The film begins with four friends entering the lobby of an escape room. They look eager to begin although one of them walks with their head down, looking at their phone. This is the main character. The worker behind the desk hands the friends waivers to sign and asks them to put their phones in a sealed box. One by one they drop their phones in the box, but the mc is hesitant. After a nod from one of their friends, they reluctantly drop their phone in the box. The friends follow the worker down a hall and enter the escape room. The mc is constantly looking back, clearly longing for their phone, and clearly creating a barrier between themselves and their other friends.

As they enter the escape room, the friends eagerly begin to figure out the first clue. The mc looks around the room and then longingly at the locked door. In certain shots that focus on the mc while they're observing the room and showing their longing for their phone, we can see the friends figuring out the puzzles in the background. The friends figure out the first puzzle and get one of the numbers for the lock to the next room. They look back at the mc, hopeful they'll join in, but they are looking at the door. The mc decides to wait it out and sits on the floor. They look around and notice the countdown clock of the escape room. A pov (of the mc) shot zooms in on the clock and a timelapse of the numbers changing shows they have been in the room for 30 minutes. We see the friends again and that they have discovered all the numbers for the lock. They open the door and enter the next room, and the mc is not paying attention. The friends enter the next room which has the first clue, a row of headphones. The friends put on the headphones.

The mc realizes they're trapped in the first room and their friends have moved on. They get up and bang on the door. We see the friends with their headphones on in the next room, unable to hear the banging. The mc has a realization that they must complete this room on their own to get to their friends. They frantically look around for the first clue, which is a math problem. They go to pull out their phone to use the calculator, but their hand is empty. We quickly switch back and forth between shots of their empty hand and their hand with the phone in it in the lobby. They nervously solve the problem without their calculator, and have a small celebratory moment. This motivates them to continue solving the problems, flashing back to what their friends were doing before. They continue to solve the problems and the countdown clock ticks down. They pause and look at the door to the second room, where their friends are. We see the friends moving from the headphone puzzle to a puzzle that requires four people to stand in a square, but there are only 3 of them. Cut back to the mc frantically solving the final puzzle, and putting the code into the lock. They enter the second room and their friends beckon them to help complete the square.

The exit door opens and they have completed the escape room. They celebrate together. The worker behind the desk congratulates them and offers the box with their phones to the friends. They grab their phones, except for the mc who is too busy celebrating in the moment with one of the friends. They begin to leave and we cut to a shot of the sole phone left in the box. They all walk out of the lobby doors together in a same but different ending.