

COOL, CALM, AND PHLEGMATIC

#FILM #STORYTELLING

THE BRIEF

This project follows Anita, a girl hollowed out by a mental disorder that completely strips her of emotion. Left cold and unbothered, her deep apathy triggers a chain reaction of chaos around her, leaving us to wonder if her innocence is genuine, or if something more calculating hides beneath the surface. Created as a short exam film for the Theaterhavo/vwo film program, Koel, kalm en flegmatisch (Cool, Calm, and Phlegmatic) explores the unsettling boundary between true psychological numbness and quiet malice.

THE PROCESS

Translating absolute emptiness onto the screen meant leaning heavily into atmosphere and subtext rather than explosive action. The creative hurdle was making Anita's total lack of feeling feel active and dangerous, rather than just blank. Through a deliberate choice of sterile framing, lingering shots, and a calculated pacing, the film builds tension entirely out of what isn't being said. We structured the narrative to keep the audience guessing, balancing her detached body language against the mounting trouble in her wake to drop subtle, poetic clues about her true intentions.

THE OUTCOME

Ultimately, the film serves as a chilling study of human detachment and the quiet disruptions it leaves behind. Koel, kalm en flegmatisch proved that silence and a lack of emotion can be far more suspenseful than outward drama. The project wasn't a masterpiece, but it helped me grow my writing abilities, practice as a director and overall film skills.

[HTTPS://YOUTU.BE/L1XSIF4G7RC](https://youtu.be/L1XSIF4G7RC)

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