



ALYSSA  
BRAYBOY

**THERE'S  
ONE  
IN ALL  
OF US**

SHADOWSELF





# LOGLINE

**During the global pandemic COVID-19 lockdown, a self-destructive party girl finds herself trapped alone in her apartment with her greatest enemy: her Shadow-Self, a projection of her ignored collective unconscious. As the pandemic rages on, she must finally face her demons and learn to live with her alter ego in order to survive extreme isolation. This existential comedy explores the long, winding journey of learning to live with yourself, even as the world falls apart.**

## CONTACT

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# SYNOPSIS

**As COVID-19 forces the entire world to go into lockdown, a hard-partying wild child fresh off a bitter breakup with her ex-girlfriend, Quinn, desperately tries to find some company to join her so she won't be trapped alone, but to no avail. She awakens the next morning to find she's not alone after all when she discovers her Shadow Self: an alter ego projection of her unexamined collective unconscious. Constantly at odds with each other, Quinn dives into several distractions to eradicate her Shadow Self, only to find herself worse off than before. As the pandemic rages on and Quinn's circumstances worsen, the two must learn to live with each other against all odds, forcing her to explore the darkest parts of herself and wounds she's long ignored. After Quinn finally rights some wrongs from her past, including her relationship with her estranged mother and ex-girlfriend, Quinn and her Shadow Self are finally able to live as one.**





# BIOS

**ALYSSA BRAYBOY - EXECUTIVE PRODUCER, LEAD ACTOR, CO-WRITER**

Alyssa Brayboy is the SheEO of Buttons, a Black and Latina female-owned production company that focuses on amplifying underrepresented and diverse voices. Outside of her work with Buttons Alyssa has been nominated for Best Comedic Performance in the 2021 Best of NFMLA Awards for her role in “The Safety Plan”, nominated for Best Supporting Actress in the Maverick Movie Awards for her role in “Already Lucky”, and won Best Supporting Actress at the Silicon Beach Film Festival for her role in “Coyote”.

**JESSE RANDALL - EXECUTIVE PRODUCER, DIRECTOR, CO-WRITER**

Jesse Randall is a writer, director, & producer based in Los Angeles. His work primarily focuses on creating LGBTQIA+ content through his company, JR Vision Films. His digital series "The Safety Plan" along with his entire short film collection was acquired by Revry TV. “The Safety Plan” was nominated for Best New Media at the 2021 NFMLA Awards.

**DIEGO MADRIGAL - CINEMATOGRAPHER**

Diego Madrigal’s notable projects include working as the Director of Photography for the Feature Film “R#J” which premiered at the 2021 Sundance film Festival. He was also the Director of Photography for the Emmy Award-winning series, “Giants”, which earned him a nomination for Best Cinematography by the International Academy of Web Television awards. As a Mexican-American cinematographer, Diego’s work primarily focuses on underrepresented subjects. He was raised in both Los Angeles and Mexico, Studying both at the Centre of the Arts, Architecture and Design (CUAAD) in Guadalajara, Jalisco and The Los Angeles Film School.





# DIRECTOR'S STATEMENT

As a filmmaker, my work tends to lean toward dark comedy, but I've been craving to explore the horror genre in a way that isn't a straightforward horror film. While all of my work will always have a thread of comedy in them, I love incorporating elements from other genres in unexpected ways. Also, my favorite definition of comedy is "comedy is tragedy viewed from the other side of the street," and I love exploring the dichotomy between the two. Thus, our project "Shadow Self" was born.

I've always wanted to do a project where one actor plays two different characters, and while brainstorming a COVID safe project to shoot during the pandemic, "Shadow Self" seemed like the perfect opportunity to do since it's essentially a one-woman show. I wanted to incorporate a thread of the horror genre because what greater horror is there than finally having to face yourself? At its core, "Shadow Self" has the DNA of a monster movie, similar to a modern-day "Dr. Jekyll & Mr. Hyde" that explores the parts of ourselves we keep hidden from the world but are eventually exposed, no matter if we're ready for them to be revealed or not.

My pandemic experience forced me to deal with many aspects of my life I wasn't happy with because I was locked away in seclusion with nothing but my thoughts, as well as taking control of my mental health in order to survive this madness. I know many others who had a similar journey. I think "Shadow Self" encompasses this very common experience of pandemic-induced isolation and cabin fever in a way that is really fun and honest thanks to Alyssa's incredible performance as both Quinn and The Shadow, along with Diego Madrigal's neon-noir style cinematography.





# CAST & CREW

## CAST

**QUINN/SHADOW**  
**THE EX**  
**THE MOM**  
**THE NEWS ANCHOR**

**ALYSSA BRAYBOY**  
**ZARI ROSE**  
**LYNN DAVIS**  
**BRYAN SPARKMAN**

## CREW

**DIRECTOR**  
**CINEMATOGRAPHER**  
**COLORIST**  
**SOUND EDITOR**  
**COMPOSER**  
**VISUAL EFFECTS**  
**EDITOR**  
**CO-PRODUCER**  
**ASSISTANT DIRECTOR**

**JESSE RANDALL**  
**DIEGO MADRIGAL**  
**TAYLOR STANTON**  
**WILLIAM STANTON**  
**WILLIAM A. BARRY**  
**PHIL FLOCK**  
**RANDY BOWLES**  
**ELISA VAZQUEZ**  
**ALEJANDRA PULIDO**

**“EASE YOUR MIND” BY ASHBY (FT. ALIA SOLIOMON)**