

<p>Rumination</p> <p><i>*play immediately*</i></p> <p>You gain 2 Fear and lose 1 Bravery.</p> <p>A</p>	<p>Take A Risk</p> <p>You gain 1 Fear, draw and play two additional cards from the top of your deck.</p> <p>A</p>	<p>Teamwork</p> <p>Both players gain 1 Bravery. You cannot lose Bravery or gain Fear this round.</p> <p>A</p>	<p>Selfishness</p> <p><i>*play immediately*</i></p> <p>Next round, you draw one less card.</p> <p>A</p>	<p>Mindfulness</p> <p>Next round, you may draw one additional card.</p> <p>A</p>
<p>Self-Preservation</p> <p><i>*play immediately*</i></p> <p>You gain 2 Fear.</p> <p>A</p>	<p>Companionship</p> <p>Chose One: You gain 2 Bravery, your opponent loses 1 Fear. OR You lose 2 Fear, your opponent gains 1 Bravery.</p> <p>A</p>	<p>Deep Breaths</p> <p>Lose 2 Fear, you cannot gain or lose Fear or Bravery from other cards this round.</p> <p>A</p>	<p>Burst of Courage</p> <p>Chose One: Gain 3 Bravery OR Lose 3 Fear May be split between players.</p> <p>A</p>	<p>Positive Affirmation</p> <p>If you fail your courage check this phase, you may attempt a second check.</p> <p>A</p>
<p>Resiliency</p> <p>Reset your Bravery and Fear to 5.</p> <p>A</p>	<p>Opportune Moment</p> <p>Gain 1 Courage this Courage-Check Phase.</p> <p>A</p>	<p>Break Out Of Your Egg</p> <p>Pass Courage-Check: You cannot gain Fear next round.</p> <p>A <GOAL #1></p>	<p>Say Hello To A Stranger</p> <p>Pass Courage-Check: Next round, after cards have been revealed, you may chose to copy and resolve the card your opponent played instead of resolving your own.</p> <p>A <GOAL #2></p>	<p>Make A Friend</p> <p>Pass Courage-Check: At the start of the next Round, you win the game!</p> <p>A <GOAL #3></p>

<p>Rumination</p> <p><i>*play immediately*</i></p> <p>You gain 2 Fear and lose 1 Bravery.</p> <p>B</p>	<p>Take A Risk</p> <p>You gain 1 Fear, draw and play two additional cards from the top of your deck.</p> <p>B</p>	<p>Teamwork</p> <p>Both players gain 1 Bravery. You cannot lose Bravery or gain Fear this round.</p> <p>B</p>	<p>Selfishness</p> <p><i>*play immediately*</i></p> <p>Next round, you draw one less card.</p> <p>B</p>	<p>Mindfulness</p> <p>Next round, you may draw one additional card.</p> <p>B</p>
<p>Self-Preservation</p> <p><i>*play immediately*</i></p> <p>You gain 2 Fear.</p> <p>B</p>	<p>Companionship</p> <p>Chose One: You gain 2 Bravery, your opponent loses 1 Fear. OR You lose 2 Fear, your opponent gains 1 Bravery.</p> <p>B</p>	<p>Deep Breaths</p> <p>Lose 2 Fear, you cannot gain or lose Fear or Bravery from other cards this round.</p> <p>B</p>	<p>Burst of Courage</p> <p>Chose One: Gain 3 Bravery OR Lose 3 Fear</p> <p>May be split between players.</p> <p>B</p>	<p>Positive Affirmation</p> <p>If you fail your courage check this phase, you may attempt a second check.</p> <p>B</p>
<p>Resiliency</p> <p>Reset your Bravery and Fear to 5.</p> <p>B</p>	<p>Opportune Moment</p> <p>Gain 1 Courage this Courage-Check Phase.</p> <p>B</p>	<p>Break Out Of Your Egg</p> <p>Pass Courage-Check: You cannot gain Fear next round.</p> <p>B <GOAL #1></p>	<p>Say Hello To A Stranger</p> <p>Pass Courage-Check: Next round, after cards have been revealed, you may chose to copy and resolve the card your opponent played instead of resolving your own.</p> <p>B <GOAL #2></p>	<p>Make A Friend</p> <p>Pass Courage-Check: At the start of the next Round, you win the game!</p> <p>B <GOAL #3></p>

