

Episode one:

Lori is trying to fit in with a new friend group. They all go to a museum for supervillains. While there, Lori activates the necklace of Night Terror, a dead supervillain. The other girls get a little scared, and one of them, Hannah, makes a comment, connecting the incident to rumors of Lori's anger issues. Lori ends up pushing Hannah in anger and gets ostracized from the group. At home, she has a talk with Emma about her anger issues and pushes Lester away when he tries to talk to her. Her mom convinces her to apologize and make amends with the girls. Lori talks to the friend group, who admit to trying to get her expelled because of the incident. Lori scares Hannah, who falls into a river. Lori saves her. However, Lori ends up drowning in the process and having a near-death experience of her going to Hell.

Emotional core: trying to improve yourself, self-control, anger management.

Episode two: Lori wakes up in an ambulance, freaking out. Her family is Buddhist. While seeking to understand her situation, her father explains to her about past lives and karma. He guesses that she may have karma to pay off to prevent herself from going to hell. Lester suggests that she try to become a better person and work off her karma by helping other people. He believes she can be redeemed. Lori can't stop thinking about how she activated the necklace of a supervillain and goes back to the museum. Once again, the necklace lights up when Lori gets near it. She uses its power to steal it, somewhat in shock. She is granted the powers of Night Terror, but doesn't really know how to use it. She assumes it must be the evil inside her that let's her activate the necklace. Just then, she sees a gang stealing from a science lab on TV. Desperate to redeem herself she rushes over to begin paying off her karma.

Emotional core: spirituality, redemption, parental guidance.

Episode three: quickly grabbing a costume, Lori saves the science laboratory from Paralyzer's gang, by managing to knock out Paralyzer. She is clumsy with her powers. The Blaze has to save her from the rest of the gang. He sees that she is young and inexperienced when her mask falls off after the fight. He says she is not yet old enough to be a superhero and that she should try again in a decade or so. Lori becomes angry, but after he leaves, she deflates. Because of her temper and all of her karma, will she never be good enough? She decides she has no choice. Even if she fails again and again, nothing is worse than hell. Lori vows to not think about whether she will succeed or not because it will only slow her down. We get the sense he doesn't believe in herself.

Emotional core: determination.

Episode four: we see the highs and lows of being a superhero as Lori becomes frustrated when an old man she is helping is rude and ungrateful. She ends up giving up helping him in frustration. Instead she helps a poor little girl throw a party for her friend that's moving away. The little girl's gratitude helps her have compassion for the old man. She decides to finish

helping him, thinking he might be grateful afterwards. He isn't, but she finds joy in doing good anyway.

Emotional core: having compassion for people who aren't kind to us.

Note: I like the idea of incorporating Gan Jin World in the show by having people use the app to ask superhero's for help. This is how Lori and Blaze find people to help throughout the series.

Episode five: it becomes clear that Paralyzer is planning something as his gang becomes more active; including successfully robbing the science lab. Lori meets with the woman, who asks her to bring home her son. He has joined Paralyzer's gang, but is in over his head. At home Lori remembers the end of a old mature movie her parents are watching, but can't recall when she saw it (hint at her being reincarnated). Lori tracks down the boy, but gets captured trying to rescue him. While tied up, she tries to bite the face of a gang member. This is witnessed by The Blaze, who was also tracking the boy. He saves Lori. They bring home the teen. He is clearly glad to be home, even though he doesn't say it. The Blaze once again tells Lori to stop being a hero, pointing out that she is too violent and isn't even smart enough to hide her voice using a modulator, which endangers the people she loves.

Emotional core: familial love.

Episode six: The current Blaze is having a meeting with the man who used to be the Blaze, but is now retired. The new Blaze asks what he should do about Lori. The old Blaze tells him to not make his mind up about her too quickly and wait to see how things pan out. Lori gets a voice modulator. She is inspired by the Blaze's comment about keeping her family safe and visits Paralyzer's ex-wife for information. She admits that she hasn't seen her husband in over a year. Saying a bit about how his addiction to drugs led to their divorce him. She explains she has full custody of their daughter. The wife has a non-profit, that's very important to her, committed to helping other women struggling with a partner who is on drugs. She has a big fundraiser coming up. She won't let Lori speak to her daughter, explaining it makes her upset to hear about her father. Lori struggles with the choice to speak to Paralyzer's kid, as she believes it will be bad for the child. The superhero's anxiety about having to save enough people to stop herself from going to hell wins out. She justifies it to herself by saying she will do a lot of good if the daughter has information, but it still doesn't feel right.

