Locale: Oxford Street, London

Time of day: 08:00

Time of year: November

Weather: cold, grey sky

How much time passed since previous scene with this character: not applicable

POV character for the scene: Eleanor

Scene Summary:

Eleanor jumps down off the bus and walks her daily route to the Institute. She stops to give money to a sleeping vagrant.

On arrival at the Institute an ambulance is parked there and she is told that her beloved mentor, Professor Pearson, has just had a heart attack (inciting incident).

What main way is the story advanced? What new plot points are revealed?

Her mentor is now gone and her position at the Institute is vulnerable.

What conflicts/obstacles are presented in the scene?

Eleanor is being strongly supported by Professor Pearson but her nemesis James McMahon (who is expected to take over from Pearson when he retires in 2 years time) feels that her research should be stopped as it is attracting too little funding. Eleanor is worried at the prospect of McMahon's future rise to power.

Eleanor is in competition with McMahon's protégée (Franciscka) for tenure (being decided in 6 months time)

Eleanor is troubled over her relationship with Richard

Eleanor is troubled over her parents (mother clingy and father mentally ill)

How does the POV character change or grow by the end of the scene?

Now had definite cause to be worried about her position at the Institute

THE high moment or key info revealed in scene:

When the tearful secretary tells her that Professor Pearson is dead (I have decided to kill him off here to foreshadow the later death of Eleanor's father).

Important backstory bits revealed in scene:

Eleanor is researching a rare neurological disease

Her father is mentally ill and she hates psychiatrists

Her mother has been nagging her for some time to return to Birmingham

Her boyfriend Richard is trying to get her to commit but she is reluctant to do so.

Eleanor loathes McMahon and Franciscka

World-building or specific setting/locale details brought out:

Vibrant atmosphere of success and prosperity of the West End, and the state-of-the-art & prestigious environment of the Institute.

Locale: conference room, Institute of Medical Genetics, London

Time of day: 10:30

Time of year: November

Weather: cold, grey

How much time passed since previous scene with this character: 2.5 hours

POV character for the scene: Eleanor

Scene Summary:

McMahon has gathered the senior Institute research staff to inform them that he is taking charge and that he is planning to make changes.

Eleanor has a brief interaction with McMahon.

What main way is the story advanced? What new plot points are revealed?

Eleanor's nemesis is now in charge of the Institute.

What conflicts/obstacles are presented in the scene?

Eleanor dislikes the cut-throat, arrogant attitude of her research colleagues.

Eleanor and McMahon hate each other.

McMahon is sharpening his knives against Eleanor.

How does the POV character change or grow by the end of the scene?

Eleanor is now aware of the active attempts of James McMahon to undermine her position, and that she must attempt to locate new sources of funding for her research project if she is to have any chance of tenure.

THE high moment or key info revealed in scene:

When McMahon looks directly at Eleanor with a sly look of triumph as he explains that he plans to make changes and "cut dead wood"

Important backstory bits revealed in scene:

McMahon is an arrogant, highly ambitious researcher. He hates Eleanor because she blocked an extremely important publication of his when she noticed he had "polished" the data to make them look more impressive.

World-building or specific setting/locale details brought out:

Cut-throat, ambitious world of medical research; emphasis on success. Cabals and intrigues apparent from the clumps of whispering scientists hanging at the end of the meeting during coffee: all turning now to the rising sun that is McMahon. Eleanor is the only person who is personally saddened by Professor Pearson's death (and not just because it affects her career.)

Locale: Eleanor's laboratory, Institute of Medical Genetics, London

Time of day: 17:00

Time of year: November

Weather: cold, grey, spots of rain starting to splash on the windows

How much time passed since previous scene with this character: 7 hours

POV character for the scene: Eleanor

Scene Summary:

Eleanor is helping one of her PhD students with a problem

Franciscka comes in and gloats about her chances of tenure

What main way is the story advanced? What new plot points are revealed?

Rivalry between the two women for tenure is made explicit

Franciscka's unpleasant character is made evident

Eleanor's patience and mentoring skills revealed

What conflicts/obstacles are presented in the scene?

Eleanor dislikes Franciscka on all levels (she is shown as a bitchy unpleasant person, who is extremely vain of her good looks and not averse to bending the rules to get what she wants).

