



February 2023

## Just Right

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### Recommended Citation

Blizek, William L. and Blizek, Monica (2023) "Just Right," *Journal of Religion & Film*: Vol. 27: Iss. 1, Article 48.

DOI: <https://doi.org/10.32873/uno.dc.jrf.27.01.48>

Available at: <https://digitalcommons.unomaha.edu/jrf/vol27/iss1/48>

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## Just Right

### Abstract

This is a film review of *Just Right* (2023), directed by Camille Wormser.

### Keywords

Neurodiversity, OCD

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### Author Notes

William Blizek is the Founding Editor of the Journal of Religion and Film, and is Emeritus Professor of Philosophy and Religion at the University of Nebraska at Omaha. He is also the editor of the *Continuum Companion to Religion and Film* (2009). Monica Blizek is a retired mental health professional.



**Just Right (2023), dir. Camille Wormser**

*Just Right* is part of the Slamdance “Unstoppable” program. It is written and directed by Camille Wormser, a neurodiverse comedian. She also plays the role of Mel in the film. Wormser says of her film: “I want to change the way we portray disabilities through creating warm offbeat female roles that are neurodivergent.”

We often think of OCD as a kind of quirky business: turning a light switch on and off three times; items on a desk arranged in a particular manner; towels that have to be folded in a particular way; breakfast eaten at 7:13 am, and Mondays must always be oatmeal. These behaviors (rituals) are performed to prevent negative consequences in the person’s life, e.g., “step on a crack, break your mother’s back.” Logically there is no connection between a crack and someone’s back, but to the neurodivergent person, there is.

Warmser, however, shows us a more severe form of OCD and the struggle that ensues when Mel chooses to leave the house and meet her friends. Imagine having to make decisions

over and over again until your decision is “just right.” And imagine feeling as though not making the “just right” decision will be a matter of life or death. This is what Wormser ask us to do. It is a difficult task, but it is made easier through Wormser’s humor. By showing us someone who has severe OCD, Wormser has expanded our view of what counts as a disability.

As usual, the movie has a broader message. That message is about difference. The world is full of people who are different from others. They are different colors, genders, cultural backgrounds, religious beliefs, lesbian, gay, bisexual, transgender, queer, and some whose brains function differently. Mel’s friends accept her for who she is, rituals and all. She, in turn, recognizes how being on time is important to her friends.

Religions often identify all people of difference as children of God and ask that we treat our brothers and sisters with love and understanding. In today’s world, however, we also find religions that discriminate against and even attack people who are different. In order to be with her friends, Mel chose to take a risk, and exposed her rituals in public. This film reminds us that we should treat people who are different with compassion.