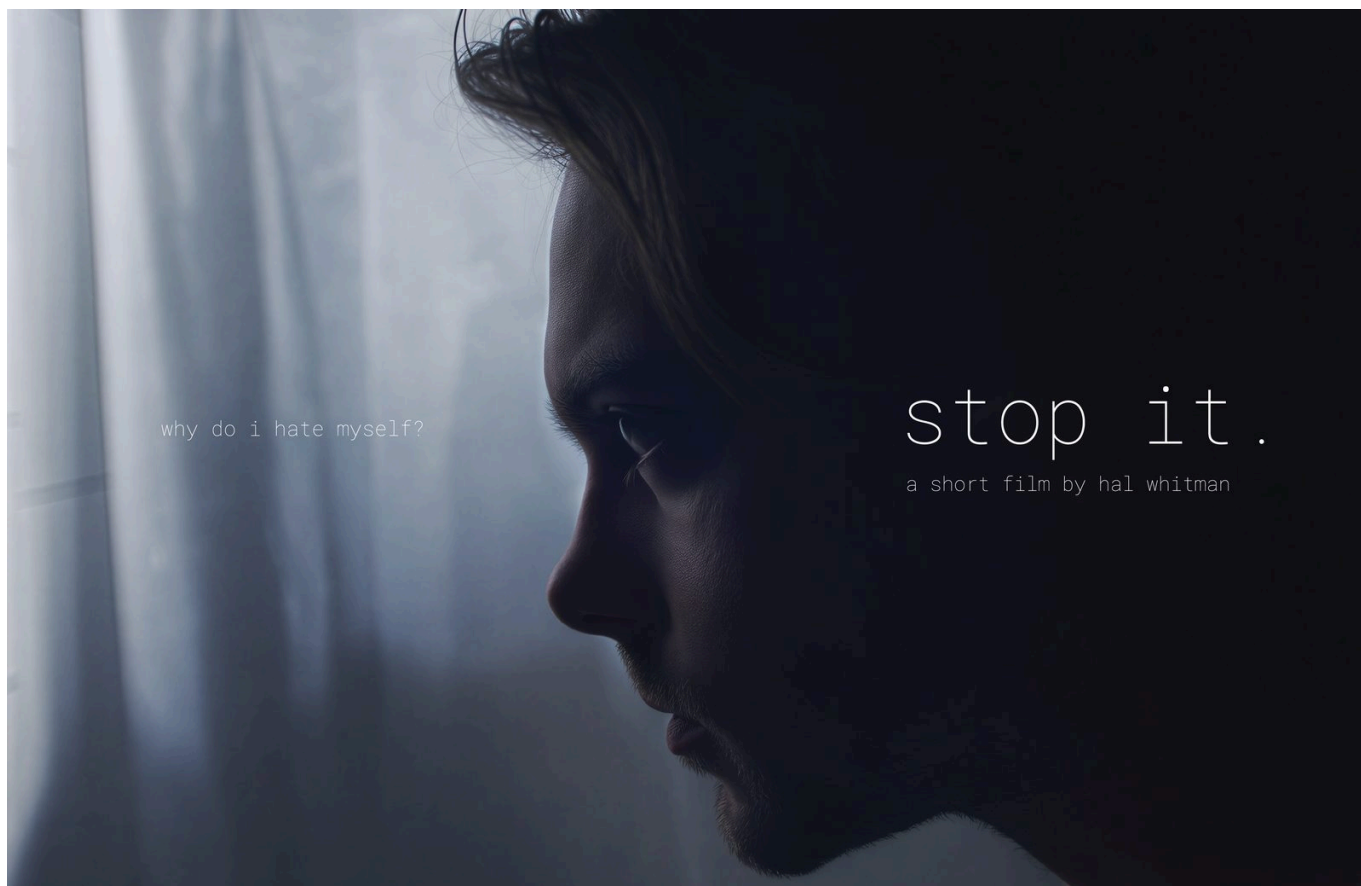




why do i hate myself?

stop it.

a short film by hal whitman

press kit · 2026

iv@esque.design

// logline

An anxious young man relives the same day until the self-help voices in his head turn into a montage he cannot switch off.

// synopsis

An anxious young man’s day keeps repeating. However, he is unaware that his brain triggers a montage of repeating self-help madness.

Each pass through the day tightens. The faces around him, in a bar, at a window, on a street, begin to carry the same expression, and the advice speeds up to meet them. The film holds on those faces long enough for the resemblance to become uncomfortable. What the loop is for, and whether it ends, is settled in the last minute.

