

# I Am Not OK with This Episode Guide

Episodes 001-007

Last episode aired Wednesday February 26, 2020





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# Contents

<b>Season 1</b>	<b>1</b>
1 Dear Diary...	3
2 The Master of One F**k	5
3 The Party's Over	7
4 Stan by Me	9
5 Another Day in Paradise	11
6 Like Father, Like Daughter	13
7 Deepest, Darkest Secret	15
 <b>Actor Appearances</b>	 <b>17</b>



# **Season One**



## Dear Diary...

Season 1  
Episode Number: 1  
Season Episode: 1

Originally aired: Wednesday February 26, 2020  
Writer: Jonathan Entwistle, Christy Hall  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Patricia Scanlon (Ms. Cappriotti), Eva Espey (Student), Brent Feitl (Homecoming Dancer), Kenny Joyce (High School Student), Robert Kwiatkowski (Police Officer Driver), James Lloyd (Bowler), Tiffany Sander McKenzie (Football Player Parent), Roger Petan (Football dad), Eric Sharpe (Diner Patron), Mike White (Football Player)  
Summary: When her best friend (and secret crush) hooks up with a crude jock, Syd seethes with anger — and her feelings boil over in startling ways.



At a dark night sky, a girl with a dress drenched with blood walks through an empty street with a face of shock. She held onto her war necklace. Her voiceover narrates a passage she has written in her diary, "Dear Diary....go f\*\*k yourself".

The episode cuts to the past, the gloomy girl walks out of her school bus and walks into the school. The voiceover introduces herself to the diary: Her name is Sydney "Syd" Novak, she's 17 years old, and she has a "boring" life. She moved into a rural town of Pennsylvania 2 years

ago with her family. Her family has moved into many places.

Syd is sent to counsellor, Ms. Cappriotti, for the fact that she keeps losing her temper, due to certain emotions over the suicide of her father 1 year ago. Ms. Cappriotti gives her a diary that she would need to write in, stating her feelings and actions for the next couple of days. Syd asks why she couldn't simply use her phone, Ms. Cappriotti calmly responds that the diary would be more therapeutic.

In science class, Mr. File teaches advance lessons on sexual intercourse, which prompts a popular jock, Bradley "Brad" Lewis, to tell a joke that makes the whole class laugh, except Syd, who despises him. She spends the rest of the day with her best friend, Dina. Her voiceover states that Dina was her first friend, who's also her secret crush. The two of them moved into town at around the same time. Dina was there to support Syd when her dad died.

They went to Fiddle's Diner, a diner that Syd's mother works at as a chef. Dina tells her that she is dating Brad, going with him to homecoming, and that they already had sex. Despite Dina describing Brad as a nice guy, Syd believes that he's just attracted to her appearance. When Brad comes to the diner and sits next to Dina, Syd is mentally disgusted by their relationship. When Dina leaves to order food, Brad attempts to make conversation with Syd, and is amused by her angry expression. When Dina returns, Syd's anger boils, and accidentally makes Brad's nose bleed through telepathy.

While walking back home, she tries to convince herself to be okay with Dina and Brad's relationship. She comes across her quirky teenage neighbour, Stanley "Stan" Barber, who she

describes as a "master of zero f\*\*ks". They both walk back to the Novak house together, with Stan not wearing shoes. He invites her to come to his house to hangout, listen to a band named "Bloodwitch" (a name that Syd calls terrible), and get high on marijuana.

At home, Syd is shown to have a sour relationship with her mom, Maggie Miller, contrast to their relationship before her dad's death. She sarcastically thanks her mom for saying that she needs to take extra time in work. Maggie asks her if she has seen her stockings, which causes Syd to reply that she washed them while they were drying. Maggie leaves and instructs Syd to watch over her little brother, Liam. Syd has a positive relationship with Liam, as they sit and talk about working hard. Syd makes a joke that one day Liam will work hard enough to pay for her funeral, further showing her gloom.

Liam shows her a drawing of an armour he thinks he can use to protect himself against a young bully named Richard Rynard. After shopping, Syd and Liam sit outside the store, and Syd starts joking around how she would murder Richard. In her bathroom, she finds some zits on her thighs and gets annoyed by the dripping of water from the bathtub tap, which provokes her to use her powers to stop the dripping. She believes it to be puberty.

