

Project report
on
“Overcoming Internal-Conflicts”

Submitted in partial fulfillment of requirements
of the degree of

Master in Design

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Approval Sheet

The animation Project entitled "Over coming inner-conflicts" by Raj Laxmi Soy, 156340009 approved in for the partial fulfilment of the Master in Design Degree in Animation.

Project Supervisor:



Internal Examiner:



External Examiner:



Chairperson:



Declaration

I further declare that this written submission represents my ideas in my own words and where other's ideas or words have been included, I have adequately cited and referenced the original sources in reference section. I affirm that I have adhered to all principles of academic honesty and integrity and have not misrepresented or falsified any idea/data/fact/source to the best of my knowledge.

Signature: 

Date: 26/11/2017

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Acknowledgement

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Abstract

The film is about the intricate emotions of a girl and her internal conflicts. Protagonist Molly, is a college girl who is shy and confused. She wants to talk to this boy whom she has a crush on. By the time she approaches this guy, she already has so many things going in her head. She worries about what will be the other person's reaction. Maybe he would reject, she starts doubting herself and eventually fear and anxiety surrounds her.

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1. Introduction

Internal conflicts are the clashes or unrest going on among a common, similar, parallel or related entities. Unlike external conflicts, there were no other outer force or pressure is being applied to the individual or group undergoing it. In case of internal conflicts, The dilemma posed by an internal conflict is usually some ethical or emotional question. Indicators of internal conflict would be a character's hesitation or self-posing questions like "what was it I did wrong?" (Rector, Melissa. "Conflict in Literature". 2008-12-02.)

For my study, I have considered the conflicts around an individual, not any group or community. Internal conflicts are very complicated in nature and also sometimes very difficult to overcome. It can be very small one like making a decision about the colour of a dress or maybe as complex as making a decision for career choices or choosing a life partner.

Regardless of the sensitivity of the conflict, it eventually affects the decision-making ability of the person, in the context of the issue. Always such conflicts bring in certain stress and a sense of fear, which in turn make a person doubtful in their decision-making ability in general.

2. Research and Influences

2.1 Data collection and studies

Research for the project began with going through several online articles and blogs by various scholars, psychologists and trainers. Which talks about internal conflicts in an individuals life. In this section, I have summarized my study. It helped me with framing the stories during later stages of the project.

Inner conflicts or internals are very common in our day to day life. Almost each and every person goes through some kind of internal conflicts. Outcomes of such conflicts are not just limited to making choice between available options and consequences of choosing one, but it also shapes a person behaviour, point of view, self-confidence and overall personality.

Linda Adams (President, CEO of Gordon Training International) states that, most people fear conflict—they

experience it as uncomfortable and stressful, something to fear. As a result, they learn to avoid, suppress or withdraw from conflict or even act as though it doesn't exist. Rarely do we choose to see the existence of conflict as positive and see that it presents an opportunity for us to move forward if only we are willing to face it and deal with it effectively. Sooner or later, most of us come to grips with the fact that conflict is inevitable, both within ourselves and in our relationships with others—at work, at home, everywhere.

A person who has a lot of inner conflicts would usually exhibit the below behaviors:

- Is usually easily influenced by the opinions and point-of-views of others.
- Feels guilt/shame about some natural drives/impulses in oneself.

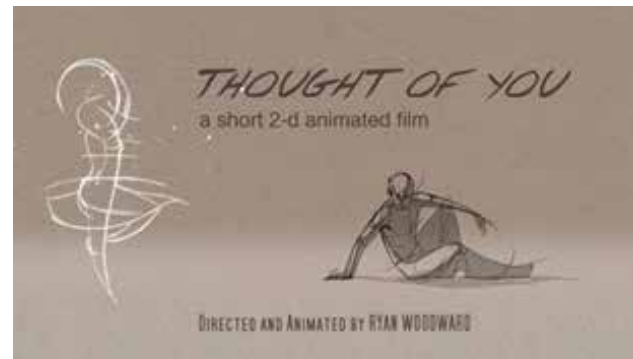
- Finds it difficult to make decisions and is always doubtful about the decisions made.
- Finds oneself attracting dysfunctional relationships that are rife with conflicts with no sense of harmony.
- Feels no sense of stability in oneself and is highly volatile when faced with a challenge.
- Is constantly seeking support from others due to lack of conviction in one's own self.
- Feels sudden changes in moods and personality.
- Is highly uncertain about what he/she really wants/ desires from life in the realm of finances, relationship and lifestyle.
- Is usually trying to distract oneself from having to face the conflicts within – distractions are usually in the form of entertainment, relief inducing chemicals (alcohol, drugs), escape-oriented spirituality, ambiguous work etc

2.2 Influences and Inspirations

I have gone through various short films and musical videos for inspiration.

Thought of you

Thought of you by Ryan Woodward is the best example of traditional animation. As inner conflicts are nothing but self made thoughts within our mind. This film brilliantly shows the thoughts and emotions going inside ones mind. It was a great inspiration for the project.



Inside Out

In this popular animated feature film by Disney and Pixar, the young protagonist Riley is uprooted from her Midwest life and moved to San Francisco. Her emotions, keep conflicts on how best to navigate a new city, house, and school. In this film all the emotions Joy, Fear, Anger, Disgust and Sadness has been portrayed as a character.



Dilemma

This is a short live action film. It nicely shows the hesitation we used to have in our day to day relationships. Where instead of having a conversation how are mind make assumptions based on what we see, and then inner conflicts or dilemma under which we keep on suffering.

Miraculous Ladybug - Laura Marano's Theme Song Music Video

Laura Marano sings the Miraculous: Tales of Ladybug and Cat Noir theme song!!! This music video is about a shy bookworm is magically transformed into the empowered pop star she truly is to captivate the attention of her crush. But will her identity be revealed?