Despite this, Franciscka is shown to be extremely frustrated by Eleanor, as she cannot surpass her scientifically and Eleanor is not vulnerable to Franciscka's attempts to make her feel physically inferior (Eleanor was resigned long ago to the fact that she is not beautiful).

How does the POV character change or grow by the end of the scene?

Eleanor is more determined than ever to get tenure as she is disgusted by everything Franciscka represents.

THE high moment or key info revealed in scene:

When Franciscka makes her determination to get tenure explicit, and Eleanor thinks to herself that she is going to make certain that <u>she</u> gets it instead.

Important backstory bits revealed in scene:

Eleanor and Professor Pearson considered "overscrupulous" by McMahon's cronies in terms of their ethics

Lots of medical researchers "polish" data to get them published

Eleanor has a reputation for helping struggling young researchers achieve their potential (foreshadows efforts with Rhys at St Gilbert's)

Eleanor takes a personal interest in her research patients and their progress (revealed in a comment to her PhD student)

Franziska couldn't care less about patients: sees them purely as a means of obtaining research data.

World-building or specific setting/locale details brought out:

Orderly, efficient atmosphere of Eleanor's lab and the respect and affection shown to her by other lab staff (this shows that despite the fact that on the surface, Eleanor appears a bit gruff and grumpy, she is very well liked). Also foreshadows her turning around of the morale in the lab at St Gilbert's.

Locale: home of Eleanor's parents, Birmingham

Time of day: 09:00

Time of year: November

Weather: windy, cold, grey

How much time passed since previous scene with this character: one week

POV character for the scene: Eleanor

Scene Summary:

Eleanor drives up to her parents' home in order to accompany them on a visit to the psychiatrist.

Sits outside the house for a moment, reluctant to go in.

Mother sees her through the window and comes to the front door with her father, ready to leave.

What main way is the story advanced? What new plot points are revealed?

Eleanor has a father with schizophrenia and a mother who is overly emotionally dependent on her

What conflicts/obstacles are presented in the scene?

Eleanor uncomfortable being back in Birmingham

Dreading the psychiatrist visit

Worried that her mother is going to put pressure on her (as usual) to return to Birmingham

Guilt that she leaves her mother to cope with her father alone

Guilt that she prefers to avoid her father (hates seeing him like that)

How does the POV character change or grow by the end of the scene?

Guilty realization that she would prefer not to see her father

THE high moment or key info revealed in scene:

When her father appears on the doorstep and Eleanor wishes she could just drive away

Important backstory bits revealed in scene:

Eleanor's father was previously a successful solicitor and has been ill for four years

He used to love flowers and he taught her all about flower symbolism and origami

Eleanor was more like her father then her mother in many ways, and previously had a close. loving relationship with him

Mother rather a cold person in comparison to how her father used to be who finds it difficult to recognize the emotional needs of others

World-building or specific setting/locale details brought out:

Middle class suburbia Eleanor grew up in. Twitching of the neighbour's curtains and the disapproving, tight-lipped expression of a passing neighbour walking her dog indicative of the small-mindedness Eleanor wanted to escape from. Sense that the family has become somewhat isolated in the community since the onset of her father's illness: people scared of it. (*I don't want to show the inside of Eleanor's parents' home yet: I want to save that for the mid-point scene when she finds him hanging.*) Garden contains no flowers now, ever since her father stopped gardening. Her mother has had the front garden paved over so she doesn't have to weed: something cold & sterile about it.

Locale: waiting area, psychiatrist office, private BUPA hospital

Time of day: 09:30

Time of year: November

Weather: cold, rainy

How much time passed since previous scene with this character: 30 minutes

POV character for the scene: Eleanor

Scene Summary:

Eleanor, her mother, and her father arrive at the BUPA hospital reception and mother speaks to receptionist.

Sit down in waiting area to see psychiatrist, Dr Rigsby.

What main way is the story advanced? What new plot points are revealed?

Eleanor's father seriously incapacitated by the side effects of his medication.

Mother insists on him seeing the psychiatrist at his private clinic as she is ashamed to be seen at the local NHS psychiatric hospital.

What conflicts/obstacles are presented in the scene?

Mother wants Eleanor's support in ganging up against the psychiatrist: wants his medication reduced.

How does the POV character change or grow by the end of the scene?