At night, Stan sends Syd a Bloodwitch song that she lightly danced off to. Sometimes during bedtime, Syd wants to touch herself but she can't put her mind to it. So she goes downstairs to watch some TV while eating peanut butter. Maggie sits next to her after a drink of wine. They haven't talked about Syd's dad eversince his death, it's something that they're all afraid to talk about, trying to avoid the sorrow. Syd tells Maggie that sometimes she feels like that the people she loves don't love her back, and Maggie coldly responds "Maybe your aiming to high".

Stricken by those words, Syd runs back to her room and slides against the wall, pondering that her dad would've understood. She starts painfully thinking about multiple insecurities at once: why he would've killed himself, the fact that Dina is dating Brad, and why does she feel like she's boiling inside. These insecurities cause her to telekinetically crack the wall behind her.



# The Master of One F\*\*k

Season 1  
Episode Number: 2  
Season Episode: 2

Originally aired: Wednesday February 26, 2020  
Writer: Christy Hall  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Shay Guthrie (Cashier), Shari Neumann Dodge (Football Parent), Joe Fishel (High School Football Referee), Kenny Joyce (High School Student / Football Fan), Jordan Rhone (Football Fan), Frank Wilson (Football Fan)  
Summary: After Dina ditches her for Brad, Syd spends the afternoon with Stan — and learns there's more to him than she thought.



With Dina having a boyfriend, it means the time she formerly spent with Sydney is being reallocated. Which, as you can imagine, makes Sydney feel abandoned. Heck, to keep up with Dina, she even decides to talk to a boy, or at least reciprocate conversation.

Stanley, the young man who likes to walk around barefoot, works at a bowling alley, and sells weed, he has an interest in Sydney. Why? Well, because she isn't boring, she's different, and he likes different. And, you know, despite thinking

he is weird, with him revealing himself as someone funny, and willing to leave work to help her grocery shop, he comes off cool, even as someone Sydney could like.

However, then her power flairs up, and she has a moment. One that she thought would scare off Stanley, but that just brings him closer to her. And after smoking some weed together, revealing their pimples and acne, and ending up half undressed, the two make out.



## The Party's Over

Season 1  
Episode Number: 3  
Season Episode: 3

Originally aired: Wednesday February 26, 2020  
Writer: Liz Elverenli  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Sophia Tatum (Jenny Tuffield), Jackson Frazer (Richard Rynard), Erica Renae Balon (Party Attendee), Michael Lineman (Student), Tatyana Richaud (Bloodwitch Singer)  
Summary: Memories of her dad send Syd to a dark place. At a party, Dina finds herself torn between Syd and Brad, and Stan asks Syd a question.



So, Sydney and Stanley didn't just kiss, but apparently, they had sex. Yeah, it went that far and honestly, Sydney isn't into it. Stan is cool and all but, it was awkward. But, one of the pluses of revealing this to Dina is it makes her super guilty and pushes her to schedule some Sydney time.

But, before that glory, Maggie, in a rather rude way, pushes Sydney to take Liam home and on their way they meet Liam's bully: Richard. Someone who pisses Sydney off to the point of wanting to use her unstable powers on him, but she doesn't get herself riled up enough to do so. However, while in the basement, where her father killed herself, she does get angry enough to kill Liam's hedgehog.

Unfortunately for Sydney, her one on one time with Dina is at a party that Brad eventually shows up at. But, before that, the two were dancing, Sydney had one less layer of clothing than she usually had, and seemingly was having a good ole time.

Heck, considering Brad dumped Dina, for reasons not dived into, it seemed like a semi-perfect night. At least until Sydney kisses Dina and, softly, is rejected.

Leaving Stanley. Sydney doesn't like him romantically but doesn't want to be mean to him since he is nice. So, despite wanting to harshly reject him, she accepts his invitation to homecoming. Which, all things considered, even if just as friends, could be good for her. Especially after Dina's rejection for it amplifies her powers to the point of knocking over fully grown trees.



## Stan by Me

Season 1  
Episode Number: 4  
Season Episode: 4

Originally aired: Wednesday February 26, 2020  
Writer: Tripper Clancy  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Sophia Tatum (Jenny Tuffled), Mark Colson (Stanley Barber's Dad), Miranda Beaudry (Student), Michael Lineman (Student)  
Summary: After fighting with her mom, Syd struggles to avoid a meltdown at school. Later, Stan appoints himself Syd's mentor.



Being that Sydney is Stanley's first, in terms of sex, maybe also love, he wants to prep to ask her to homecoming for it is a big moment for them. It will make them having sex more than a hookup because she was lonely or bored. However, with Stan's dad back, it taints things going to ask Sydney to the dance, and after he messes up his dad's car, it leads to a black eye.

