

I HAVE NO F\*CKING IDEA  
WHAT I'M GONNA DO

CINEMA OF ANXIETY

CUFA FILM CLUB WEEK 3



# I HAD A PLAN...I HAD A PLAN....

Movies are often considered a form of escapism, a way to forget the hassles and anxieties of everyday life. But what happens when a movie relishes, rather than rejects, the concepts of tension, fear, and frustration? You get cinema of anxiety!

The core of these types of films is speed and escalation: most of these movies involve protagonists who make mistake after mistake, the consequences growing after every choice they make. Often these films are intimate and almost claustrophobic, the visuals and writing alike focusing exclusively and intensely on one character.

If there is any reward for the audience after watching cinema of anxiety, it is that they can say: Well at least that's not me.

## NOW ON TO THE FEATURED MOVIES!



# GOOD TIME

*Year Released: 2017*

*Directed by: Josh & Benny Safdie*

*Country of Origin: USA*

*Available on: Netflix*

*Running Time: 102 min*

*CW: sexual content, violence, depiction of suicide, drug use, abuse, child grooming*

*After a failed bank robbery lands his younger brother in prison, Connie Nikas embarks on a twisted odyssey through New York City's underworld to get his brother Nick out of jail.*

*Bursting with frenetic energy, hypnotic neon lighting, and a tightly woven script, Good Time is the Safdie Brothers at their finest. Exploring their native NYC with an eye towards the people so often overlooked, Josh and Benny create a NYC underworld that is filled with stories and characters both terrible and sympathetic. But amidst all these people it is undeniably Robert Pattinson who steals the show with a career-best performance, disappearing into the role of the sleazy, fast-talking Connie, delivering a character who the audience can't help but root for even as they wince at his every decision.*

# SHIVA BABY

*Year Released: 2020*

*Directed by: Emma Seligman*

*Country of Origin: USA*

*Available on: Amazon Prime*

*Running Time: 78 min*

*CW:*

*Danielle attends a family shiva where she is accosted by her relatives, outshined by her ex-girlfriend, and comes face-to-face with her sugar daddy and his family.*

*With her feature film debut Shiva Baby Emma Seligman burst onto the filmmaking scene with a maturity and skill often unseen in young filmmakers. Shiva Baby illustrates Seligman's ability to craft a tightly woven story filled with moving parts. Unlike the other films in this week's lineup, Shiva Baby is rooted in the seemingly mundane and universal – the communal mourning of a deceased family member – but quickly spirals into increasingly chaotic and frantic excesses.*

# DOG DAY AFTERNOON

*Year Released: 1975*

*Directed by: Sidney Lumet*

*Country of Origin: USA*

*Available on: YouTube, Amazon Prime*

*Running Time: 125 min*

*CW: Kidnapping, violence, transphobia,*

*Two criminals attempt a bank robbery which quickly escalates into a hostage situation and stand-off with the police. As tensions rise and the authorities close in, the two men's motives and growing panic are revealed.*

*A masterclass in tension, Sidney Lumet's Dog Day Afternoon is, like all the other films in this category, paradoxically fast paced and frantic while also an intimate character study of its protagonist. Al Pacino delivers a performance that slowly peels back the layers of his complicated character. The film's treatment of its gay and transgender characters is also notable, as it offers a (for its time) relatively sympathetic portrayal that indicates the desperation and suffering of marginalised people. Ultimately, with its sharp, even humorous script and increasingly claustrophobic, hand-held cinematography, Dog Day Afternoon remains a must watch nearly 50 years after its release.*

# MORE STUFF!

## OTHER FILMS TO CHECK OUT:

*A Man Escaped (1956, dir. Robert Bresson)*

*Thelma & Louise (1991, Ridley Scott)*

*Nightcrawler (2014, Dan Gilroy)*

*Uncut Gems (2019, dir. Josh & Benny Safdie)*

*Zola (2020, Janicza Bravo)*