

SOPHIA FRITZ
SCREENWRITER

At sixteen, Sophia found herself at an informational evening in a hospice because, as she put it, “you might as well deal with it if you’re going to die anyway,” which pretty much sums up her biography so far. Born in 1997, she studied screenwriting at the Munich Film School from 2017 to 2022, graduating with a diploma.

In spring 2024, her SPIEGEL bestseller Toxic Femininity was published by Hanser Berlin. Since 2025, she has co-directed the Erforschungsräume ehrlichleben, where workshops on bodywork and Toxic Femininity are offered. You can find more information at: www.ehrlichleben.de.

Sophia prefers to write character-driven stories and, despite her young age, can draw on a wide range of experiences in different areas of life. After finishing high school, she spent a year working at an orphanage in Bolivia. Up to now, she has completed training as a youth guide for memorial site tours, as an end-of-life companion in a hospice, and as a tantra masseuse.

She draws on all these experiences to create authentic stories for a young audience, with her own life story serving as the driving force behind her writing. She particularly enjoys writing realistic, dramatic, and romantic material.

In her books, Sophia turns the inner emotional world into an open-air museum. Whether the focus is on relationships with partners, God, parents, or friends—complicated relationships are her specialty. In the process, she strives to be maximally authentic and honest, so that she can portray characters and relationships free of clichés.



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FILMOGRAPHY - SOPHIA FRITZ

- 2020** **STAND UP**
SERIES | DRAMEDY 25'X 10 EPISODES | GOLDKIND FILMPRODUKTION GMBH
(writer's room | screenwriter)
- TIME HEALS NOTHING (WT)**
SERIES | DRAMA 25'X 7 EPISODES | TELLUX-FILM GMBH
(in development, screenwriter)
- YOURS IS MINE TOO**
SHORT FILM | DRAMA | HFF MUNICH (dramaturgical consulting)
- 2019** **WOMAN IDA**
SHORT FILM | DRAMA | HFF MUNICH (dramaturgical consulting)
- 2018** **FAST**
SHORT FILM | ART | MUNICH (screenwriter, director, editor)

OTHER ACTIVITIES (publications)

- 2024** TOXISCHE WEIBLICHKEIT | Hanser Berlin Verlag (Sachbuch | Essaysammlung)
- 2022** KORK | Kanon Publishing House (novel)
- 2021** STEINE SCHMEISSEN | Kanon Publishing House (novel)
- 2019** GOTT HAT MIR NIE DAS DU ANGEBOTEN | NONFICTION | Herder Verlag
- 2018** IM ENDDFEKT | Unsichtbar Verlag (short stories)

Ongoing articles for DIE ZEIT, since July 2020.

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