When it comes to the kiss with Dina and Stanley seeing Sydney use her powers, neither are topics Sydney wants to

talk about. Dina's rejection is what caused her flair up and as for Stanley? Well, honestly, he is a little too close for comfort, and Sydney has no idea how to properly push him away. Especially since she just wants to shut him down romantically yet still maintain the friendship. After all, with Dina and Brad back together, and Sydney having very little interest in being a third wheel, Stanley isn't the worst alternative.

But beyond her friends, Sydney also has an issue with her mom. Someone who, honestly, is the one to take things to the next level when speaking with Sydney, but let's not pretend Sydney isn't a brat sometimes. Her mom is a waitress trying to make enough to support a house. And while, yeah, it isn't like Maggie has her family living in the suburbs or the city, it doesn't mean a mortgage, two kids, food, and so much more isn't likely kicking her ass. So her kid not wanting to help with her little brother, who is a sweetheart, would make anyone mad.

Though, from what it seems, even before the dad died Maggie and Sydney had issues. Mainly that Sydney never chose to build a relationship with her mom, and always chose her dad, stuck up for him, and kept up her rose-colored glasses for him. Thus making Maggie the bad person constantly, and she is sick of it. Not to the point of shattering Sydney's memories of her dad, but she does tilt those glasses and reminds Sydney that her dad wasn't who she pretends he was.

And thanks to all of that commotion, Liam tries to push Sydney to make peace. For with him being bullied at school, and no friends that we've been made aware of, all he has is his mother and sister. So, the last thing he'd want is for when Sydney gets old enough for college, her to leave, dramatically, and travel so far the only way Liam will know she is alive is by the seldom phone call.

After Dina wanting to talk, and Stanley trying to push Sydney to go in-depth about her powers, Sydney is ready to just isolate herself. But, thanks to Liam, she decides to seek out Stanley and

maybe test her abilities. However, the issue is, Sydney can't use her powers unless angry or embarrassed. So what does Stanley do? Well, with a girl who he saw ripped multiple trees out of the ground, he pushes her. He calls her ugly, says she is a loser, and when that isn't enough, he brings up her powers, her family, and then her dad. Thus leading to two bowling balls launching towards his direction and Sydney mad Stanley pushed her that far.

But, in the long run, that might be a good thing. At least considering someone, who can dematerialize, seems to know Sydney is worth watching.

## **Another Day in Paradise**

Season 1  
Episode Number: 5  
Season Episode: 5

Originally aired: Wednesday February 26, 2020  
Writer: Tripper Clancy  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Gregg Daniel (Mr. Whitaker), Sophia Tatum (Jenny Tuffield), David Bendena (Carl the Janitor), Jessica Jones (Dina's Friend), Amber Phares (Party Attendee)  
Summary: During a stint in detention, Brad offers Syd a truce, and an incident in the library leads to a high-stakes mission.



With Dina and Brad back together, she allows Brad to cheat on her test, and after getting caught, both get failing grades and detention. This pisses off Sydney so much she says something and gets detention. Then, to force Sydney to talk to him, Stanley causes a scene and joins them.

Leading to an awkward detention that Sydney is by no means enjoying and damn if Brad isn't the first one there and asking for a truce for Dina's sake. Which, without shaking hands, Sydney agrees to,

but not without reservations.

But, as their detention assignments are handed out, and the fresh out of rehab Jenny starts picking with everyone, Sydney walks away, and when she returns, she is trying to get Stanley's attention. Why? Well, there is a mess in the library caused by Sydney's powers, and a security camera caught it on video. With that happening, Sydney turns to Stanley to help since explaining what happened would be hard.

Which is the problem when the two realize Dina is needed. How to explain needing security camera footage without Dina having to see what is done? The answer: Just say the camera caught you and Stanley having sex. Which, while it raises an eyebrow, Dina goes along with the plan needed to get the flash drive that has the video.

And with hey loyalty proven, Sydney reveals, upon overhearing Brad cheating on Dina with Jenny, twice, that Dina has been cheated on. This leads to Brad trying to save face, thinly threaten Sydney, and Jenny dare to ask if Sydney and Stanley would like to chill. Even after she was an ass to them and seemed shameless about hooking up with Brad despite knowing he had a girlfriend.

So, what caused Syd's powers to react or just the whole library to be in disarray? Well, she can't say. All she knows is she felt like she was being watched, it made her anxious, and she reacted. And while Stanley isn't necessarily her favorite person, he helped despite how Sydney acted. So, while not what he may want, Stanley at least knows he is Sydney's go-to person when supernatural stuff goes down.