3. Initial Story Concepts

After the preliminary research various concepts for the story has been created, following are some of the concepts for stories

1. When a person dances the visuals start building in his or her mind. These visuals can be abstract or memories from the past
2. What you think you become. Choices makes you what you are today. An element or a body touches other element and takes its properties. It morphs into another body
3. What you think you become. Choices makes you what you are today. An element or a body touches other element and takes its properties. It morphs into another body

4. Death: The protagonist comes to know of his death and he tries to accomplish everything in that very short time

5. A dispute between two emotions inside the mind.

6. Trust between two people is broken. The other person tries to mend the bond but things do not remain the same

Story concept #1

The protagonist of the story is a confused sort of guy. He/she always hesitates to make decisions be it buying clothes, going out on trip or even asking for a favour.

Scene 1 : An event for educating the children is being held. The protagonist thinks of volunteering. But as soon as he is about to raise hands his mind comes into conflict.

The conflict is between two emotions.

The positive and the negative.

This conflict is represented by dance showing how the negative over powers the positive.

Scene 2 : The protagonist comes across a singing audition and thinks of joining it .But then again internal conflicts between the positive and negative turns up and he doesn't take part.

Scene 3: Someone needs help. The protagonist stands there looking at the person in need. In his mind the clashes has already begun.

The negative tries hard to unleash his powers and take control of the mind but this time positive emotion fights back and after much efforts the positive wins and the protagonist is able to help the needy.

Story concept #2

The protagonist is 15 year old boy. He is quiet and a little playful.

The guest have arrived at his home and his mother expects his child to behave like a good boy. During the meals the boy hears some music and his mind starts to wander.

His mother notices and tries to calm him down but inside his mind he is already dancing.

4. Final Concept and Development

4.1 Final Story

The protagonist is a college girl who is shy and confused. She wants to talk to this boy whom she has a crush on. By the time she approaches this guy, she already has so many things going in her head. She worries about what will be the other person's reaction. Maybe he would reject, she starts doubting herself and eventually fear and anxiety surrounds her.

Scene 1 : The girl entered the library and takes out a book from the shelf. Then she saw her crush sitting on the other side. She silently walked near to me and was quietly staring at him. Before she could reach him, he left the library.

Scene 2: She gets into her imaginary world, where both of them are together.

Scene 3: She gets out of her imagination and realized that it was all a dream. She saw a poster of event and started wondering if they can go together, She again saw him but her hesitation stops her to approach.

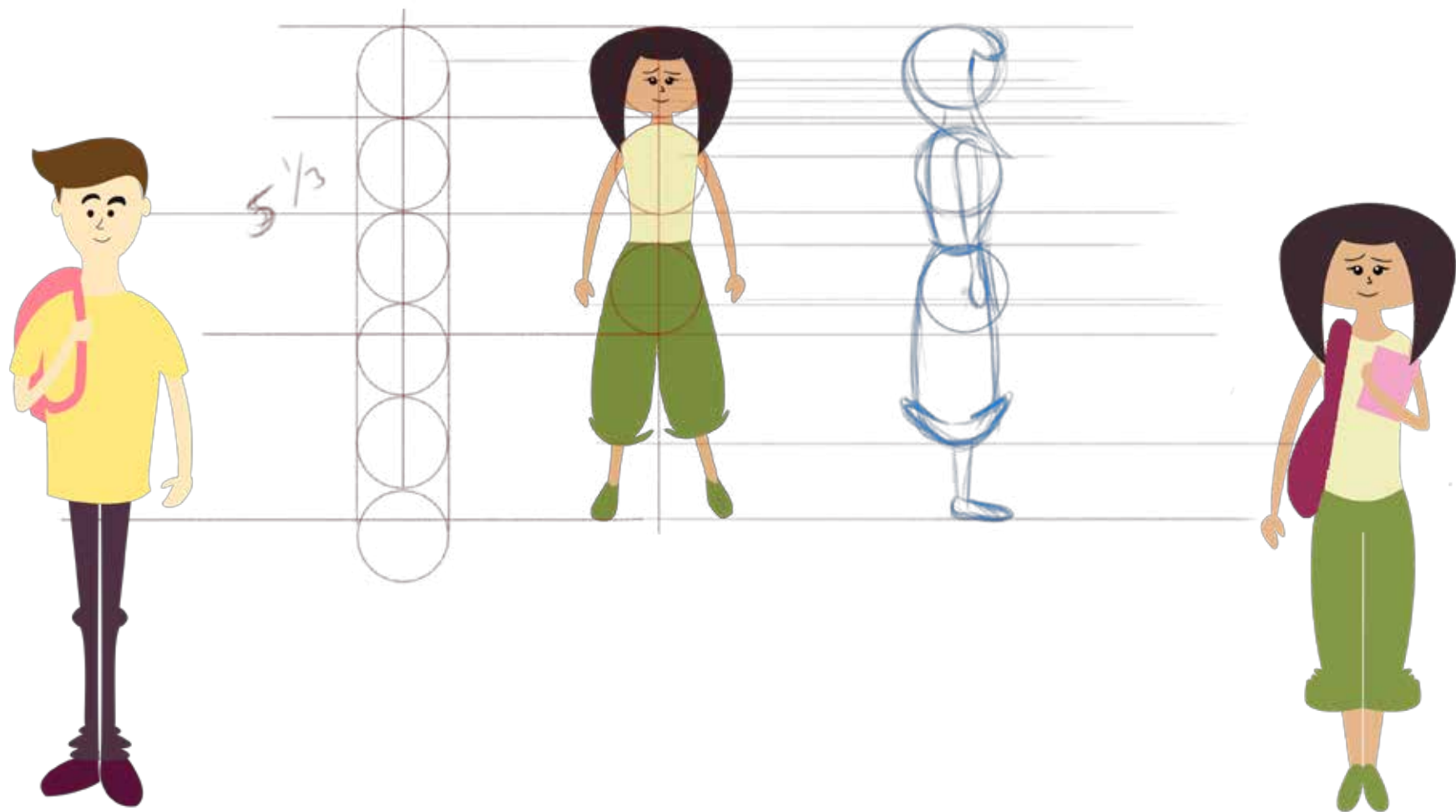
Scene 4: Next day she gathers some courage and approaches him, this time he noticed her and smiled but she steps back on seeing him with another girl. All her insecurities started surrounding her.

