

The Panic Inside



Basic information

Title	The Panic Inside
Year	2026
Language	English
Subtitles	English Subtitles
Running time	08:33
Techniques	2D computer, 3D computer, Realfilm
Log line	How does a chronic people-pleaser, who struggles to say no to his friends' constant requests, finally learn to set boundaries, confidently say no, and reclaim his personal freedom?
Synopsis	Jacob, a relentless people-pleaser, keeps saying yes until the pressure pushes him into a panic attack that pulls him into a higher realm. There, Theo, a dark being who always repairs the damage stress does to Jacob's body, forces him to heal himself from within. He struggles, until Theo finally steps in to help him. After healing his body, Jacob realizes Theo is exhausted too and that they share the same struggle. Back home, as the walls and ceiling collapse and rain pours in, Jacob finally says no to a favor. His phone dies from the water, but he keeps smiling, finally feeling free.
Category	Animated Film
Genre	Fantasy Film, Tragicomedy
Type	Graduate film

Credits

Director	Matthias Strasser
Screenplay	Matthias Strasser
Producer	Sabina Stöckler
Film Music	Leon Maximilian Brueckner
Sound Design	Lukas Huber
Animation Lead	Elisabeth Caesar, Melanie Schnaidt
Animation	Matthias Strasser
Production Company	Filmakademie Baden-Württemberg GmbH

Misc

Aspect ratio 16:9 (1.78)

Audio Format Stereo, 5.1, 7.1

Contact of production company/school

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