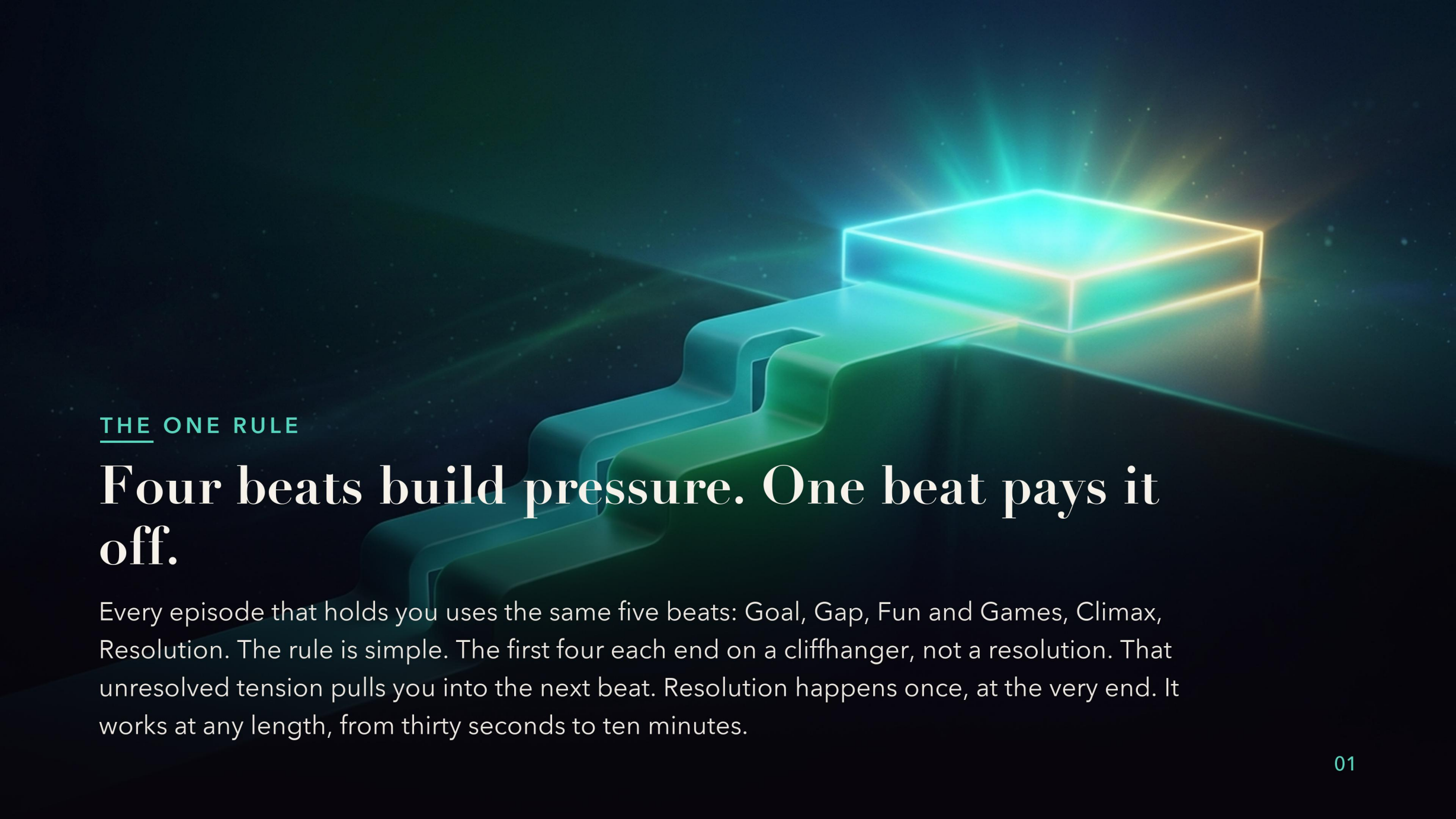


A REALITY SHOW STORY

# The Binge Loop