## Like Father, Like Daughter

Season 1  
Episode Number: 6  
Season Episode: 6

Originally aired: Wednesday February 26, 2020  
Writer: Christy Hall  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Patricia Scanlon (Ms. Cappriotti), Marisa Davila (Mercedes Callahan), Jackson Frazer (Richard Rynard), Morgan Kivlan (Girl #2), A'Nya Schofield (Girl #1), Katie Dunlap (Student), Jessica Jones (Dina's Friend), Amber Phares (Party Attendee)  
Summary: Syd worries she's being followed. Anxious and determined to get closure about her father's death, she searches the basement for answers.



Sydney telling Dina that Brad cheated on her ended their relationship, but it seems it isn't just them and Jenny who know about the affair. The whole school does, and with that, Brad is PISSED! So pissed he threatens Sydney to stay away, and she has to control herself from hurting Brad. Though, even with the ability to fend off Brad, trying to fend off Dina wondering what did happen in the library is much harder.

In fact, after keeping it secret, it seems the already hurt Dina decides she may need a break from Sydney. Which you know hurts Sydney's heart to no end.

And it also makes Stanley continue to pursue her annoying. But what do you expect? Stanley knows Sydney may have an interest in other people, but it isn't made clear whether Stanley is out of the running or whether Sydney doesn't like guys. The only thing that has been made clear is Sydney can be a bit hot and cold. So when she outright acts like an ass\*\*\*\*, Stanley finally decides to just move on to someone who might reciprocate his feelings.

Speaking of feelings, Liam is in his feelings since Sydney approaching Richard in episode 3 bites Liam in the butt. How? Well, while he is trying to ask some girl out, Richard beats him up and embarrasses him. All of which he blames on Sydney and with that, Sydney goes to a dark place. One that makes it so she needs to know what happened with her father since she is picking off friends and those closest to her left and right.

This leads to her finding a lockbox and, for the first time, having some realm of control over her powers. Thus unlocking the box and her and learn pieces of the truth. Of which includes army fatigues. But, the whole truth comes in the form of Maggie revealing, in the kindest way possible, Sydney's father was in the marines and suffered from PTSD. Not just because of what the US military usually does but because something strange was going on. The type of things Sydney is going through, and it seems the final straw for Sydney's dad was a huge explosion he caused that killed civilians, his unit, but left him alive. With that, his guilt weighed on him too much, and so he killed himself.

Oh, and Maggie notes Sydney's dad felt like he was being followed too. Which could explain Sydney's diary going missing for either Liam took it or this mystery figure. Though, who knows,

maybe Maggie found it and went to the basement out of fear Sydney would do just as her father did.

## Deepest, Darkest Secret

Season 1  
Episode Number: 7  
Season Episode: 7

Originally aired: Wednesday February 26, 2020  
Writer: Christy Hall, Jenna Westover  
Director: Jonathan Entwistle  
Show Stars: Sophia Lillis (Sydney Novak), Wyatt Oleff (Stanley Barber), Sofia Bryant (Dina), Kathleen Rose Perkins (Maggie Novak), Richard Ellis (Brad Lewis), David Theune (Mr. File), Zachary S. Williams (Ricky Berry), Aidan Wojtak-Hissong (Liam Novak)  
Guest Stars: Gregg Daniel (Mr. Whitaker), Justin Bees (Jeff / Homecoming King), Daniel Choi (Shirtless Guy), Mark Colson (Stanley Barber's Dad), Marisa Davila (Mercedes Callahan), Brielle Brown (Dina's New Best Friend), Jessica Jones (Dina's Friend), Morgan Kivlan (Girl #2), Johnna Leary (Homecoming Dancer), Michael Lineman (Student), Jake Moon (Teenager), Jordan Rhone (Robot Dancer), A'Nya Schofield (Girl #1)  
Summary: Armed with new insight about her dad, Syd vows to stay positive as she goes to the homecoming dance.



You know what you do with information telling you your dad had powers, and what he did led him to such a deep depression that he killed himself? Well, you put a smile on your face and break generational curses! That's what Sydney does in putting that frown upside down! She wakes up early to fix breakfast for Liam, who forgives her and even takes this positive attitude to school. Which, for Dina, means those two reconciling and talking about everything but the kiss. Though it is brought up going to homecoming to-

gether and Syd having to bring her A-game.