Scene 5: It is raining and she saw her crush got trapped in heavy rain, she wants to invite him to her umbrella, but before she makes a decision he ran away. She's not able to come out of her fear and insecurities.

Scene 6: Suddenly he stopped coming to the college. She didn't have any clue. A month passed like this and he was nowhere.

Scene 7: One day when she opens the door of the classroom, he was right in front of her, She was happy and also shocked to see him. When she looked down, she noticed that his leg is injured and he's walking with clutches. While he tried to go out of the room, his books fall down, she picks it up and said: "let me carry it for you". And they start their first conversation.

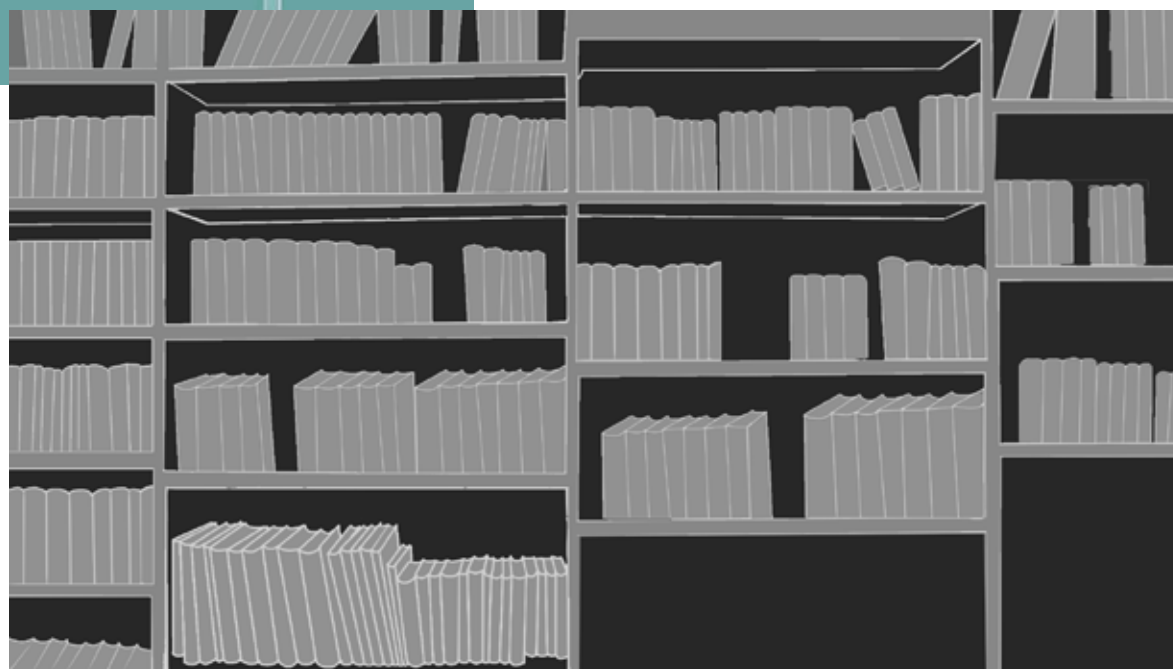
