



THE QUIET ROOM

A Emotional Drama 2-Character Screenplay in Hinglish

Written by
Story Dil Se Team
(storydilse.in)

LOGLINE: Dr. Arvind tries to help Zoya talk about her panic attacks, but she keeps redirecting the session toward him, as if she knows his life better than he does. The emotional twist lands when Arvind realizes Zoya is the daughter of the patient he failed years ago, and this session is her way of asking for the apology no one ever gave her.

CAST / CHARACTERS: FORMAT: 2-Character Short Film (Duo Cast) | Character 1: Dr. Arvind (50)

LOCATION: A softly lit therapy office with warm lamps, bookshelves, a couch, and muted pastel walls. The room feels safe but intimate, with rain faintly visible through a window and a tissue box on the table.

USAGE LICENSE: 100% Free for Every Filmmaker & Creator. Shoot it, direct it, share it anywhere?no licensing fees, no paperwork, no barriers. Whether you're making your first student film, a festival entry, or an independent project, all scripts on Story Dil Se are completely free to adapt.

All we ask: Give credit where it's due with an on-screen mention in your credits:
'Story & Screenplay by Story Dil Se (storydilse.in)'.

INT. THERAPY OFFICE - EVENING

Soft lamp light. Muted pastel walls. Bookshelves. A couch. Rain taps gently against the window. A tissue box sits on the table.

DR. ARVIND (50), soft sweater, spectacles, tired but calm, sits in an armchair. ZOYA (24), hoodie, loose trousers, curled up on the couch with a notebook, trembles slightly.

A beat of silence.

DR. ARVIND

(softly)

Aaj hum panic attacks se start karte hain. Kab aate hain? Kya trigger hota hai?

ZOYA

(staring at notebook)

Aap har patient se same line bolte ho?

DR. ARVIND

Mera kaam hai samajhna.

ZOYA

Haan. Aur mera kaam?

DR. ARVIND

Aap batayengi.

ZOYA looks up. A small, unreadable smile.

ZOYA

Aap khud hamesha itne calm kaise rehte ho, Doctor?

DR. ARVIND

Main calm nahi hoon. Main trained hoon.

ZOYA

Trained log bhi thakte hain.

Arvind notices she's steering away from herself.

DR. ARVIND

Zoya, yeh session aapka hai.

ZOYA

Notebook mein likha hai.

(beat)

Par aaj mujhe lagta hai aapka bhi ho sakta hai.

Arvind leans back slightly.

DR. ARVIND

Aap mujhe jaan-ne ki koshish kar rahi hain?

ZOYA

Main observe kar rahi hoon.

She flips open the notebook. A page filled with dates, notes, and one name.
Arvind's eyes catch the name.
A beat.

DR. ARVIND

(low)

Yeh naam...

ZOYA

Haan.

Silence deepens.

ZOYA

Mere father ka tha.

Arvind freezes.

DR. ARVIND

Tum... unki beti ho?

ZOYA nods once.

ZOYA

Main panic attacks ke liye aayi thi.

(beat)

Par sach bolun? Main aapke liye bhi aayi thi.

DR. ARVIND

Samajh nahi aaya.

ZOYA

Meri maa ne file rakhi thi. Purani reports. Aapka naam. Sab.

She closes the notebook with a soft thud.

ZOYA (CONT'D)

Woh bolti thi—"Is aadmi se poochhna, sorry kyun nahi bola."

Arvind absorbs this. His jaw tightens, then softens.

DR. ARVIND

Main tumhare father ko yaad karta hoon.

ZOYA

Yaad karke kya fayda hua?

DR. ARVIND

Kaafi galtiyan hui thi.

ZOYA

Galti?

(laughs once, bitter)

Mere ghar mein uske baad silence hua. Mummy ka silence. Mera silence. Aur phir panic.

She grips the couch cushion.

ZOYA (CONT'D)

Main jab bhi saans nahi le paati, lagta hai body bol rahi hai—"kuch theek nahi tha."

Arvind's spectacles slip a little. He pushes them up, visibly shaken.

DR. ARVIND

Zoya... agar maine tumhare family ko dard diya, mujhe afsos hai.

ZOYA

(eyes wet)

Afsos?

DR. ARVIND

Haan.

(beat)

Aur maafi bhi. Bina excuse ke.

Zoya looks at him for a long moment. Her trembling knee stills.

ZOYA

Mujhe treatment nahi chahiye tha aaj.

DR. ARVIND

Phir?

ZOYA

Bas yeh sunna tha ki kisi ko yaad hai.

(voice breaks)

Ki kisi ko sach mein afsos hai.

Arvind reaches for the tissue box and slides it toward her.

ZOYA takes a tissue. Her first real tear falls.

DR. ARVIND

Main yaad rakhta hoon.

ZOYA

Mujhe laga tha aap nahi rakhenge.

DR. ARVIND

Kuch cheezein bhoolna possible nahi hota.

Zoya nods, wiping her face. She opens the notebook again, then gently closes it.

The rain continues. The room remains quiet, but the silence has changed.

FADE OUT.