// technical

year	2026
runtime	11 min
aspect ratio	1.90:1
shooting format	digital, 4K
sound	5.1
language	English
country	USA
exhibition	DCP, ProRes 422 HQ, H.264

// cast

Ali Galvin	Liz
Mary Holland	Katie
Thomas Long	Chris
Claire Smith	Caroline
Jessica Wang	Erica
Hal Whitman	himself

// crew

written and directed by	hal whitman
produced by	to be confirmed
director of photography	to be confirmed
editor	to be confirmed
sound design	to be confirmed
music	to be confirmed

// production notes

stop it. was shot over three days in Los Angeles, with a cast of six. It runs 11 min.

[production notes. 300 words. method rather than intention: how it was shot, what was decided on the day, what changed, what was cut.]

[locations, camera and lenses, colour and post, and any supporting fund or lab.]

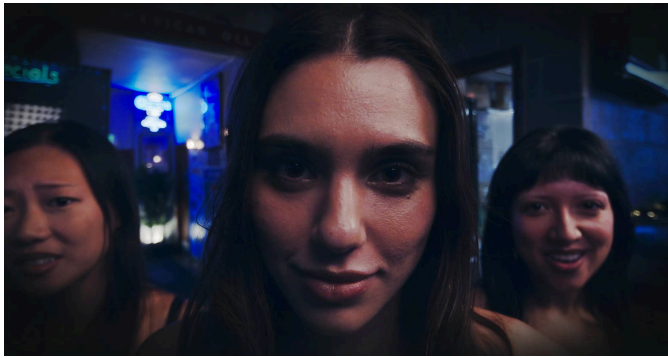
// director

Hal Whitman is a writer and director working in short-form narrative, based in Los Angeles. His films are built around a small cast and a single interior pressure, shot close and cut so the audience arrives at a feeling slightly before it arrives at the explanation. stop it. is his most recent short.

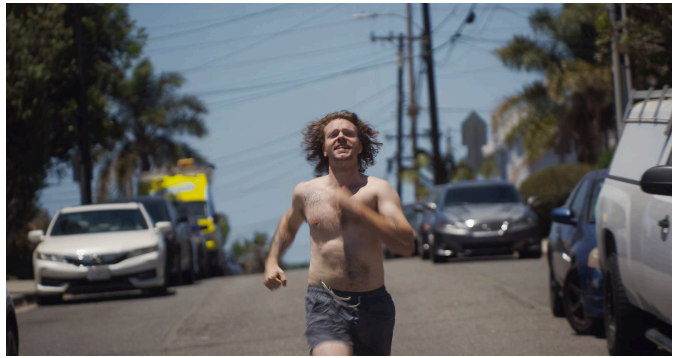
// for editors

Stills are cleared for editorial use with the credit "stop it. (2026), dir. hal whitman". Do not crop the key art. High resolution masters on request.

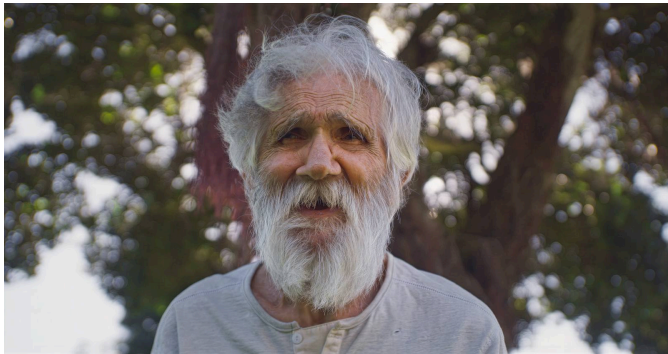
// stills



still, the bar



still, the run, wide



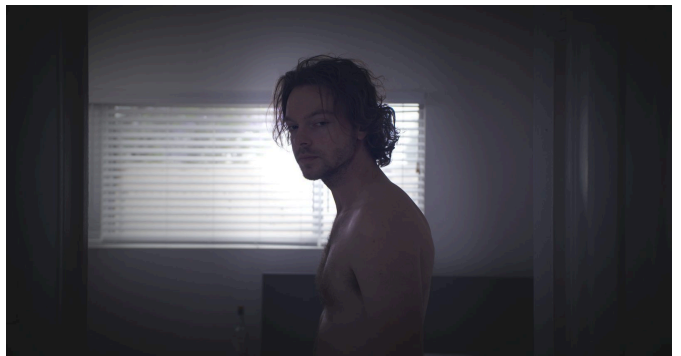
still, the old man



still, bedroom



still, the run, close



still, window