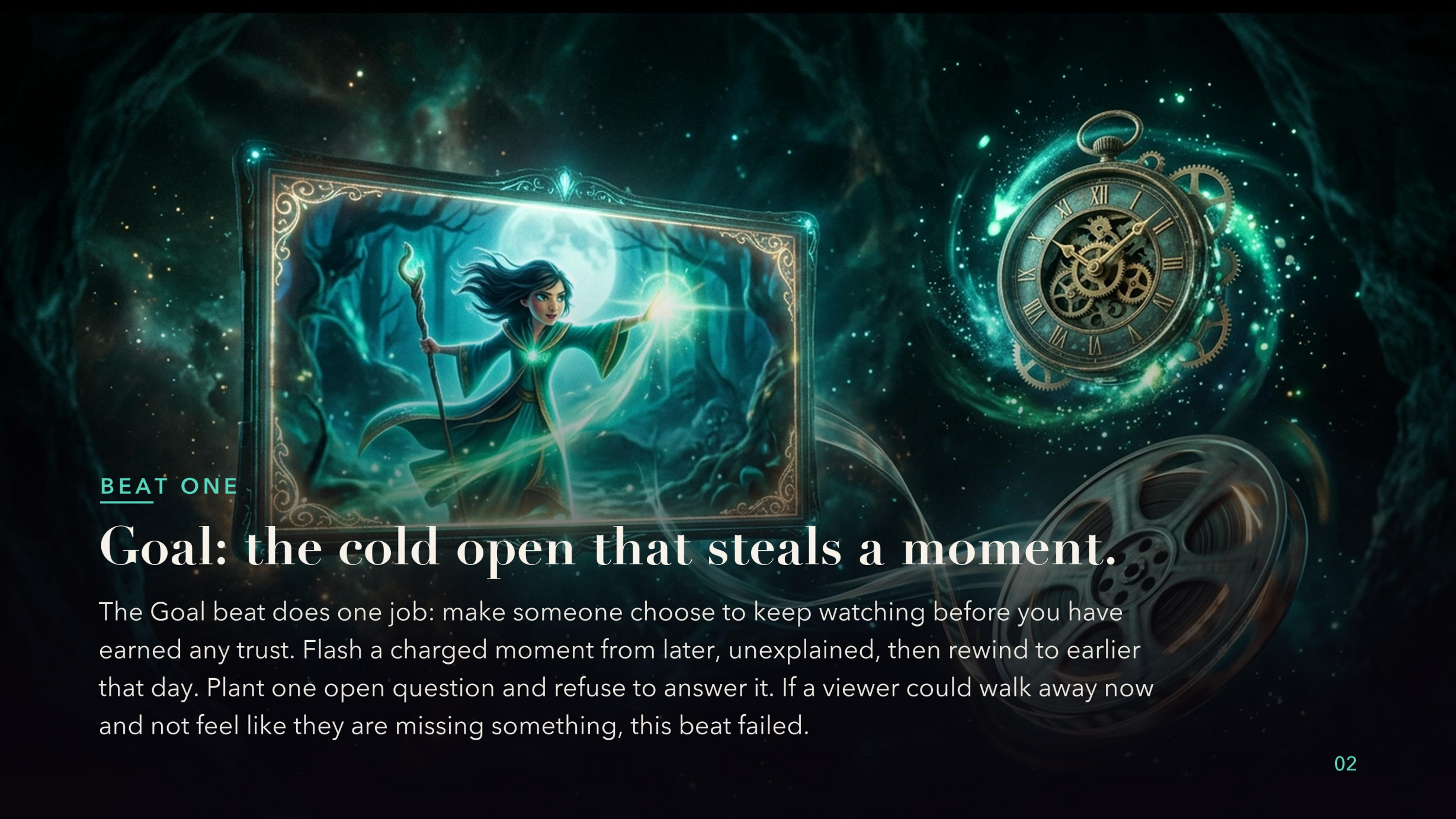
*the five-beat shape that makes people watch to the end*



