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| SQ NO. | AUDIO (VOICE) | VISUALS | TEXT ON SCREEN |
| 1.  | She knows from inhabiting with the abusive man that she’ll have no uncomplicated answers. Her friends tell her that he is cruel. They tell her that he heckles and abuses her because he knows he evade the ramifications. [dark piano music in background] | Wide Angle: A dark room with one window. There’s a little sunlight coming out of it. A woman is sitting on the floor. She is partly illuminated and partly shadowed.  | Subtitles Based on Speech |
| 2.  | They tell her that they would not, in a million years, allow someone treat them in such a brutal manner. However, she is aware of the times he has been good to her. [dark piano music in background] | Close Up: We see the girl’s face, partly illuminated and partly shadowed. There are tears in her eyes.  | Subtitles Based on Speech |
| 3.  | But hasn’t she ignited herself to stand up for herself? She has learned that the moment she gets back on her feet and stands with resolve, he gets more violent and more menacing. She has seen that he makes her pay for it, one way or the other. [dark piano music in background] | Mid Close Up: We see the speaker looking straight at the camera. There’s a little smile on his face.  | Subtitles Based on Speech |
| 4. | Everyone asks her to leave him although she knows the difficulty in it. Because whenever she tries, he pledges to amend himself. He redeems his stance by making his friends and relatives to feel sorry for him. [dark piano music in background] | Mid Close Up:The speaker continues talking.  | Subtitles Based on Speech |
| 5.  | Then, he compels her give him another chance. She has forgotten about the number of chances he has retrieved from her. [dark piano music in background] | Close up: A close up shot of the speaker as he continues.  | Subtitles Based on Speech |
| 6. | What we do not perceive is that abuse erupts from outlooks and standards, not feelings. Abuse, mental or physical, is characterized by possessiveness, power and being in command of things. [dark piano music in background] | Montage: Series of Montage shots showcasing abusive husbands, abusive fathers, abusive society, bullies etc.  | Subtitles Based on Speech |
| 7. | Being a victim, you may contemplate if you are blameworthy for the treatment you’re receiving. There could be times when someone you like, treats you abusively and then puts forward a façade that nothing happened. With that, you qualm the reality around you. [dark piano music in background] | Mid Close Up:The speaker continues talking. | Subtitles Based on Speech |

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| 8. | When he abuses you and at the very next moment denies, remember that it is a common approach. Abusers budge the center of the blame from their dreadful behavior and direct it to the person they are persecuting. And in this case it is you. [dark piano music in background] | Close up: The girl inside the dark room looks at the camera, breaking the fourth wall.  | Subtitles Based on Speech |
| 9.  | That’s when you must stop yourself from believing that you’re the part of the problem and that it is you who incited the state of affairs, because you’re tremendously confused and ostracized.[dark music changes to emotionally charged tune]  | Mid Close Up:The speaker continues talking. | Subtitles Based on Speech |
| 10.  | The most effective way to look right through your abuser is by keeping your behaviors unaltered and stop yourself from being frightened of how your partner will act in response. [emotionally charged tune] | OSP: The girl looks at her in a mirror. We can see tears on her cheek. She looks at herself as her eyes turn sharp and determined.  | Subtitles Based on Speech |
| 11.  | Invalidation is the most dangerous form of abuse, be it physical or mental. You have to augment your spirits and rejuvenate yourself to waive off everything you’ve been falsely invalidated for. Resolutely inform the abusive person that he or she cannot scream at you anymore. The days of insult and regression are over. Inform the uninitiated abuser about the repercussions of his or her loathsome behavior and where it can lead to. [emotionally charged tune] | OSP: The girl wipes the tears off her cheek. She splashes water on her face a number of times and then again looks at her fresh face in the mirror.  | Subtitles Based on Speech |
| 12.  | Don’t be silent about your abuse anymore. Converse with a dependent friend, a relative or a learned counselor about your abuse. [emotionally charged tune] | Mid Close Up:The speaker continues talking. | Subtitles Based on Speech |
| 13.  | Stay away from the abuser whenever it is possible. And engage with those who love and take care of you.[emotionally charged tune]  | Mid Close Up:The speaker continues talking. | Subtitles Based on Speech |