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26th Annual Symposium of Student Scholars -  
2022

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## The Journey of Life Itself

Ashton Webb

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Webb, Ashton, "The Journey of Life Itself" (2022). *Symposium of Student Scholars*. 33.

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Ashton Webb  
Screenplay Abstract  
March 6, 2022  
Professor Weinstein  
FILM 3105

*Life Itself*, written and directed by Dan Fogelman, is a heartbreaking tale featuring three different couples and the journey that life takes them on. Throughout the film there are common themes of heartbreak, marital problems, and death. The three stories are joined together by one devastating event, and Fogelman shows how beauty can be made from ashes. In this presentation, I will explore the themes of love, heartbreak, and depression and how these themes shaped the film, allowing Fogelman to intertwine three stories into one in order to tell an interconnected story. Though the film was not well received by many critics due to the uncomfortable themes and unfortunate circumstances that the characters face, I will argue in this presentation that Fogelman intended to demonstrate with this film that “life itself” is an unreliable narrator. As the character Abby, played by Olivia Wilde, says, “The most unreliable narrator is life itself.” This quote leads to further psychoanalysis of the film, bringing into question the twists and turns that life brings and how love, heartbreak, and depression are all part of life, but it’s never certain and we never know when it might happen. This presentation will analyze how Fogelman created a compelling and atypical screen story by drawing from personal experience to develop complex characters, all connected by one tragic event.