Player A



Bravery

[]	[]	[]	[]	[]	[]	[]	[]	[]	[]
1	2	3	4	5	6	7	8	9	10
[]	[]	[]	[]	[]	[]	[]	[]	[]	[]

Fear

Player B



Bravery

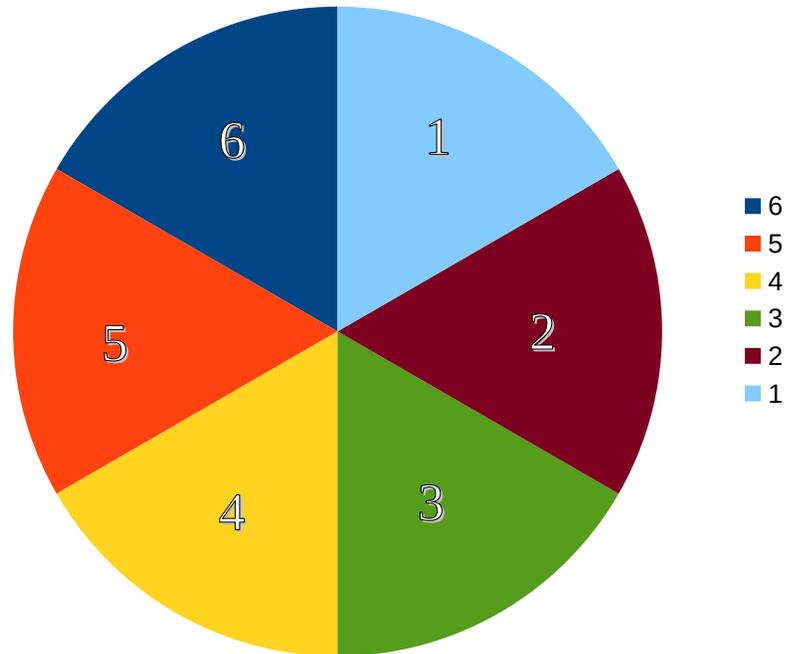
[]	[]	[]	[]	[]	[]	[]	[]	[]	[]
1	2	3	4	5	6	7	8	9	10
[]	[]	[]	[]	[]	[]	[]	[]	[]	[]

Fear

B	B
F	F

Eager Turtle Token

+1 Courage



Rulebook

Preparation: Print all pages, not front&back, but each on their own page. Cut out the Cards and Goals on the first two pages and mark the back of them with either an “A” or “B” as indicated on the front of the card. Cut out the player boards labeled “Player A” and “Player B”. Cut out the “Eager Turtle Token”, as well as the “B” and “F” markers (each player gets one “B” and one “F”, to denote Bravery and Fear on the player boards). Finally, this game requires a six-sided die. If you do not have one, I've provided the pie chart, which can be used with a pencil and paperclip as a spinner.

Set-Up: Each player takes a Player Board, their corresponding 12 Card Deck, and a copy of the 3 Goal cards. Shuffle player decks, and stack goals face-up next to your player card with Goal #1 on top, and Goal #3 on the bottom. Both players take one “B” (Bravery Token) and one “F” (Fear Token) and place them on the corresponding tracks (above and below the numbers on the player board respectively) starting at 5. Chose one player to be the “Eager Turtle” and assign them the “Eager Turtle Token”, this can be done by rolling the die or using the spinner. Place the “Eager Turtle Token” in the dashed box on your Player Board. The game can now begin!

A Round: Each player draws 3 cards from their deck and selects 1 to play. Any cards drawn that say “Play Immediately” must be laid on the table as an active card for the round, however a player is still able to select another card from their hand to play. Once both players have selected which card they will play, those cards are revealed. Cards are resolved at the same time, such that if the text of one card contradicts the other, the proper effect can occur. When in doubt, resolve the cards of the player with the “Eager Turtle Token” first. Once cards are resolved, it is the end of the Round, and players proceed to Courage-Check.

Ex1. Player A chooses to play “Deep Breaths” and Player B has selected “Teamwork”. Since “Deep Breaths” prevents Player A from gaining or losing bravery or fear, Player A loses 2 fear as per “Deep Breaths” but only Player B is able to gain the bravery from “Teamwork”, the result is: Player A loses 2 fear, and Player B gains 1 Bravery.

