WHY I MADE THIS EDIT

The Lies People Tell Themselves

ABOUT THE VIDEO

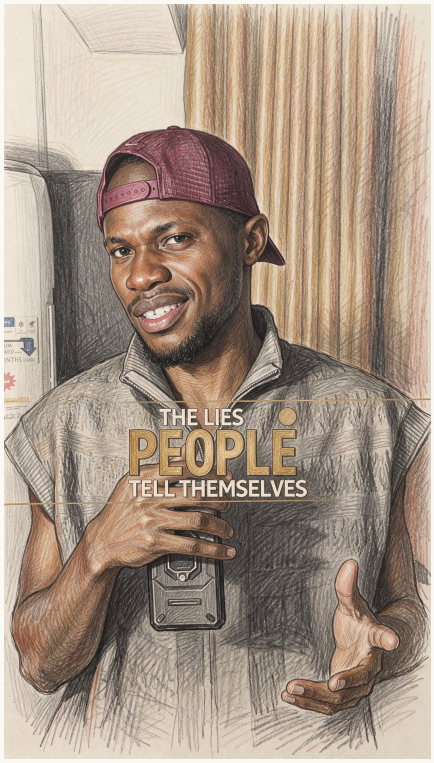
I created this video around a question I wanted to explore: are we all hypocrites, or is resentment part of human nature? I build the idea through a promotion and work example, then leave the ending on a contrast between someone working and someone idle.

INSPIRATION

I wanted to examine the gap between judging resentment or hypocrisy in others and recognizing those reactions as part of human nature.

CREATIVE CHOICES

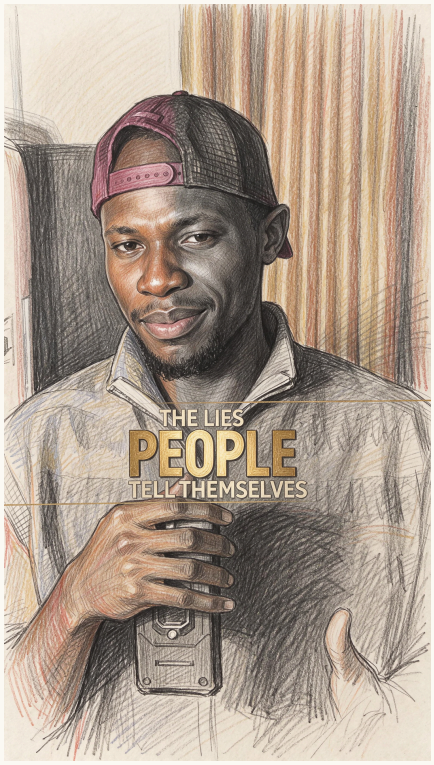
I keep the speaker bright against the darker setting, split saturated and desaturated treatment at the opening, and carry a consistent text style across the humanity, promotion, and work examples.



00:01

A person in a backward cap holds a microphone in a dark indoor setting. Centered text reads “THE LIES PEOPLE TELL THEMSELVES,” with thin horizontal lines above and below it.

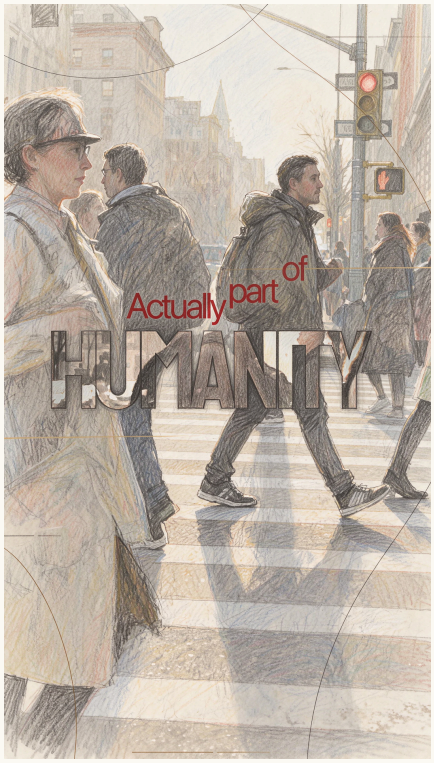
I use the opening question—“Are we all hypocrites? Or is resentment actually part of humanity?”—to establish the idea behind the video.



00:02.25

The person and centered title remain on screen. The image is split vertically: the left side is saturated, the right side is darker and desaturated, and a bright diagonal shine crosses the face; a small bright spot is near the right shoulder.

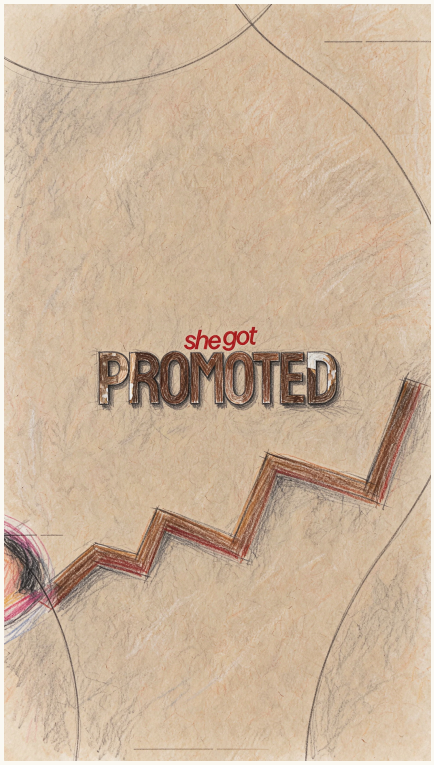
When “hypocrites” is spoken, I split the image. The darker, desaturated side represents hypocrisy and double standards; the saturated side represents normalcy. The shine reinforces the idea that people can be hypocritical by nature.



00:03.50

A textured beige background shows faint pedestrians behind large text. The words read “Actually part of” above “HUMANITY.”

I show pedestrians in the background as “HUMANITY” appears, connecting the idea to people generally.



00:10

A textured beige background contains “she got” above the large word “PROMOTED.” A blurred red progression-ladder graphic rises diagonally behind the text.

I use the progression ladder to show that she got promoted.



00:22

A faded image of a person writing with a pencil at a desk fills the background. Centered text reads “good” above the large word “ENOUGH.”

I keep the text treatment consistent while footage of her working sits behind it, illustrating the assumption that someone is not good enough if they do not work enough.



00:28

A central rounded frame shows a person holding a microphone, with “everything?” across its lower part. Outside it, one seated person works at a laptop on the left and another seated person is on the right; the sections are warm dark red and orange.

I bring myself into the middle of a working person and an idle person to ask whether hard work is everything, leaving the contrast behind the video’s conclusion.