THE ONE RULE

# Four beats build pressure. One beat pays it off.

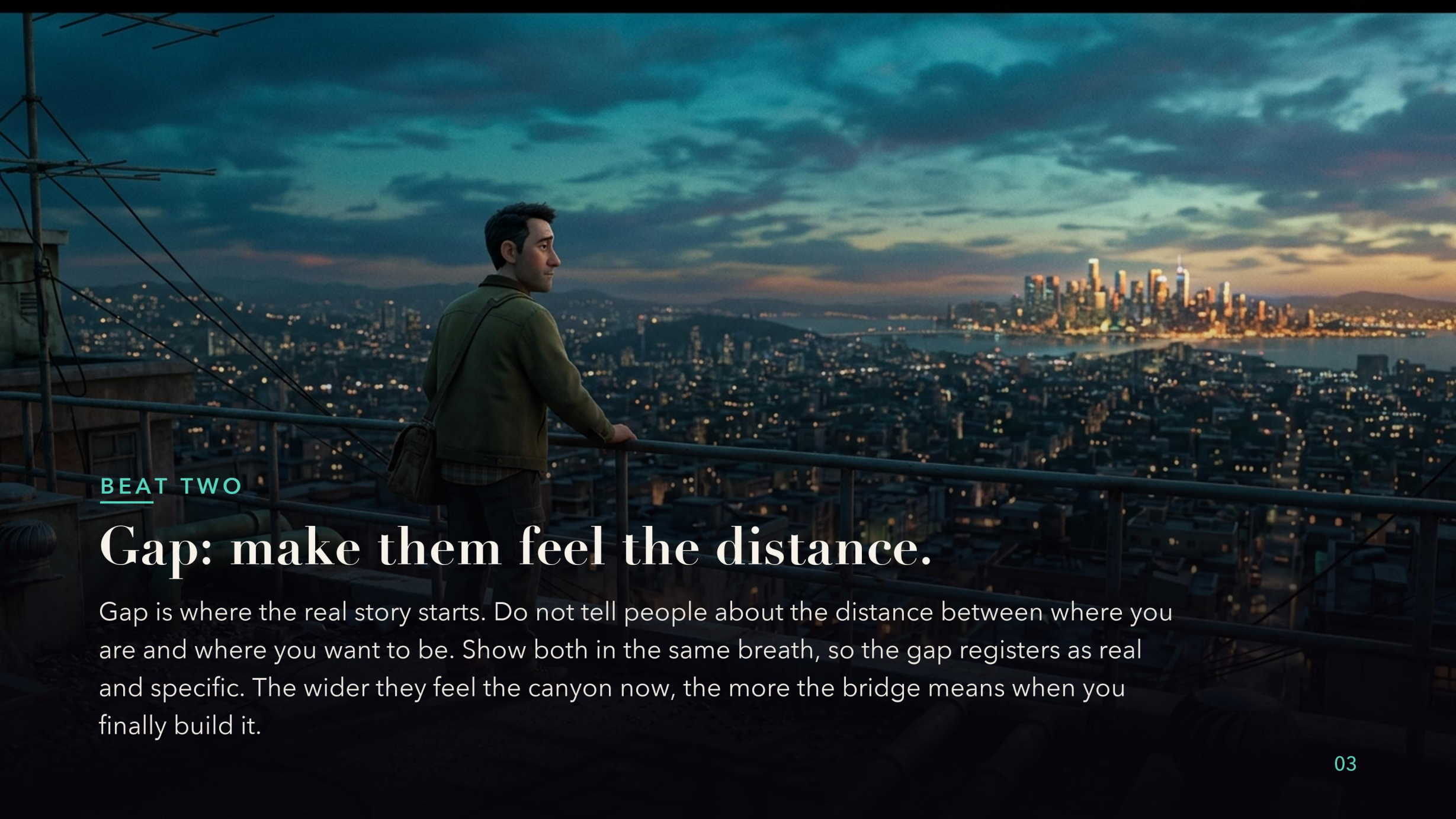
Every episode that holds you uses the same five beats: Goal, Gap, Fun and Games, Climax, Resolution. The rule is simple. The first four each end on a cliffhanger, not a resolution. That unresolved tension pulls you into the next beat. Resolution happens once, at the very end. It works at any length, from thirty seconds to ten minutes.



