

HOLD ON TO LIFE

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SCENARIO OUTLINES

2000s...

Seray is a teacher who survived 1999 Gölcük earthquake. She has not overcome the trauma of the earthquake even after 5-6 years and, she is in depression.



Seray goes to a rehabilitation center in İstanbul. She wants to believe that the rehabilitation center helps her. One of her best friends suggests this center to Seray and convinces her with successful examples.



When Seray comes to the rehabilitation center, Berrin -psychologist of the rehabilitation center- welcomes Seray with open arms. There is a group of 5-6 people. Berrin wants Seray to join group therapy.



While the therapy is being started, a package comes for Berrin. She asks permission for opening the package and opens it. It is a nameplate in marble book form. When Seray sees the nameplate, she starts to tremble and cry.



Everybody shocks. When Seray calms down, Berrin asks her what happens. Seray says that the nameplate causes her to remember the earthquake monument in Yalova, her beloved ones who died in the earthquake and the moments that remain under rubble.



Berrin relieves Seray and says that they will overcome the trauma together. David, who is member of the group therapy, wants to tell his story for Seray.



David lives a town which is at foothill of Mount St. Helens in Washington. Experts says that activations are seen in the mountain and the town should be emptied. But, David and his brother John did not believe the experts. They convince their parents and stay in the town.



In two days, volcano explodes. David and his parents try to leave the town. Then a violent explosion occurs and their truck overturns. While David is racked with pain, he sees their neighbors Rosen Berg's trucks and runs to them. At the time, the truck of David's parents burns and explodes. David's mom, dad and brother died.



David cannot get over for a long time. Feeling guilty makes him worse in every day. One day, he leaves the country and travels to different countries in three years. While he is in Italy, he meets with a tour guide Hasan in Pompeii and, they become friends.



After three years, David turns back to his country and decides to study geophysics. By the way, he is in communication with Hasan and starts to learn Turkish.



One day, Hasan invites David to Turkey. David can both recognize the Turkish culture and make an examination in this country which is in seismic belt.



Hasan notices that David screams and sweat bloods in his sleep. Then, he introduces David to his cousin Berrin who is psychologist of the rehabilitation center. She convinces David for group therapy. This helps to both David and other group members.



When David finishes to tell his story, Seray is influenced a lot. She feels that she is not alone and it gives hope to her.



Sakip- member of the group- also wants to tell his own story. He is a retired teacher who survived 1994 Erzincan earthquake. Then, the therapy is finished to continue the next day.



The next day, while Seray is going to the center, she thinks David's story. She notices the effects of ignorance on experienced pain. In Turkey, the situation is worse. There many bad examples and mistakes arising from ignorance, imprudence and even sordidness.



When Seray comes to the center, Berrin welcome her warmly. Berrin asks Seray for whether ready for sharing or not. David also encourages her and, Seray says that she is ready.



That day, Berrin makes group members do different things. She wants them to tell to who or what they are angry most about their traumatic events. Sakip says "a larger earthquake occurred in Erzincan before 1994. Nevertheless, contractors did not build earthquake-resistant structures and authorities allowed them. I am angry to them." David and Seray say that they are angry to themselves. Seray also feels guilty because her husband died but she is alive.



At same night, Seray has nightmares and begins to worry about whether the rehabilitation center helps her or not.



The next day, Seray goes to the center earlier than others. Berrin makes coffee to Seray and wants her to realize what a beautiful day. But, Seray is in a position to realize the beauties. Then, other members come and therapy starts.



Berrin wants Seray to share her story and Seray tells. That night, they woke up with quake. Their building fell down and they stayed under the wreckage. Seray was rescued from the wreckage but her husband died. Seray confesses that she is angry to herself because of trying to rescue from the wreckage instead of die with her husband. Berrin says to Seray that trying to survive is natural behavior because of life instinct.



Berrin says to all member of group therapy, they can overcome these traumas and work against ignorance and other things which cause bad events. This perspective makes feel better them and becomes a big step for holding on to life.

