Audio Feature Script - The Unspoken Battle

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LEAD IN: The Unspoken Battle gives an insight into the mental challenges students with anxiety endure in their college experience. Knowing how hindering and how overwhelming it can be to even explain, Farah Hosni dedicates this audio piece to display those feelings. But, this is not at all a sad story. If anything, it also shows the positive ways anxiety can shape one’s personality in an effort to help someone out there going through a similar experience.

*MUSIC: Luwaks - “Below Horizon” FADES IN THE BACKGROUND*

No matter how much I tried to express how it makes me feel and think ... the countless traumatic experiences that I’ve been through … all the therapy sessions I’ve had, the medications I’m on, I never seemed to be getting closer to finding a solid solution to my anxiety, or even a middle ground for my mental state.

So, I’m currently on the search for a little more clarity.

*MUSIC: Luwaks - “Below Horizon” FADES OUT*

Mahmoud Ashraf, who graduated college seven years ago and is currently working in the real estate sector, talks about how anxiety made him feel.

*MUSIC: R.A.D - “Lose” FADES IN THE BACKGROUND*

*MAHMOUD ASHRAF (MA): “It made me feel depressed. It made me feel like I'm not worth living, you know.” (0:38 - 0:44)*

I know, sometimes it gets to the point where you feel like there is no way out of it, and then this excruciating feeling of hopelessness kicks in, and you just fall down that rabbit hole of negative emotions.

MUSIC: R.A.D - “Lose” FADES OUT

*MA: “My hands like literally shaking all the time. Um... I was every, every couple of days I go when I go to the hospital like there's something wrong with me. I can't breathe, I can't, I have like a very strange headache. And I check everything I'm fine. Nothing was wrong with me.” (1:01 - 1:23)*

*MUSIC: Luwaks - “Below Horizon” FADES IN THE BACKGROUND*

And that’s how I felt throughout most of my college experience,

*MUSIC: Luwaks - “Below Horizon” FADES OUT*

precisely speaking in a class setting,

*SFX: CLASSROOM NOISE (1:32 - 1:37)*

and I’m not just talking about giving a presentation because a lot of people panic during presentations;

*SFX: HEAVY BREATHING (Somewhere Then by GEMINII) (1:40 - 1:51)*

I’m talking about even opening my mouth in class. I was terrified. It was a fight or flight response, and let me give the definition of what that is; it’s a physiological reaction that occurs in response to a perceived threat to one’s survival.

*MUSIC: R.A.D - “Lose” FADES IN THE BACKGROUND*

It got to the point where speaking was scary to me; I couldn’t breathe, my whole body used to shake, I could not physically speak.

*MUSIC: R.A.D - “Lose” FADES OUT*

*SFX: DRUM BEATS (Lose by R.A.D) (2:14 - 2:19)*

*MA: “Sometimes I couldn't breathe a word at exams. I’ll tell you like ... I went to the hospital like 14 days because I didn't know what what is wrong with me. I couldn't eat. I couldn't deal with friends, studying, family…Uh….*

*MUSIC: R.A.D - “Lose” FADES IN THE BACKGROUND*

*actually, I was very lost. I was very emotional. It's very strange because I'm not. I'm not a very emotional person. I was very emotional.” (2:17 - 2:53)*

In the US alone, 57.7% of undergraduate students reported feeling overwhelming anxiety in the past year.

*MUSIC: R.A.D - “Lose” FADES OUT*

Now let's get more scientific, shall we?

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES IN THE BACKGROUND*

*DR. AMAL BADEEB (AB): “If you're anxious for some time, or you, you're getting ready for exams, and you're stressed and have some heart palpitations,*

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES OUT*

*this is of course, is anxiety, symptomatic anxiety but not necessarily a disorder unless it fulfills a set, a specific time and a whole set of criteria, symptoms.” (3:12 - 3:35)*

That was Dr. Amal Badeeb, a senior counselor at The American University in Cairo,

*MUSIC: R.A.D - “Lose” FADES IN THE BACKGROUND*

as she briefly explained the diagnosis of an anxiety disorder.

*AB: “There is a cycle in an anxiety of patterns and behaviors and, and physical manifestations. If I have, if I fear something, and it, it gets exhibited physically and behaviorally, and my thoughts totally incline that*

*MUSIC: R.A.D - “Lose” FADES OUT*

*this is fearful, that this is challenging, I am not up to this, and this will ultimately affect my behavior again.” (3:45 - 4:09)*

*MUSIC: Hallman - “Endless Dawn” FADES IN THE BACKGROUND*

Sometimes stress isn’t just stress. Persistent, excessive, and unrealistic worry is what stress is for someone with anxiety.

*MUSIC: Hallman - “Endless Dawn” FADES OUT*

*(MA): “People don’t get it; they don’t really get that…Um…*

*MUSIC: Luwaks - “Below Horizon” FADES IN THE BACKGROUND*

*cause being or having this is very hard.” (4:22 - 4:29)*

People don’t get it because it's hard to express. It’s what I call ‘The Unspoken Battle’.

*MUSIC: Luwaks - “Below Horizon” FADES OUT*

*(MA): “I guess after reading a lot*

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES IN THE BACKGROUND*

*and after, after thinking about this stuff, I guess it helped me like to relax and to accept anxiety. Accept it, breathe, and do whatever. I know it’s gonna, it’s not gonna, it’s not gonna last. And focus on you.” (4:42 - 5:00)*

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES OUT*

Yes, focus on yourself and prioritize your mental health. You know, people think I have it together. But,

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES IN THE BACKGROUND*

my college experience was quite the journey.

And will there be more difficult times? Of course there will be; that’s just how life is. But overwhelmingly, things will be manageable. And for me ... all that matters is that I'm determined not to have anxiety control my life because I've gained the strength and the confidence to conquer it.

*MUSIC: Deanz - “Don’t Wanna Talk about It” (Instrumental Version) FADES OUT*

*MUSIC: Luwaks - “Below Horizon” FADES IN THE BACKGROUND*

This audio feature was produced by Farah Hosni for the Audio Production course at The

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*MUSIC: Luwaks - “Below Horizon” FADES OUT*