Ex2. Player A draws “Rumination” and must play it, and selects “Resiliency” to play. Player B selects “Companionship”. Player A may resolve their cards in either order, (the most benefit from “Rumination” first, and “Resiliency” second). If player A has the “Eager Turtle Token”, they will benefit from Player B resolving “Companionship” after their own cards. However, if Player B has the token, Player A will adjust their Fear and Bravery accordingly, but will end their turn with their own cards, ending on “Resilience” which will ultimately render their Fear and Bravery to 5.

Courage-Check: Beginning with the player with the “Eager Turtle Token” each player performs their courage-check. Courage is calculated by subtracting their Fear value, from their Bravery value. $Bravery - Fear = \text{Courage}$. Once courage is calculated, the player rolls the die (or uses the spinner) and attempts to roll equal to, or less than their courage value.

Ex. Player A has a bravery of 7, and a fear of 3. Their courage value is 4, and they roll the die. If they roll a 1, 2, 3, or 4, they pass their courage-check. If a player passes their courage-check, they gain the effect listed on the goal. The goal card can then be flipped over, or turned on it's side to denote it's completed. The next courage-check the player will then be checking to complete the second goal. A player wins the game at the end of the round when they complete their third goal. **NOTE:** It is possible for both players to win the game in the same round.

Clean Up: Following courage-check, players discard both the card they played, as well as the other cards in their hand from that round. The player with the “Eager Turtle Token” passes the token to the other player, and players begin a new round. Play continues until one or both players complete their third goal during courage-check. If a player is out of cards or cannot draw 3 cards, they simply shuffle their discard pile and continue playing.

Ex. Player A can only draw 2 cards, so they draw those 2 cards, shuffle their discard pile to form a deck, and draw 1 more card for a hand of 3.

Game Details: This game is designed to be able to be played in a therapy session as described in the developer comments below.

Name(Working Title): Come Out Of Your Shell (COOYS)

Playtime: 10-30 Minutes

Ages: 8+, primarily effective for 8-16

Players: Two

Space Required: Small

Developer Comments:

Background: I hold a B.A. in Psychology. During my college career, I had the opportunity to work with my advisor, and the head of the psych department to gamify his intro to psych course. I worked at a rural community mental health agency where I was able to participate in co-facilitation and design of a therapeutic gaming group. We played a few different games with a small group of teenage boys, and used the games to illustrate various strengths and strategies that young men already possess that they can use to improve their mental health, and overall lives. Since college, it has been my goal to create games for mental health. Games to be used by both clinicians, and parents, in supporting their children with a variety of mental ailments. I first designed this game as an entry for a game design contest at GenCon2017, where I was not a winner. I continued to work on the game, to balance and refine my ideas, and to better identify how the game could be a support for someone. This is the game in it's (hopefully) near end phase. I have received suggestions from licensed mental health clinicians, and now I just need playtesters to see if there are any glaring cracks in the gameplay. I sincerely hope you enjoy it.

Purpose: As mentioned above, my goal is to design games to support those with mental illness. The purpose of this game is to help clients identify positive and negative strategies and skills to support them in overcoming social anxiety and introversion. A skilled clinician will be able to talk about the impact of each card, and how it can be reinforcing or punishing to an individual with anxiety, or introversion that is negatively affecting their life. My hope for the official printing of the game is to also include talking points for parents with no psychology education, so that they will be able to play with their children, and discuss various card plays and what impact they could have in the real world. Ideally this game could be accessible, and useful for everyone. The working title of the game is "Come Out Of Your Shell" (or COOYS for short). Art and theme will feature turtles, as they are thought of as sensitive, slow, introverted creatures. (I think they're pretty cute too!)

Talking Points: As mentioned above, I'd like to include a full set of talking points for each card, such that non-psychology educated parents/guardians and individuals can make some therapeutic use of this game. On the next page are a few talking points for any playtesters who are testing with their children to be able to experience that aspect of the game. Whether you choose to use the talking points is up to you. The game can be played on it's own just as a fun activity, or there can be conversation during rounds about the various impact of cards in a real-life setting.