SCENARIO

Seray walks absently and do not even see crowded of İstanbul. She comes in front of a big building with garden.

Large and simply furnished room

Chairs lined up a half-moon form in the middle of the room

While a woman is looking up her watch, the bell tone is heard. (The bell rings)

Two people enter the room

After a short time, the bell tone is heard again. (The bell rings)

One person also enter the room. Then a group of 5 people occurs.

The last person who enter the room is Seray.

Berrin: Today, a new friend joined us. She is Seray.

Group members welcome her friendly.

Berrin: How do you feel yourselves today?

The bell tone is heard again. A package comes for Berrin. She opens the package. It is a nameplate in marble book form.

Berrin: Sorry for that. I wanted to open it now because I am waiting it impatiently. It is beautiful, right?

Seray sees the nameplate and then she starts to tremble and cry. For a while everybody waits in quite. No one interfere.

Berrin: Would you like to talk Seray ?

Seray nods her head with tears.

Berrin: When you fell ready, we will listen you, Seray.

Seray looks to the nameplate and whispers.

Seray: They were too many...

Berrin: What are they ?

Seray: Tombstones... I am sorry, your nameplate reminded me the earthquake monument in Yalova.

Berrin: I understand you. You never forget bad memories but, believe me, you will success to control your sadness. Just give time to yourself.

Berrin turns to the group.

Berrin: Do you agree with me guys?

Group members nod their heads.

One of the group members starts to talk.

David: You can see that life goes on and you cannot live with regrets and pains. It is not easy but not impossible.

(silence)

David: I am still trying to forgive myself.

Seray looks to David with prying eyes.

David: I forgot to introduce myself. I am David.

(Seray is suprized. David continues.)

David: I was living a town which is at foothill of Mount St. Helens in Washington

(silence)

David: One day, experts warn about activations seen in the mountain. I did not believe them. They wanted us to empty the town. For centuries, nothing happens. So, I insisted on not believing.

(More seriously)

David: I thought that they have different plans about town.

David: My brother, John, agreed with me but our mom and dad were scared and they wanted to leave the town. I and John convinced them to stay.

David stops, waits and continues to talk.

David: The situation of other families that try to leave the town looks funny to us. Because the mountain sometimes swayed and all townspeople was familiar. But...

David stops, waits and continues to talk.

David: Everything became very fast. That night we slept early. In the morning, we woke up with a tiny explosion. My mom and dad got flurried and wanted to leave the town. I and John convinced them to stay again.

(David stops, heave a sigh)

David: After a while, explosions became frequent. My father says “I do not want to appeal. We are leaving”. We could not resist.

(David is breathing faster.)

David: We get in the truck. My father were driving, I was near him and others were at the back seat.

(David stops, swallows)

David: We had to use the road near the foothill of Mount St. Helens.

David stops, waits and continues to talk.

David: My dad was driving very fast. We were at the middle of the road. Then a huge explosion occurred and our truck overturned.

(David continues with tears.)

David: My mom and brother stayed under the truck. My dad did not move and his head were bleeding. I stand and saw our neighbors Rosenberg’s trucks and run to them.

David stops and takes a deep breath.

David: At the time, our truck burned and exploded. Everything finished.

David stops for a while and continue.

David: Our truck was burning. Rosenberg took me to their truck. If I listened the experts, everything could be different.

David stops, takes a deep breath and continue.

David: My regrets and pain were killing me. One day, I leaved the country and traveled to different countries.

David: After 3 years I was back to America and decided to study geophysics.

Seray: But you are here now and you are talking our language very good.

David nods his head with smile.

David : Yes. I met with Hasan in Pompeii, Italy while I was traveling.

Seray: Pompeii?

David: I think, my subconscious hauled me to Pompeii. Hasan is a tourist guide. He was telling the story of Pompeii in English. I started to listen him. Then, I said that “I am not from the tourist group but thank you very much”. This meeting became beginning of a friendship. I was in communication with Hasan while I was student in America. I decided to learn your language.