Embarrassed of (and for) her father when she witnesses for herself how terrible and noticeable his medication side effects are. Thinks that her mother is right to demand that the medication is reduced.

THE high moment or key info revealed in scene:

When her father is dribbling so much from his mouth that her mother has to wipe away the saliva with a hanky, as if he were a helpless baby. Mother's mixture of shame and distress/exasperation, and Eleanor's guilt at feeling ashamed of him

Important backstory bits revealed in scene:

Mother has a running battle with the psychiatrist over her husband's management: thinks he should push her husband to do more, try harder.

Mother embarrassed by her husband's medication side effects, dribbling from the mouth, tremor, difficulties walking. ("Can't take him anywhere")

World-building or specific setting/locale details brought out:

Chic atmosphere of the private hospital waiting area (piped music, nice furnishing etc). Patients are waiting there to see doctors from various medical specialties not just psychiatry. Father's rather disheveled appearance and staggering gait (secondary to his medication). Mother anxious not to be seen to be waiting for the psychiatrist (asks the receptionist not to call out that they are going to see Dr Rigsby when their turn comes.) Eleanor looking around with trepidation, trying to figure out which other people are waiting for the psychiatrist (highlight her fear of mental illness and the idea that it is somehow different to and less "respectable" than "physical" illness).

Locale: psychiatrist's office, BUPA hospital

Time of day: 09:45

Time of year: December

Weather: bright, breezy, cold

How much time passed since previous scene with this character: 15 minutes

POV character for the scene: Eleanor

Scene Summary:

Eleanor, her mother and her father in office with Dr Rigsby.

Dr Rigsby questions Eleanor's father

Father sent out to have his blood pressure checked and blood taken, and Eleanor and her mother discuss him with Dr Rigsby in his absence.

What main way is the story advanced? What new plot points are revealed?

Father's medication is going to be reduced against the advice of the psychiatrist

What conflicts/obstacles are presented in the scene?

Eleanor's mother exasperated by Dr Rigsby's rather eccentric manner

Eleanor and her mother doubtful that Dr Rigsby is correct is saying that over stimulation should be avoided

Dr Rigsby extremely reluctant to reduce medication but mother insistent

How does the POV character change or grow by the end of the scene?

Glad that her mother has been assertive about the medication and hopeful that her father might now regain some motivation.

Angry at Dr Rigsby for "giving up" on her father; he doesn't consider it realistic that her father will ever return to normal.

THE high moment or key info revealed in scene:

When Dr Rigsby discusses the family history of schizophrenia and looks sympathetically at Eleanor. Mother reacts angrily that that has nothing to do with Eleanor and she will never has to worry about that: "she knows how to cope with life; I showed her that". But Eleanor goes cold inside: clear now that this is something she is indeed desperately worried about.

Important backstory bits revealed in scene:

Dr Rigsby of the opinion that Eleanor's father once attempted suicide but mother insistent that the tablet overdose had been unintentional (*to foreshadow his later suicide – most people have tried it at least once before they succeed in killing themselves.*)

There is a strong family history of schizophrenia on Eleanor's father's side of the family, which Eleanor's mother hadn't been aware of when she married (she is angry about that).

Eleanor has often considered the possibility that she may develop schizophrenia.

World-building or specific setting/locale details brought out:

Seemingly bumbling and eccentric (but in fact acutely perceptive) nature of Dr Rigsby reflected in his room: pastel colours, flowers, cushions, water colours; numerous well thumbed textbooks on psychosis and treatment.

Locale: conference centre (I will have to choose one), central London

Time of day: 10:30 Time of year: December Weather: stormy, wet How much time passed since previous scene with this character: one week POV character for the scene: Eleanor

Scene Summary:

Institute researchers are attending a medical genetics conference. Gathered in the foyer during the coffee break. Eleanor being congratulated on her presentation (just finished)

Eleanor talking to (the very slimy & gossipy) Professor Keeble from a different institute, who is trying to head-hunt her for his department. Eleanor not interested, as she would have to abandon her own area of research and work in a different field, and in addition, Professor Keeble gives her the creeps.