Card Name	Effect	Talking Point
Mindfulness	Next round, you may draw one additional card.	Mindfulness is the ability to live in the moment. Practicing being mindful of your personal feelings and your situation increase your ability to access your coping skills in a moment of conflict. Drawing an additional card is representative of being able to access more skills.
Selfishness	Next round, you draw one less card.	Being selfish is always a bad thing. Sometimes we're selfish about our time or energy to preserve it for when we need it. Being selfish however does limit our resources, both personally and socially, and so drawing one less card is representative of having less access.
Deep Breaths	Lose 2 Fear, you cannot gain or lose Fear or Bravery from other cards this round.	Taking some deep breaths can allow you a moment of peace from external distractions or worries. It can reduce negative emotions, and allow you respite from negative influences. Meditation is often centered around focusing on the breath, and seeks to separate you from all thoughts, be it positive or negative, hence Deep Breaths causing you to be unable to gain or lose bravery or fear. You seek a moment of clarity, and in that moment, you are unwavering.
Positive Affirmation	If you fail your courage check this phase, you may attempt a second check.	A positive affirmation is a positive uplifting acceptance of an aspect, or the whole of oneself. Often times, it can be useful to affirm yourself in a moment of struggle or failure. Think, "I shouldn't have yelled at my mom, but I was only frustrated, I've apologized, and I'm still a good person." Just because people do bad things sometimes, they can still be good people. This card's effect is representative of this, where even if you fail, you can be positive about your ability, and try try again.
Resilience	Reset your Bravery and Fear to 5.	Resilience is the ability to overcome and process through adversity and difficult times. You can have the hardest life, take the hardest test you've ever taken, lost a loved one, be completely afraid, but if you're resilient, you possess the ability to work through it and overcome. In a moment where everything seems lost, resilience will help you to overcome that struggle.
Self-Preservation	You gain 2 Fear.	Fear isn't always a bad thing. If you're camping and find yourself in a clearing with a bear, the fear you feel is a survival mechanism to help keep you alive. Sometimes our brains can trick us into thinking we should be more afraid than we really need to be, but other times, that fear is working to keep us safe. Being afraid is natural, and you may gain fear in an act of self-preservation, but that only allows us the opportunity to use positive skills to overcome that fear.

Review: Often times, it can be effective to debrief or talk about a game after playing. In everyday gaming, this conversation usually includes such comments as: how fun the game was, who won and why, what someone could have done better next time, if playing a cooperative game then how the players could have worked better together, and so on. In terms of COOYS, it may be effective to discuss why the player that won did, and what actions they took (cards played) to be so brave (win). This will allow a discussion about the strategies (cards) and which are effective at what points, just as a coping strategy would be utilized in response to an event.

FINAL NOTE: Thank you so much to anyone who playtests and provides feedback. I sincerely hope this game sees completion. John M Skoda V

Playtest Evaluation: Since I am in the playtesting phase of this game, I have been asking a short 3-question survey of the game to those who play and would ask and encourage you to do the same (time permitting).

1. Rate the Theme of the game, 1-10 (1=not very good at all, and 10=amazing!). Was the game therapeutic? Did the strategies used make sense? Was it helpful in any way? When art comes in, were the turtles helpful? Or for now, did the turtle idea seem to fit?
2. Was the game Fun? (Yes/No), and why? Was it enjoyable? Did the child enjoy playing or was it annoying? Did it seem too obvious it was supposed to be therapeutic? Did that help or hinder them in terms of playing? Was it the game or the emphasis the adult used? Mostly, was it fun?
3. Rate the Gameplay, 1-10 (1=very bad, 10=awesome). Gameplay is about how easy the game was to learn. Was it fair? Did it feel balanced for both players? Did both players progress or was it a one-sided win? Did you feel like the choices you made mattered? Did both players understand how to play?

Use the rating system above, and please add any comments (legibly) in the space provided below. The easiest way to provide feedback is to visit www.redhoodiegames.com/games and navigate to the link labeled "Come Out Of Your Shell (COOYS) Feedback Form Respond Here". Alternatively, you can fill this form out, take a picture, and email it to me at redhoodiegame@gmail.com with the subject line "COOYS Feedback". Thank you for taking the time to provide playtest feedback, it's incredibly helpful as I move towards the final completed state of this game.

Player 1

Theme: 1 2 3 4 5 6 7 8 9 10

Fun: Yes No

Gameplay: 1 2 3 4 5 6 7 8 9 10

Player 2

Theme: 1 2 3 4 5 6 7 8 9 10

Fun: Yes No

Gameplay: 1 2 3 4 5 6 7 8 9 10