4.2 Character Design

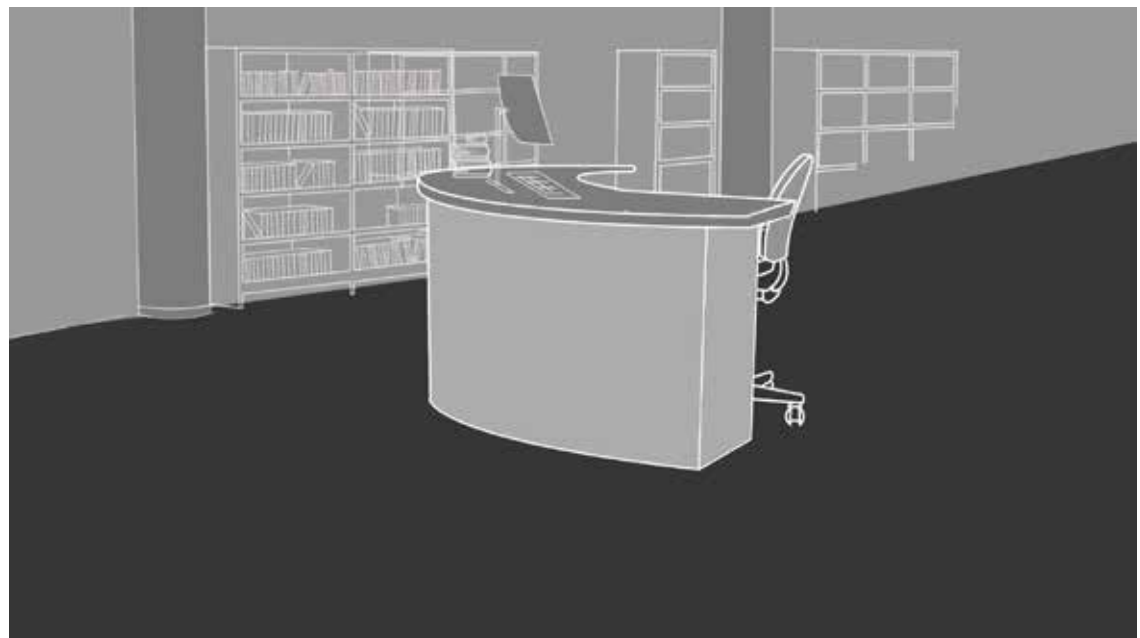




4.3 Layout and Backgrounds



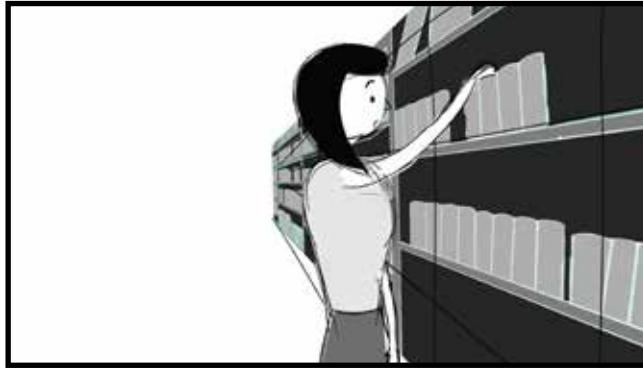




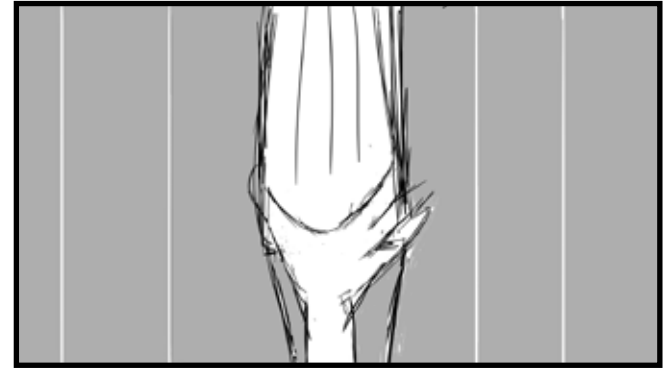
4.4 Storyboards



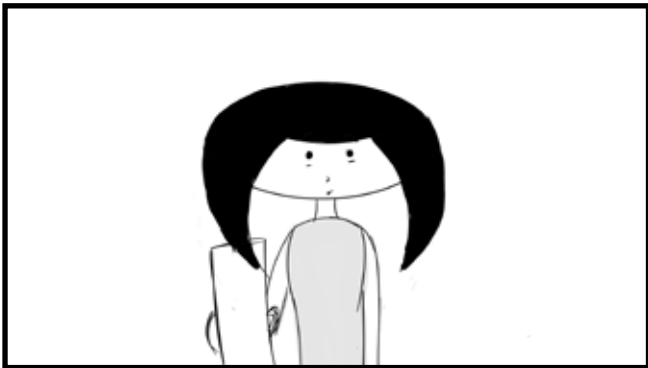
Molly entered to Library



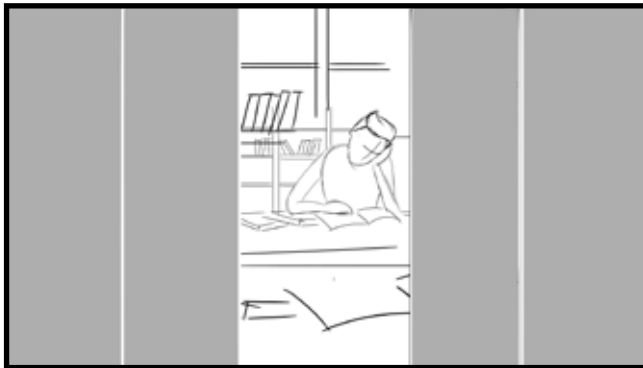
Started picking books from the shelves



Picked a book



Get freezed for some moment



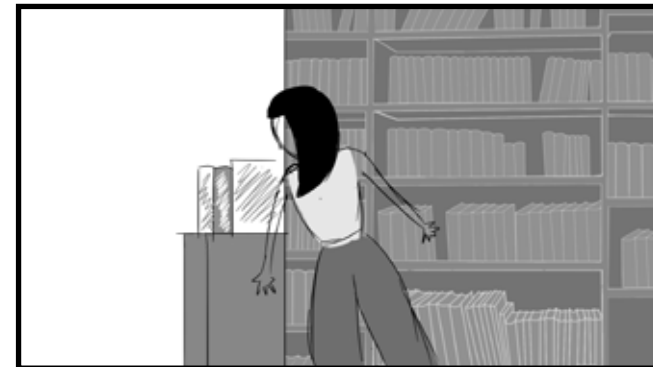
She saw Nikhil from the gap in the shelf



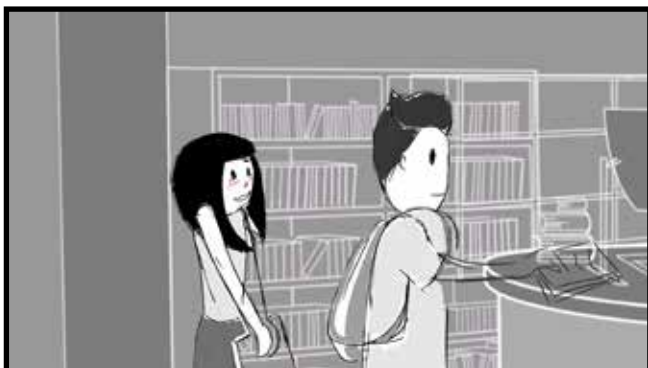
Molly started walking toward end of the shelves



Started staring at Nikhil



She tries to hide, so that he doesn't notice her



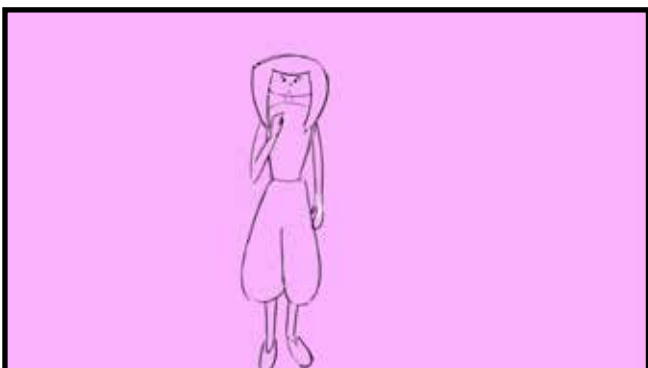
She was in confusion, whether she should start a conversation or not