To persuade her, he tells her that McMahon has been complaining about the lack of progress of the *Predictive Markers for Complex Disorders* research consortium. McMahon has made it clear that he wants that particular consortium cancelled as he aims to concentrate on more lucrative projects. Keeble asks how Eleanor feels about this, as she receives part of her research funding from it. Eleanor had no idea the consortium was in trouble and is shocked and annoyed that McMahon hasn't spoken to her about it.

Colleague points out that McMahon has been particularly vociferous against Alex Martin, the psychiatric geneticist, for his failure to produce anything publishable, and agrees with McMahon that Martin is a "loser". Says that Martin was supposed to have been there at the conference presenting his findings but has cancelled at the last minute ("Doubtless he's been waylaid by some young blonde again".).

What main way is the story advanced? What new plot points are revealed?

One of Eleanor's main sources of funding is at risk and McMahon is endeavouring to sever it completely (without having informed her of this)

What conflicts/obstacles are presented in the scene?

Eleanor repulsed by the slimy manner of Professor Keeble (who will sleep with anyone possessing two X chromosomes) (Foreshadows the womanizing and abuse of his professional position of Alex Martin and Eleanor's attitude towards it)

Eleanor furious at McMahon for being duplicitous

How does the POV character change or grow by the end of the scene?

Eleanor now has a poor impression of Alex Martin (who she had only heard of vaguely before and never met in person)

More worried than ever about her research funding and tenure

More conscious than ever of McMahon's machinations.

THE high moment or key info revealed in scene:

When Eleanor hears that Alex Martin may be the person largely responsible for the failure of the consortium and she feels intense irritation towards him *(this ensures that she turns up at St Gilbert's with a bad impression of him even though she doesn't actually know him personally).*

Important backstory bits revealed in scene:

Eleanor highly sought after as a researcher but she is too devoted to her own area of research to move to a different institute.

Professor Keeble can't understand why she is so devoted to researching a rare illness: she should "follow the money" (Eleanor has exactly the opposite view: it is <u>because</u> it is rare and under-researched that she finds it important – patients with the disease suffer terribly but no treatment or prevention is available. (Foreshadows her later change of heart towards the importance of research into mental illness – for which, she later realizes, treatment and prevention are also suboptimal or non-existent.)

Alex Martin frowned on by his research colleagues and is considered unreliable. Hints that he is a womanizer.

Eleanor is perfectly resigned to the fact that she is plain and is not someone who can be charmed/chatted-up by men who assume she will be gratified by being given attention.

World-building or specific setting/locale details brought out:

Chic conference venue, air of intrigue and scheming among the highly ambitious delegates, McMahon and Franciscka circulating among them like a couple of snakes, as Eleanor stands speaking to Professor Keeble.

Locale: Eleanor's flat, Hampstead

Time of day: 18:30

Time of year: December

Weather: bitterly cold, sky heavy as if snow imminent

How much time passed since previous scene with this character: two days

POV character for the scene: Eleanor

Scene Summary:

On the phone to her mother. Father less bothered by side effects now and doesn't appear any the worse psychologically so mother feels she was right to demand the reduction.

Eleanor comes off the phone and looks through her wardrobe. Going out to dinner with Richard – who has his 30th birthday today - and she is worried he is going to ask her to accompany him to his parents' home in Edinburgh when they celebrate their 40th wedding anniversary: his whole family are gathering for it.

What main way is the story advanced? What new plot points are revealed?

Richard has been dropping hints that he wants their relationship to become more serious and committed but Eleanor wants to keep him at a distance

What conflicts/obstacles are presented in the scene?

Eleanor's wish to support her mother but from a distance vs mother's clinginess

Eleanor's love for Richard vs her fear that he would leave her if he knew about her risk of mental illness (especially because she is unsure whether he wants children)

Eleanor's desire for greater intimacy with Richard vs her wish to keep him at a distance

How does the POV character change or grow by the end of the scene?

Deeply saddened by the fact that she feels unable to open up about her father and her own risk of mental illness and that she must therefore effectively sacrifice any chance of a deep, honest relationship with Richard

Certain that he would also withdraw if he knew about her risk and so prefers to keep things superficial rather than risk losing him altogether

THE high moment or key info revealed in scene:

When Eleanor recalls the short letter sent to her by her previous boyfriend, ending the relationship with a limp excuse, after he had learned about her father.