Lori speaks to the seven-year-old as she waits to be picked up from school. The daughter admits her father still visits her and talks about taking her away somewhere they will be rich away from her mom. Her mother catches Lori doing this and is not pleased, but Lori escapes before a confrontation.

Emotional core: doing something even when you know it isn't right.

Note: Lester is the old Blaze, but it isn't revealed yet.

Episode seven: Lori has had a late night as a superhero and falls asleep in class. She gets in a fight with her teacher after getting he teases her for falling asleep and not knowing the information in class. He sends her to the principal's office. Hannah catches up with her in the hallway after witnessing what happened. Hannah offers to study with her to raise her grade in her class. Hannah feels she owes Lori after saving her life. The two have a conversation about Lori's anger problems and how she has trouble controlling herself. The young woman admits that it boils down to a lack of feeling in control and a feeling that she will never be good enough. Hannah says she sees good things in her and agrees to be her friend if Lori can keep her temper.

Emotional core: Self-loathing.

Episode eight: Lori goes after Paralyzer during another big heist. She meets the Blaze there. He chews Lori out for talking to Paralyzer's daughter. Lori and Blaze don't work together to take down Paralyzer. He ends up capturing both of them. He decides to sell them back to the city for a large ransom. He decides not to unmask them, so they'll be worth more. He's going to hold them until "the last step" is complete.

Emotional core: interpersonal conflict.

Episode nine: Lori and the Blaze are miserable and being held by Paralyzer's gang. Blaze notices Lori crying. She admits that she's hurt a lot of people, no one at school likes her, and she doesn't have any friends. She thought she could redeem herself after she got her powers, but now she knows she's a failure as a superhero and will probably end up going to hell. The Blaze tells her she's not so bad. He's harsh with everyone, especially himself. He's not the original Blaze. The first Blaze retired and he doesn't feel like he lives up to him. Seeing her taking down Paralyzer the first time they met made him feel really insecure. If some 16-year-old could do it on her first try, why had he not been able to stop the supervillain. He tells her, while she still had a ways to go, if she keeps at it she'll be a great superhero. She tells him the same and the two make up. Lori uses her newfound confidence to use her powers in a new way and they break out. They follow the gang to an address where a fundraiser is taking place.

Emotional core: self-compassion and tolerance of others' faults.

Episode ten: It is Paralyzer's wife's fundraiser. While giving a speech, she acts irrationally, ruining the event. Paralyzer has drugged her to ruin the event. Lori figures out they are going to run away with all the money they've stolen and take Paralyzer's daughter with them. Lori and the Blaze catch up with the gang for a final confrontation. During the fight Lori randomly remembers the entrance to a random room near their battle that has a smoke bomb they can use to get an edge. Working together, Lori and the Blaze are able to win. After the fight Lori returns the room. There is no way she could have known it existed. Inside, she finds a poster for her favorite band and a very old rapper for her favorite snack. Looking in a mirror covered in dust, she realises the truth. She is the reincarnation of Night Terror.

Emotional core: Determination, good winning over evil and the power of teamwork.

Lori's character arc: accepting having low self-esteem because of her poor behavior. Believing she can overcome her flaws and become a true hero. Building up her self-esteem by doing the right thing. Not quitting because you're bad at something. Having compassion for people who do not treat you kindly. Believing other people can become better.

Blaze's character arc: he comes into the show with impostor syndrome. He doesn't believe he's good enough. This leads him to being overly critical of other people. If he's focusing on others' flaws, he doesn't have to acknowledge his own. At the end of the show, he finally comes to terms with his own feelings of inadequacy after he sees how it's hurt Lori. He realizes she is worthy of being a superhero because of heart, not how well things turn out. Once he can see this in Lori, he begins to see this fact in his own journey of being a hero as well.