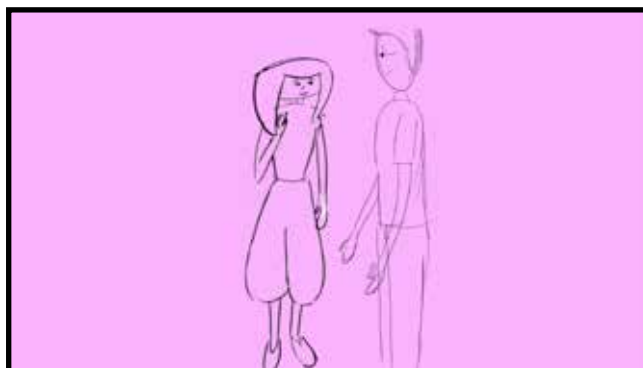
Before she decide anything, he left



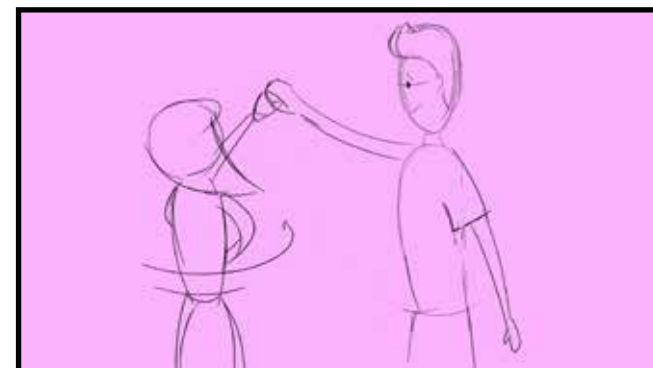
She's still thinking



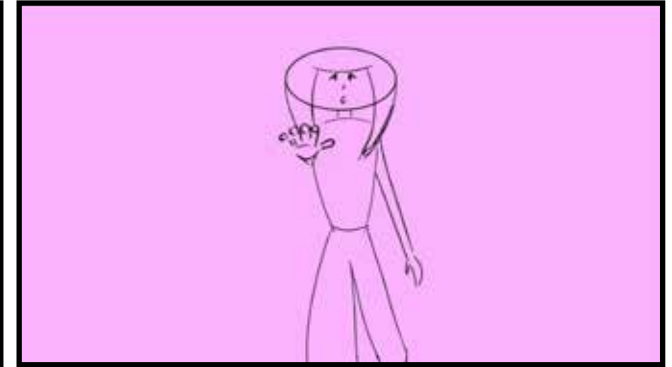
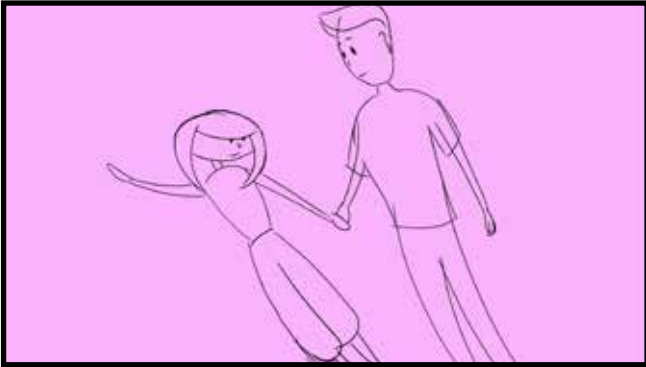
Molly goes into her imaginary world



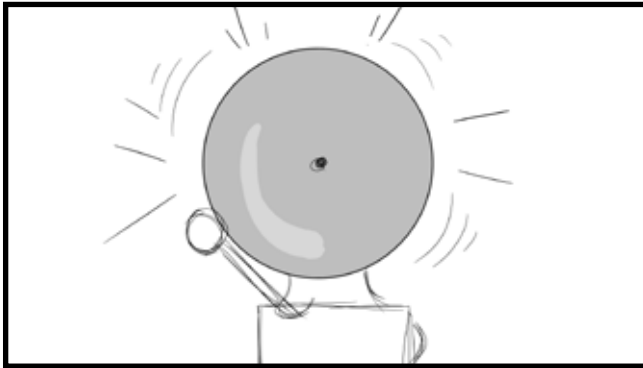
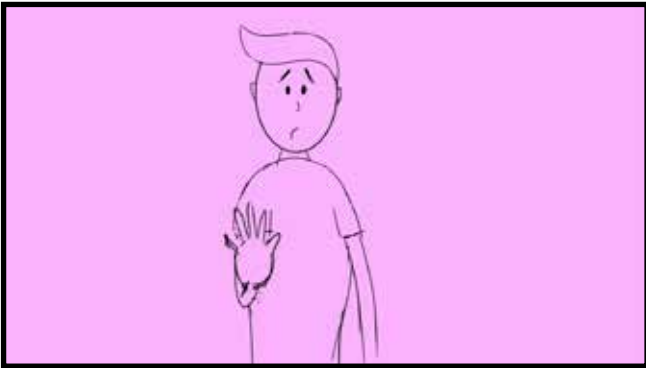
There Molly and Nikhil are together