BEAT ONE

# Goal: the cold open that steals a moment.

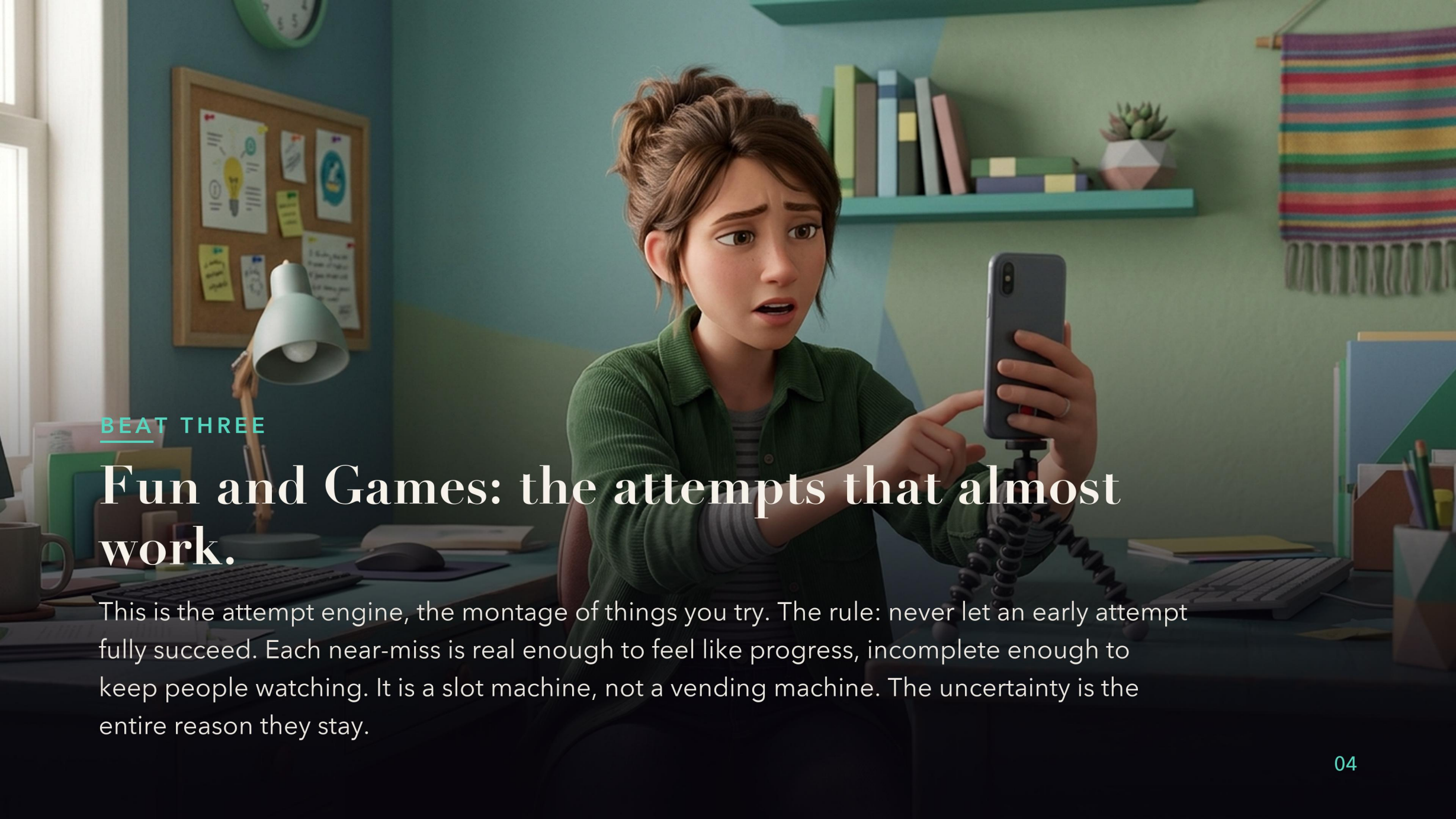
The Goal beat does one job: make someone choose to keep watching before you have earned any trust. Flash a charged moment from later, unexplained, then rewind to earlier that day. Plant one open question and refuse to answer it. If a viewer could walk away now and not feel like they are missing something, this beat failed.