Important backstory bits revealed in scene:

Eleanor hasn't told Richard that her father has schizophrenia and hasn't allowed Richard to meet her parents

Following a previous relationship breakup (caused by the fact that her then boyfriend of only a couple of weeks had got serious cold feet when he discovered her father was seriously mentally ill) she made a decision to keep her life in Birmingham and her life in London separate

World-building or specific setting/locale details brought out:

Cosy, elegant, and cultured atmosphere of Eleanor's flat, revealing a well rounded person. Lots of books on history, travel, and mountain climbing. Piano which she practices regularly despite not enjoying it out of loyalty to her mother, who likes to hear her play.

Locale: Italian restaurant, London

Time of day: 20:00

Time of year: December

Weather: light snow fall

How much time passed since previous scene with this character: one and a half hours

POV character for the scene: Eleanor

Scene Summary:

Sitting looking at the menus and Richard asks her to go with him to see his family (as she had feared).

Eleanor ends up getting angry and Richard is completely perplexed

Eleanor then tells him about her father and her risk of schizophrenia, realizing that she must now either be honest with him or end the relationship: she can't maintain the status quo anymore and any lack of honesty leaves her feeling deeply uncomfortable.

What main way is the story advanced? What new plot points are revealed?

Richard now aware of her background and possible risk of schizophrenia and is unsure how he feels about it. As he admits to Eleanor, the word "schizophrenia" frightens him a little.

What conflicts/obstacles are presented in the scene?

Eleanor's wish not to discuss her family

Richards attempts to bring them closer vs her attempts to keep them at a distance

Eleanor's inner distress that Richard must think she is weird, which is why she decides to tell him everything

Stress for the restaurant waiter, trying to take their order in between their intense arguing

Richard's uncertainty as to how to respond to her disclosure and Eleanor's fear that she has now driven him away

How does the POV character change or grow by the end of the scene?

Distressed about the effect of her family history of mental illness on her personal life and its possible future effects on her professional life (if she develops schizophrenia, her career will be over).

But relieved in a way that she has been honest now.

THE high moment or key info revealed in scene:

When Richard tries to reassure Eleanor that his family are "lovely" people (assuming that she is somehow just worried about them being unfriendly or unwelcoming) and Eleanor starts crying because she feels completely unable to let him meet hers and is guilty about/ashamed of how she feels, since she is by nature a very honest person and she loves her parents.

Important backstory bits revealed in scene:

Richard found it hard to start the relationship with Eleanor as he is very shy and feels awkward with women

Eleanor started the relationship with Richard precisely because he was shy and awkward (made her feel less defensive) but she now genuinely loves him.

They met through the climbing club (they are both "armchair" mountaineers who have never actually visited the places they love reading about.)

Richard's family is curious and excited about Eleanor, who is (very shy) Richard's first serious girlfriend

World-building or specific setting/locale details brought out:

Candle lit restaurant filled with intimate couples holding hand across their tables, while Eleanor first feels shut <u>off</u> from Richard because she finds it hard to be honest with him and then feels shut <u>out</u> by him because he is shocked at what she has told him.

Locale: café in Covent Garden, London

Time of day: 15:00

Time of year: December

Weather: snowing

How much time passed since previous scene with this character: 48 hours

POV character for the scene: Eleanor

Scene Summary:

Eleanor and her mother walk into café, exhausted after Christmas shopping in the West End.

Discuss various key issues

Eleanor periodically looking at her mobile phone to see if Richard has left a message

What main way is the story advanced? What new plot points are revealed?

Father behaving oddly again since the reduction in his medication and is now attending a day hospital twice a week for observation and to give her mother a rest

Mother struggling with the strain. Planning to go away to visits her sister for a long weekend in January and asks Eleanor to stay with her father in Birmingham while she is away.

Eleanor hasn't heard from Richard for two days.

What conflicts/obstacles are presented in the scene?

Eleanor's concern for her father and her mother's health vs her reluctance to see him/spend the weekend alone with her father

Eleanor's sense that her mother doesn't consider <u>her</u> needs, e.g. never asks about her personal life, and has no idea about the pain she has experienced with Richard.

Eleanor's sense of disappointment/pain that Richard hasn't been in contact.

How does the POV character change or grow by the end of the scene?

Worried at the prospect of staying with her father for the weekend in January.