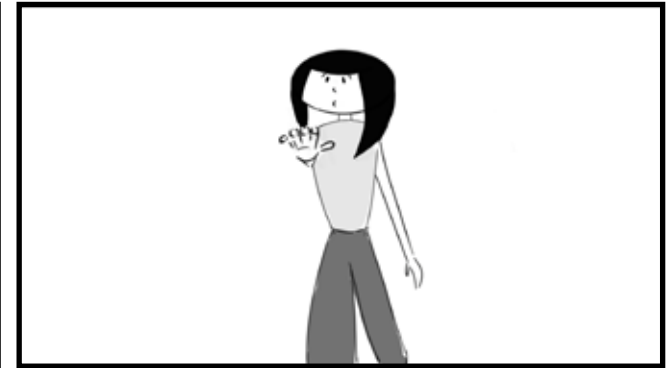
They started dancing



suddenly they got separated



Bell Rings



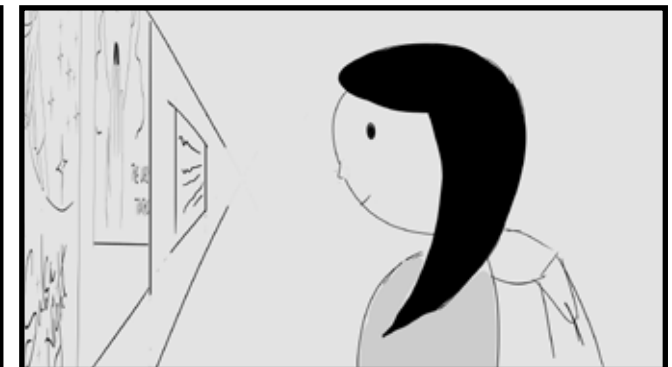
She comes out of her imagination



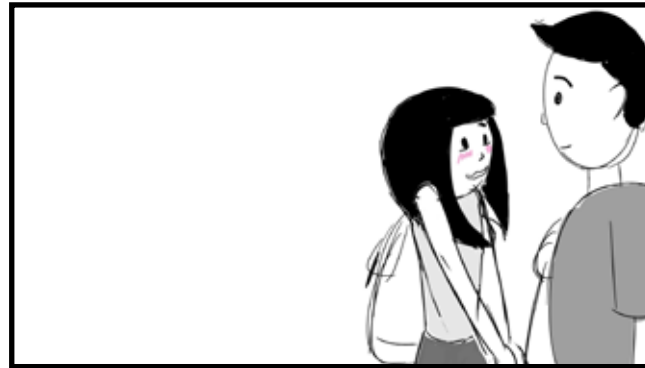
Started walking



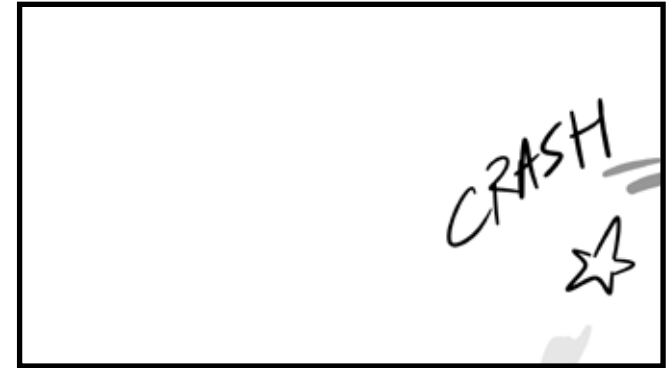
Poster of Salsa night



Molly looking at the poster



They again cross paths



Again she get freezed and....



Got hit by a post



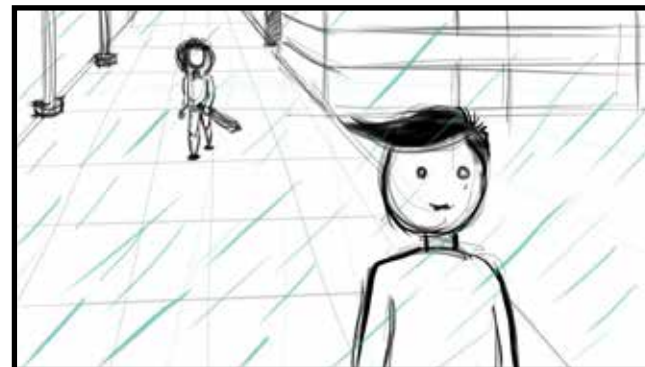
Worried because of conflicts she's going through



She saw Nikhil at Cafeteria, she try to approach him this time



But saw him with another girl. And got insecured



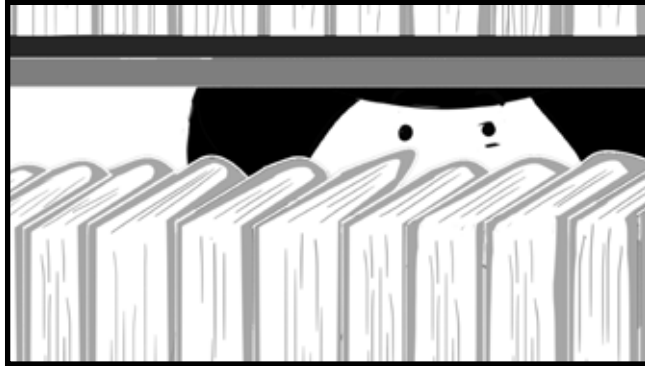
she saw Nikhil got trapped in heavy rain, she wants to invite him under her umbrella,



but before she makes a decision he ran away.