BEAT TWO

# Gap: make them feel the distance.

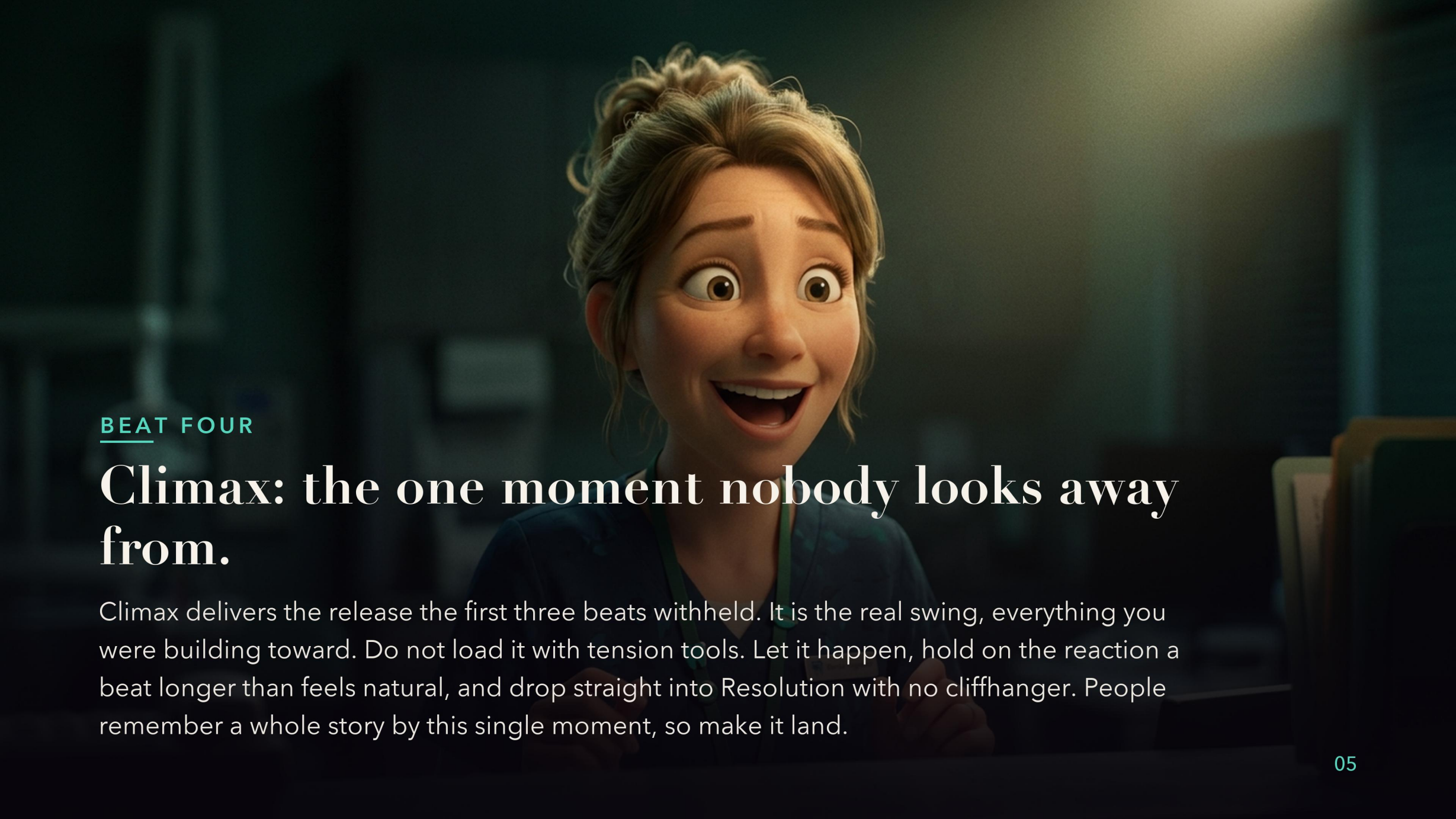
Gap is where the real story starts. Do not tell people about the distance between where you are and where you want to be. Show both in the same breath, so the gap registers as real and specific. The wider they feel the canyon now, the more the bridge means when you finally build it.



BEAT THREE

# Fun and Games: the attempts that almost work.

This is the attempt engine, the montage of things you try. The rule: never let an early attempt fully succeed. Each near-miss is real enough to feel like progress, incomplete enough to keep people watching. It is a slot machine, not a vending machine. The uncertainty is the entire reason they stay.