Which she does, to some surprise, and this leads to Dina not only being impressed but happy to know Sydney can be girly, from the ankles up, when the situation calls for it. However, she isn't going to wear heels when she has her comfortable shoes. I mean, Sydney will only take it so far.

Now, as for Stanley? Well, he comes with his date, but with his weird not meshing with her, she leaves him at the dance. Thus opening an opportunity for Sydney to talk to him, and while she makes it clear she doesn't have a romantic interest in him, she does make it clear she sincerely likes him as a friend. And with that out of the way, it seems karma rewards Syd by Dina revealing she might be open to exploring something more than friendship with Sydney.

But then Brad shows up. He gets drunk, gets on the microphone, and no adult takes it, or cuts off the mic as he goes on a rant against Sydney. One which outs her love for Dina, her issues, and everything else she wrote in the diary Brad stole. However, before he can reveal Sydney's powers, she makes his head explode. Leaving many covered in his blood and Sydney running to the water tower. A place where a mysterious figure greets her and seemingly is ready to take on being her true mentor.



# Actor Appearances

## B

Erica Renae Balon .....	1
<b>0103</b> (Party Attendee)	
Miranda Beaudry .....	1
<b>0104</b> (Student)	
Justin Bees .....	1
<b>0107</b> (Jeff / Homecoming King)	
David Bendena .....	1
<b>0105</b> (Carl the Janitor)	
Brielle Brown .....	1
<b>0107</b> (Dina's New Best Friend)	

## C

Daniel Choi .....	1
<b>0107</b> (Shirtless Guy)	
Mark Colson .....	2
<b>0104</b> (Stanley Barber's Dad); <b>0107</b> (Stanley Barber's Dad)	

## D

Gregg Daniel .....	2
<b>0105</b> (Mr. Whitaker); <b>0107</b> (Mr. Whitaker)	
Marisa Davila .....	2
<b>0106</b> (Mercedes Callahan); <b>0107</b> (Mercedes Callahan)	
Shari Neumann Dodge .....	1
<b>0102</b> (Football Parent)	
Katie Dunlap .....	1
<b>0106</b> (Student)	

## E

Eva Espey .....	1
<b>0101</b> (Student)	

## F

Brent Feitl .....	1
<b>0101</b> (Homecoming Dancer)	
Joe Fishel .....	1
<b>0102</b> (High School Football Referee)	
Jackson Frazer .....	2
<b>0103</b> (Richard Rynard); <b>0106</b> (Richard Rynard)	

## G

Shay Guthrie .....	1
<b>0102</b> (Cashier)	

## J

Jessica Jones .....	3
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**0105** (Dina's Friend); **0106** (Dina's Friend); **0107** (Dina's Friend)

Kenny Joyce .....	2
<b>0101</b> (High School Student); <b>0102</b> (High School Student / Football Fan)	

## K

Morgan Kivlan .....	2
<b>0106</b> (Girl #2); <b>0107</b> (Girl #2)	
Robert Kwiatkowski .....	1
<b>0101</b> (Police Officer Driver)	

## L

Johnna Leary .....	1
<b>0107</b> (Homecoming Dancer)	
Michael Lineman .....	3
<b>0103</b> (Student); <b>0104</b> (Student); <b>0107</b> (Student)	
James Lloyd .....	1
<b>0101</b> (Bowler)	

## M

Tiffany Sander McKenzie .....	1
<b>0101</b> (Football Player Parent)	
Jake Moon .....	1
<b>0107</b> (Teenager)	

## P

Roger Petan .....	1
<b>0101</b> (Football dad)	
Amber Phares .....	2
<b>0105</b> (Party Attendee); <b>0106</b> (Party Attendee)	

## R

Jordan Rhone .....	2
<b>0102</b> (Football Fan); <b>0107</b> (Robot Dancer)	
Tatyana Richaud .....	1
<b>0103</b> (Bloodwitch Singer)	

## S

Patricia Scanlon .....	2
<b>0101</b> (Ms. Cappriotti); <b>0106</b> (Ms. Cappriotti)	
A'Nya Schofield .....	2
<b>0106</b> (Girl #1); <b>0107</b> (Girl #1)	
Eric Sharpe .....	1
<b>0101</b> (Diner Patron)	

## T

Sophia Tatum .....	3
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0103 (Jenny Tuffield); 0104 (Jenny Tuffield); 0105  
(Jenny Tuffield)

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W

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Mike White .....	1
0101 (Football Player)	
Frank Wilson .....	1
0102 (Football Fan)	