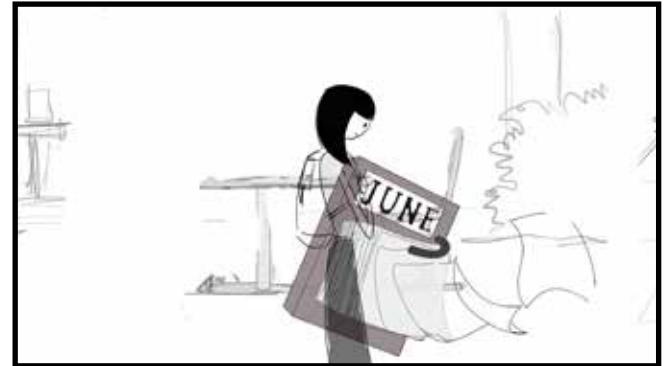
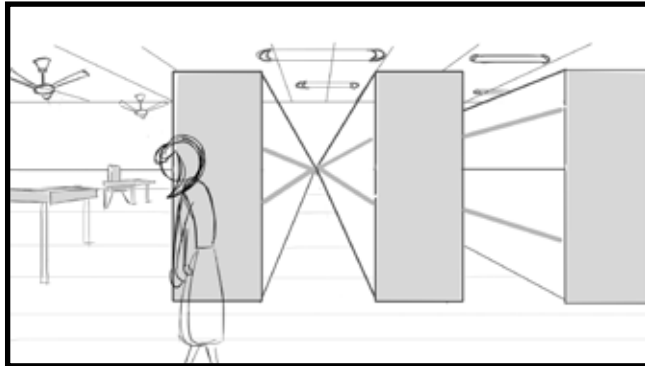
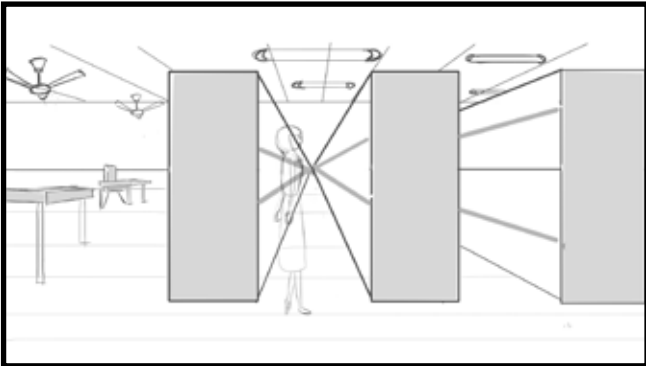
She's not able to come out of her fear and insecurities.



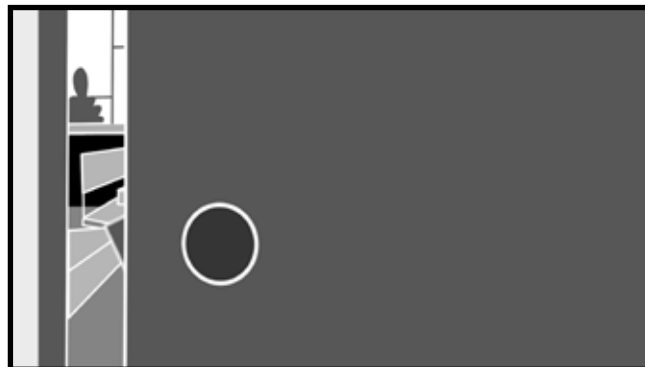
Next day



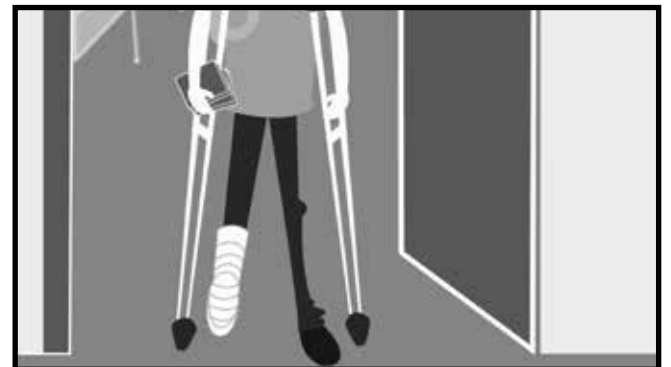
Suddenly he stopped coming to the college. She didn't have any clue.



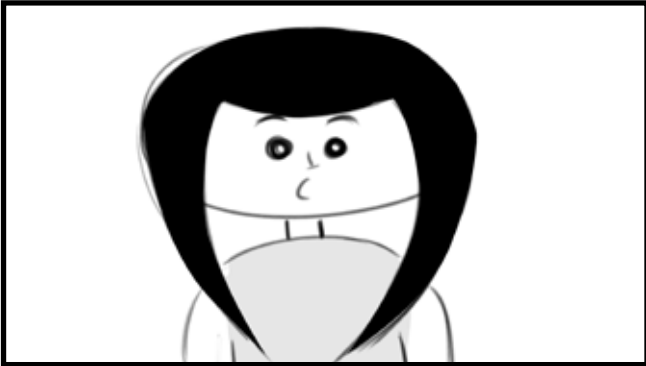
A month passed like this and he was nowhere.



Molly opens the door



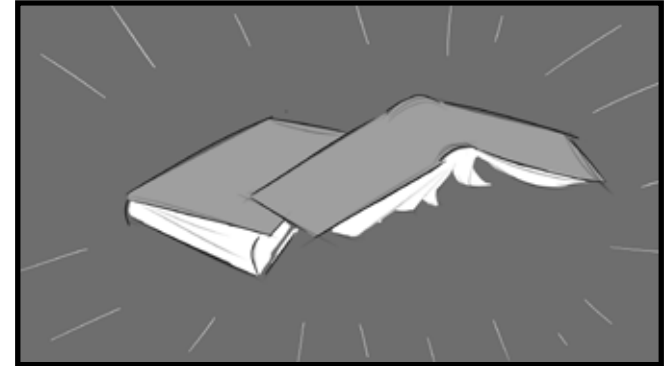
Nikhil was right in front of her with a broken leg



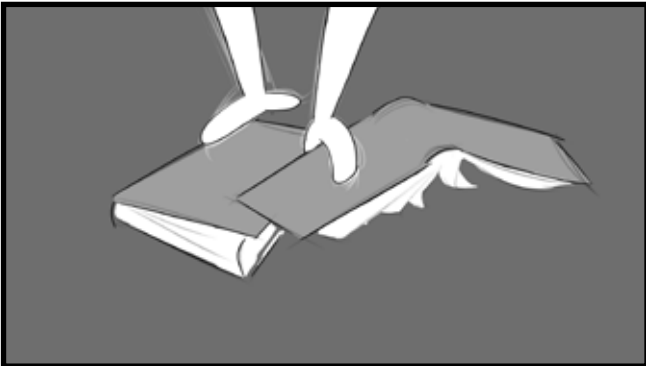
She is happy and also shocked to see him