(David continues with smile)

David: This year Hasan invited me to Turkey. It was too attractive. I think that I can both recognize the Turkish culture, make an examination in this country which is in seismic belt and Ağrı mountain which is volcanic.

Seray: I do not understand that why you are here.

David: Hasan had noticed that I scream and sweat blood during sleep. He already knew my story. Then, he introduced me to his cousin Berrin. I told my story to her and she invited me here. She know that it helps to both me and other group members. So, I am here.

Sakip- member of the group- also wants to tell his own story. He is a retired teacher who survived 1994 Erzincan earthquake.

Berrin:It is enough for today. See you tomorrow.

The next day...

Seray thinks David’s story while she is going to the center. He has suffered like her. It gives power to her. She notices the effects of ignorance on experienced pain.

She thinks that If David would study geophysics or believe to the experts, everything could be different.

She talks to herself.

Seray: In Turkey, the situation is worse. There many bad examples and mistakes arising from ignorance, imprudence and even sordidness. There are some people who thinks that natural disasters are act of god.

Seray lives with her aunt in İstanbul. When she arrives home, she feels so tired. She does not eat anything despite persistence of her aunt. She goes to bed early.

She has a simply furnished room. All furniture are fixed to the wall. There is a small emergency bag near her bed. Whenever she looks at the bag, she thinks that "I wish have this bag at that night".

At this night, she has nightmares. She screams in her sleep: "Help! Is there anybody who hears me?"

The next day, it was a nice day in İstanbul but, Seray is more desperate than yesterday. She thinks that can Berrin really help her?

When Seray comes to the rehabilitation center, it is early for therapy. Berrin welcomes her warmly.

Berrin: Welcome Seray! Are ready to face with your story?

Seray: I am already with my story.

Berrin: I know Seray. But, we will take off the pain inside you and you will face with it. Then, the distance between you and it will be more far day by day.

(Berrin looks at David)

Berrin: Do you agree with me David?

David: You are right Berrin. When we face with the pain, we can see different thinks.

Seray never thinks like that. It is true. She talks with small smile

Seray: Ok! Let's do it.

Berrin do not want Seray to tell her story and, she asks a question to the group.

Berrin: To who or what are you angry most about your stories?

Sakıp: Authorities

Group members are agree with him by nodding their heads.

Sakıp: A larger earthquake occurred in Erzincan before 1994. Nevertheless, contractors did not build earthquake-resistant structures and authorities allowed them. I am angry to them. Japan lives larger earthquakes than Turkey but nothing happens. It is easy to have a new life?

David: Yes, it is not easy. I am just angry to myself.

Seray just listens to others. Berrin wants her to talk.

Berrin: Seray, to who or what are you angry most?

Seray talks with tears.

Seray: I do not know. Maybe, I am angry to myself.

Grubun diğer üyelerini beklerken Seray'a bir kahve yapar ve konuşmaya başlar.

The next day...

Berrin: Seray, let's start with you. Could you tell us that night?

Seray: It was a beautiful night. We had lots of fun and, we are so happy. We slept late. Suddenly, we woke up with a huge quake. Then we were under the wreckage. It was dark and hard to take breath.

Seray continues hardly.

Seray: İlker, my husband, said "Don't worry. We will survive." We screamed for a while. Then, I could not hear İlker's voice. After hours, I had lost myself. I woke up with some voices. At first, I wanted to be quite. But... I couldn't. I screamed and they found me.

Seray talks with tears.

Seray: İlker died. He is not with me now. I shame on me because of being in life.

Berrin: Trying to survive is a natural behavior because of life instinct. If you could do something for your husband, you would do it.

Seray: Yes! I could do everything.

Berrin: Look Seray, you are not alone. You are all here because you are sensitive. You can overcome these traumas and work against ignorance and other things which cause bad events.

This perspective makes the group members feel better

Seray: I know understand that what you mean be facing. I never talked about earthquake before.

Berrin: I am not waiting a miracle. But, I believe that we can do many things in short time.

At that day, all people in the group are smiling when they leave from the rehabilitation center. Seray is also smiling and she realizes that it is a nice and sunny day.