THE high moment or key info revealed in scene:

When Eleanor turns cold at the thought of spending the weekend with her father in Birmingham (at the midpoint of the novel, Eleanor will arrive at the house as planned and find that her father has killed himself. She will experience a huge sense of guilt about her reluctance to spend time with him and her lack of understanding for how much <u>he</u> had suffered. Up until that point both she and her mother will have focused primarily on what <u>they</u> have suffered).

Important backstory bits revealed in scene:

Her mother's family won't talk about mental illness or Eleanor's father.

World-building or specific setting/locale details brought out:

Young opera singer is singing an aria in the middle of the concourse (as they often do in Covent Garden: need to choose one that fits the mood of the scene); civilized and elegant environment full of happy Xmas shoppers. Contrast with the madness described by her mother (father acting oddly again) which makes Eleanor shudder.

Locale: Neurology clinic, St Mary's Hospital, London

Time of day: 10:00

Time of year: December

Weather: dirty slushy snow, thaw weather

How much time passed since previous scene with this character: two days

POV character for the scene: Eleanor

Scene Summary:

Eleanor talking to one of the neurology consultants about her research project. He informs her that one of their research participants, a four year old child, has died.

What main way is the story advanced? What new plot points are revealed?

Indicates how important her research is to her, and how essential her research work is in terms of finding a treatment for the affected patients.

What conflicts/obstacles are presented in the scene?

Eleanor's frustration at the fact that her research doesn't translate immediately into benefits for patients.

Her dismay at the death of the child.

How does the POV character change or grow by the end of the scene?

Determined to fight to keep her research going and get tenure.

THE high moment or key info revealed in scene:

When she hears that the child is dead, after asking hopefully whether the child's recent admission to hospital ended well.

Important backstory bits revealed in scene:

Eleanor had been intensely interested in this child's welfare.

Eleanor has an excellent relationship with the neurology team.

World-building or specific setting/locale details brought out:

Clinical atmosphere of the University Hospital neurology clinic: offers the promise of state-of-the-art treatment and yet it couldn't help the child survive due to a lack of knowledge about how to treat it *(foreshadows her later change in attitude towards psychiatry research).*

Act 1 Scene 12 First Plot Point

Locale: McMahon's new office, Institute of Medical Genetics, London

Time of day: 10:00 Time of year: December Weather: cold, grey How much time passed since previous scene with this character: POV character for the scene: Eleanor Scene Summary:

McMahon has summoned Eleanor to his office to inform her that the European Union has cut off her research funding due to budget cuts.

He smugly offers her the chance to help Alex Martin at St Gilbert's come up with some publications and thus ensure continued funding for the *Predictive Markers* consortium. Makes it clear that success with Martin represents her only chance of obtaining tenure (it is equally clear to Eleanor that he doesn't believe it is at all possible for them to succeed).

As she leaves the office, Franciscka sidles in with a smug look of triumph on her face.

What main way is the story advanced? What new plot points are revealed?

Eleanor's major source of research funding now cut off.

To continue her research and have any chance of tenure she must agree to help the *Predictive Marker* research consortium by assisting Alex Martin.

Lack of success at St Gilbert's will effectively end her chances of tenure.

What conflicts/obstacles are presented in the scene?

Eleanor's revulsion at the idea of working with the psychiatrists and at St Gilbert's

Eleanor's distrust of McMahon's motives in sending her there

Her enormous doubts as to whether anything can be achieved at St Gilbert's vs her absolute determination to get tenure

How does the POV character change or grow by the end of the scene?

Grim resignation and firm determination to kick Martin's team into shape and return to the Institute asap

THE high moment or key info revealed in scene:

When Eleanor realizes she must agree to go to St Gilbert's even though she knows that McMahon has agreed to help Martin in order to get rid of her.

Important backstory bits revealed in scene:

Alex Martin is not happy at all about the idea of Eleanor's involvement

St Gilbert's hospital is in a very run down part of London and is a "dump", where you can't even leave your car safely parked while at work.

Martin's research team is considered hopelessly second rate.

World-building or specific setting/locale details brought out:

McMahon's office was previously that of Professor Pearson's, where Eleanor spent many a happy hour with her mentor. Professor Pearson's familiar things now gone and McMahon has started unpacking his stuff instead. Sense of invasion, take-over, transition: things will never be as they used to be. Sense of caring for the welfare of patients has evaporated.