They crossed again



Nikhil's books fell down



Molly picks up his books



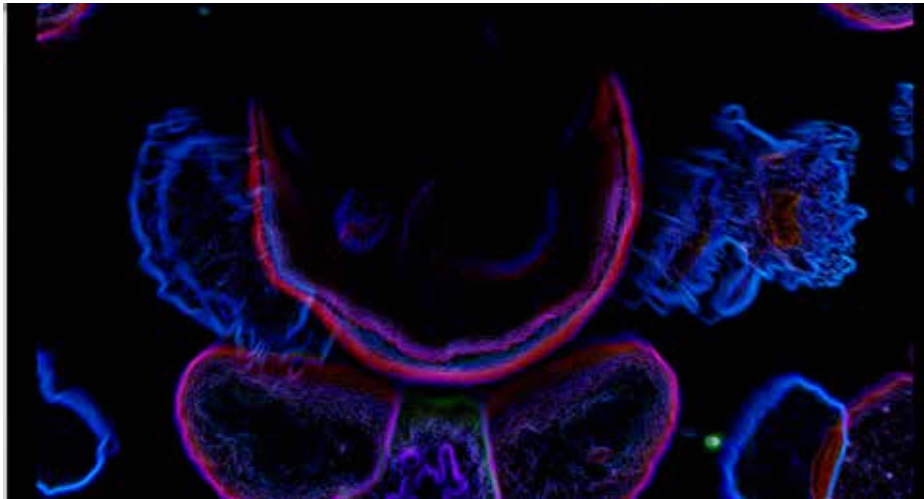
They started their first conversation



The end

5. Initial Visual Explorations

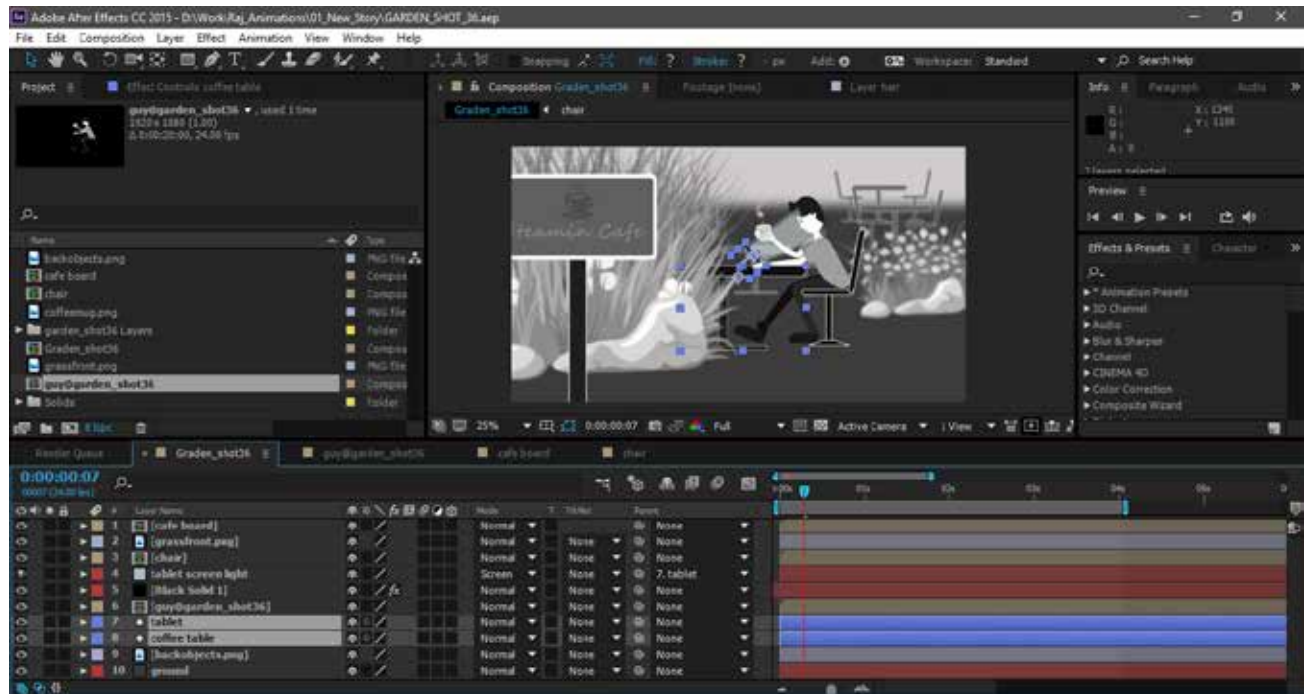




6. Production

Production phase was very crucial for this project. the foremost thing was to manage the time and planning for production. As there was very limited time for the production. The first step was to select the combination of tools based on visual style and shot breakdown. Adapting a comfortable workflow so that it does not slow down the process.

The tools which were for production are Photoshop for backgrounds and layouts, After Effects and TV Paint for animation and Premiere Pro for compositing and editing. Partially shots are being animated in TV paint and After Effects. Shot breakdown and animatic helped in grouping the shots based on difficulty and type of motion it has. There were shot



which requires proper line tests, those are done in TV paint. Whereas in some shots the motions were subtle and can be done easily inside After effects by rigging the characters.

7. Conclusion

With the all feedbacks and comments during the entire course of my project, I could finally have a vision of how the story should follow if i want to convey what i really want to work on. Achieving the final story was never possible without working on the previous stories and rethinking again and again. I learned the valuable process of brainstorming and it's importance throughout any project.

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<http://www.calmdownmind.com/resolving-your-inner-conflicts/>

http://phil-dickinson.me.uk/Psychology/DXr222/Assignment/CognitiveStructuresinComprehension_Thorndyke.pdf

Movies for inspiration

Thought of you, 2010 (USA), Ryan Woodward

Inside Out, 2015 (USA), Pete Docter, Ronnie del Carmen

<https://www.youtube.com/watch?v=bYKIRuBaPsQ>