BEAT FOUR

# Climax: the one moment nobody looks away from.

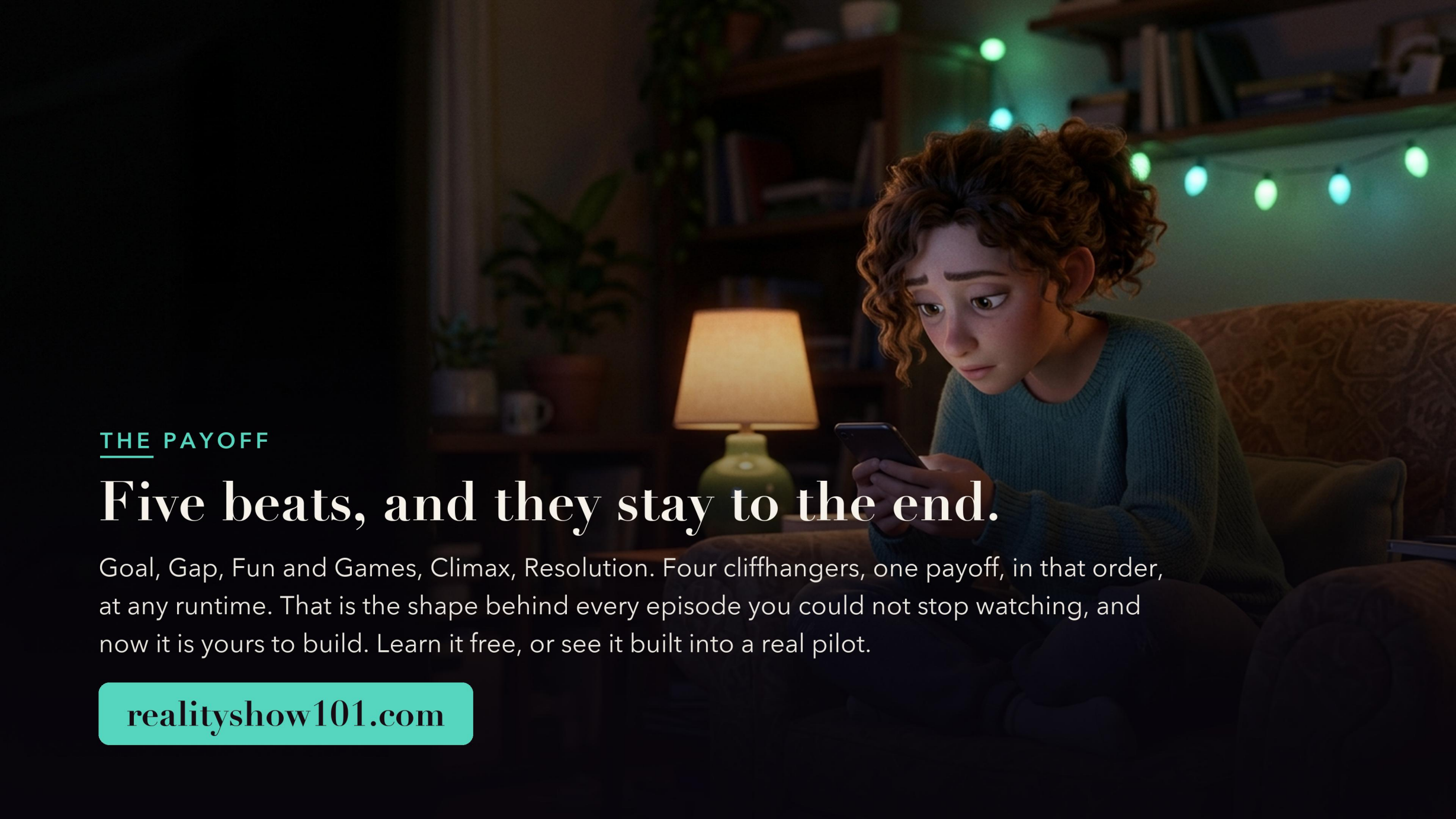
Climax delivers the release the first three beats withheld. It is the real swing, everything you were building toward. Do not load it with tension tools. Let it happen, hold on the reaction a beat longer than feels natural, and drop straight into Resolution with no cliffhanger. People remember a whole story by this single moment, so make it land.



BEAT FIVE

# Resolution: the only payoff, once.

Everything before this was the advertisement. Resolution is the prize, and it only happens here. Release the tension, answer the question you opened with, and show what changed. Because it is the only beat that resolves, it lands. If the audience already felt things settle earlier, this moment arrives watered down.



THE PAYOFF

# Five beats, and they stay to the end.

Goal, Gap, Fun and Games, Climax, Resolution. Four cliffhangers, one payoff, in that order, at any runtime. That is the shape behind every episode you could not stop watching, and now it is yours to build. Learn it free, or see it built into a real pilot.

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