

Stasis The world the protagonist has settled for, not ideal

Thesis The protagonist's current position on theme

Antithesis The antagonist's position on theme

Synthesis The protagonist's new position on theme after events of film

First act goal

Based on the way the protagonist sees the world now

Main goal

2nd act goal

3rd act goal

Catalyst
Inciting
incident

Big
Event

Twist

Big
Gloom

Innocence

Ghost

At some time in the past, some event caused protag to lose idealised state

Each sequence has 3 acts

Seg I Setup
Seg II Complication
Seg III Resolution

Seg IV Setup
Seg V Complication
Seg VI Resolution

Protagonist resists the call shows how stuck they are

Antagonist
Mentor
Makes 'wrong' choice

Fun and games

Promise of premise

What appears on the poster, what people are coming to see

False high

Hubris

(P still has ghost)

Dramatic irony

Cinderella: Has protagonist changed?

Pulled back into main plot

Whiff of death

Useful external sign

Real high

Better than the pre-Ghost idealised state

Proof of 'hero'ism
prot makes right choice
uses antagonist's tools

Ant's hubris

Sequence:

A
Setup

B
Setup develops
Antagonist effects
Protagonist

C
Exposition
Meeting allies
Training

D
Gain
Hero takes over from mentor

E
Grace
Subplot
Ghost exposition
Lyrical Love

F
Intensification
Doing more of the wrong thing

G
Sprint
Real-time fight

H
Denouement
What was that about?