breath in, and take a deep breath out...yes that's right...let the stressors of your day exit your mind...are you stressed at work? Are you anxious about an exam? Is your relationship giving you grief?

JOHANNA

Mhm.

Trackson looks over at Johanna in response to her answer.

CALM

Well, focus on your breath and let those negative thoughts slowly fade-

TRACKSON

Johanna? Johanna?

Johanna pauses her phone.

JOHANNA

Yes?

TRACKSON

Um...nevermind sorry, just thought your Calm app was asking you about our relationship or-

JOHANNA

Trackson, it's just an app, the prompts are scripted, it's not that deep.

TRACKSON

Totally, yeah, um...nevermind.

They both go back to sleep and Johanna presses play.

CALM

Now that you're feeling more serene, imagine you're in a meadow. The landscape is calming and soothing. The meadow is equipped with single flowered zinnias, semi-double flowered zinnias, even fully double flowered zinnias. You approach a cabin that's warm and welcoming. Next to the cabin is a tombstone of your husband-

Trackson turns over again.

CALM

-that pasty muppet is in the ground, unable to annoy you any-

TRACKSON

Johanna, wake up!

Johanna wakes up and pauses the calm app.

JOHANNA

Trackson, what is it, I'm trying to sleep.

TRACKSON

No no no no no, that app is like, conspiring or something, it's specific!

JOHANNA

I thought I told you they're pre-written, it isn't that deep Tr-

TRACKSON

No no no it specifically said husband, it's gendering now, which means it isn't universal anymore, okay! Is it, are you upset with me or something? I'm sorry, I'll start "listening to my boss" or whatever, but-

JOHANNA

Trackson, seriously, it's just an app, you're overreacting, I feel like you're projecting. It's just a meditation app designed to help people sleep.

TRACKSON

Okay...but like,-...whatever, fine, sorry.

They both go back to sleep, and Johanna presses play again.

CALM

Welcome back. As you focus on your breathing, acknowledge what you're feeling. Are you feeling itchy somewhere? Are you noticing your mind start to wander? Is your head throbbing at the thought of staying with your husband, Trackson, a day longer?

Trackson notices once again.

What kind of name is Trackson anyways?
Who decides to name their child
Trackson? Yes I'm talking about you.

CALM

Kill your husband, Trackson.
It is the only way you will
ensure a calm mind and-

TRACKSON

Johanna. JOHANNA JOHANNA
JOHANNA, TURN IT-

Johanna pauses the app.

TRACKSON

JOHANNA, THE APP IS ENCOURAGING YOU TO
KILL ME.

JOHANNA

Are you still talking about this?

TRACKSON

Are you even listening to the app? Do you hear what it's saying?!

JOHANNA

It's just a meditation app designed to help people with their mental health and-

TRACKSON

No no no no no it actively-, okay, it A: Said my name, Trackson which, BEFORE YOU SAY WAS A COINCIDENCE, is a very unique name, and B: it was telling you to murder me.

JOHANNA

I think your insecurities are showing

TRACKSON

JOHANNA, no, okay that isn't what was happening.

JOHANNA

Do you want me to play it out loud?

TRACKSON

What?

JOHANNA

Since you're so hung up on this, I'll play it out loud so you can see that it's just an app.

TRACKSON

Sure! Why not?!

Johanna presses play.

CALM

As you breathe, let what's weighing you down escape. Breathe in positive thoughts, and breathe out the negative ones.

Johanna pauses the app.

JOHANNA

See?!

TRACKSON

I guess I might be hearing things.

JOHANNA

We may have our problems, but I would never murder you.

TRACKSON

You mean it?

JOHANNA

Yeah, baby!

TRACKSON

Okay. Well goodnight, Johanna.

JOHANNA

Goodnight, Trackson.

They both go to bed...and she presses play.

CALM

You could make it look like a suicide,
it would be so easy.

BLACKOUT