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## Delusion of thoughts

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**“  
Delusion of Thoughts”**

*A Short Film Exploring the Inner Saboteur*

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By

**Maryam Abusallamah & Ghaidaa Binmahfoodh**

Submitted in partial fulfillment of the requirements  
For the degree of Bachelor of Science in Visual & Digital Production

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At

Department of Visual & Digital Production  
Effat University  
College of Architecture & Design

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**A THESIS FOR THE CAPSTONE PROJECT**

APPROVED BY VISUAL AND DIGITAL PRODUCTION DEPARTMENT

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Dr. Mohamed Ghazala, Chair of Visual and Digital Production Department

**Approved by Capstone Project Supervisors:**

Capstone Preparation Supervisor:

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Capstone Project Supervisor:

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**APPROVED BY COLLEGE OF ARCHITECTURE AND DESIGN DEAN**

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## EFFAT UNIVERSITY

AUTHOR: **Maryam** DATE: \_\_\_\_\_

TITLE: *Delusion of Thoughts* \_\_\_\_\_

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## Abstract

*Delusion of Thoughts* is a short film that explores the psychological conflict between the two inner voices, one supportive and the other self-sabotaging, that reside within every individual. The film follows Sali, a 27-year-old artist, as she battles her inner saboteur while creating her artwork. Through visual storytelling, the project aims to raise awareness about self-doubt and the ways in which individuals can overcome limiting beliefs.

Chapter 1 introduces the project's objectives and creative vision. Chapter 2 examines case studies of films with similar psychological themes. Chapter 3 details the production process, including shot composition and technical execution. Chapter 4 analyzes the film's visual and auditory symbolism. Finally, Chapter 5 summarizes the project's impact and potential for future work in mental health awareness through digital media.

## Acknowledgement

We would like to express our deepest gratitude to our supervisors for their guidance, encouragement, and invaluable feedback throughout this project. Their expertise and support were instrumental in bringing *Delusion of Thoughts* to life. We also extend our heartfelt thanks to our families and friends for their unwavering support and motivation. Their belief in our vision kept us inspired during challenging moments.

# Chapter1: Project's Review<sub>w</sub>

## 1.1 Introduction

The human mind is a battleground of conflicting thoughts, where self-doubt often overshadows creativity. *Delusion of Thoughts* delves into this psychological struggle, portraying the journey of an artist trapped in her own mind. The film aims to resonate with audiences by highlighting universal themes of self-sabotage and resilience.

The film's narrative revolves around Sali, whose artistic process is disrupted by her inner saboteur. Using symbolic visuals—such as a cage representing mental confinement and flashing colors (red and blue) to depict emotional turmoil—the story unfolds through a series of meticulously crafted shots.

## 1.2 Project Overview

The film's narrative revolves around Sali, whose artistic process is disrupted by her inner saboteur. Using symbolic visuals such as a cage representing mental confinement and flashing colors (red and blue) to depict emotional turmoil the story unfolds through a series of meticulously crafted shots.

### 1.2.1 Project Definition

- **Genre:** Psychological drama/short film.
- **Themes:** Self-doubt, creativity, mental conflict.
- **Techniques:** Static shots, close-ups, and color symbolism to convey emotional states.

## Chapter 2: Case Studies

### 2.1 Introduction

This chapter analyzes films and artworks that explore similar themes of psychological conflict, such as *Black Swan* (2010) and *The Diving Bell and the Butterfly* (2007).

### 2.2 Main Case Studies

- **Black Swan:** Examines perfectionism and self-destruction.

- **The Diving Bell and the Butterfly:** Uses visual metaphors for mental imprisonment.
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## Chapter 3: Production Process

### 3.1 Introduction

The production involved three phases: pre-production (scripting, storyboarding), production (filming), and post-production (editing, sound design).

### 3.2 Pre-Production

- **Shot List:** Detailed in the SHOTLIST.pdf, featuring 74 shots with specific angles and durations.
  - **Symbolism:** The cage represents mental barriers; red/blue colors signify conflict.
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## Chapter 4: Creative Vision and Execution

### 4.1 Introduction

The directors' statement emphasizes the film's goal: to help audiences recognize and overcome their inner saboteur.

### 4.2 Directorial Approach

- **Visuals:** Static shots to create tension; close-ups to capture emotional nuance.
  - **Sound:** Music intensifies during moments of conflict (e.g., Shot 21: "MUSIC GO UP").
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## Chapter 5: Conclusion

### 5.1 Summary of Findings

*Delusion of Thoughts* successfully translates abstract psychological concepts into a compelling visual narrative. The project underscores the power of digital media in addressing mental health themes.

### 5.2 Future Work

Potential expansions include a series exploring other facets of self-doubt or collaborations with mental health organizations.

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