

# Suicidal Ideation

a larp by Jonny Garcia

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## Introduction

This game was designed to the Golden Cobra Challenge, 2018 edition. ***Suicidal Ideation*** is a game about committing suicide; something that no one wants to talk about. This game requires four people, but it has no maximum number of players.

One player will role-play a person who is trying to commit suicide, the Suicidal. In order to achieve that, the Suicidal must disconnect themselves from life by traversing through a series of Obstacles that will try to stop them.

Each other player will role-play the Obstacles that are trying to stop the Suicidal. They can be memories, concepts, people, anything really.

If the Suicidal manages to move past all Obstacles, they commit suicide. How they did it, it is not important.

This game relies on touch, so everyone must be comfortable to touch and be touched.

## Safety

This game is designed to be heavy; however, players are more important than the game. The "door" is always open, so any player can stop playing at any moment and, without any explanation, can simply step away. If that happens, people should keep playing. On the other hand, if there is a need to stop the game, the word **CUT** can be used. If someone says CUT, the game is interrupted for everyone. The reason to call CUT doesn't need to be explained. People should respect it, and if possible, address any concerns.

## Workshop

This workshop is to familiarize the group with touch, so it is important that players do not speak to each other. They should focus on the perception of being touched and touching someone.

Everyone should freely start to walk around the space. After a minute or so, when a player walks close to another one, they can gently touch them. The touched player just keep walking ignoring it.

After two or three minutes, when a player touches another, they should apply some pressure. When a player feels the pressure, they should stop and wait until they are released. Once free, they start to walk again.

Finally, after a couple minutes, when a player is stopped, both must keep the touch and eye contact. When someone breaks the eye contact, the touch is released and both players start to walk again.

After a couple of rounds, players should stop moving and quietly wait. Once everyone stops, move on to the game.

# Game

## The Suicidal

Each player, other than the Suicidal, will say aloud one word. The Suicidal will create a character based on the words offered. They should come up with some basic personality traits, relationships, tastes, etc.

## The Obstacles

The Obstacles will choose a personal object and give to another Obstacle, which will use them to create their own character. The Obstacles can be a memory, people, relationships, or a concept such as family, love, life, or god. For instance, a player who received a pair of glasses can decide to create the Obstacle: *The Beautiful Things You Can See in Life*, a player who gets a watch can be *The Good Time Spent With People*.

## The Walkway

The Obstacles will form a line in front of the Suicidal. They should keep a good space between each other.

The Suicidal will start by saying a monologue to introduce themselves.

The Obstacle in front will introduce their object, who they are, and why the Suicidal should not commit suicide.

The Suicidal and the Obstacle in front will start a discussion. The Suicidal must explain why the Obstacle is irrelevant and why they should move forward. The Obstacle must defend their point of view at all costs; a person's life is at stake! All the Obstacles' argument must be related to whom they are.

## The Struggle

At any moment, The Suicidal will move towards the Obstacle trying to reach the next Obstacle. The Suicidal cannot force themselves through, run, avoid, or ignore the Obstacle; they can only confront it.

The Obstacle will physically stop the Suicidal. The Obstacle can grab the Suicidal's arm or hand, put their hand on the Suicidal's shoulder, hug them, or anything. **Do it gently.** The Suicidal must allow the Obstacle to stop them. Along with the touch, the Obstacle **must say a new reason** why the Suicidal should not move forward.

The Suicidal, after listening, will untangle themselves giving a reason why the Obstacle's reason is pointless. **Do it gently.** The Obstacle must allow it.

**IMPORTANT: The Struggle is not a fight; no one is trying to win.** Both players **must allow** the touch and release to happen. Despite the psychical part, it is a dialogue; one person propose an idea, the other person listen and then reply.

The Struggle will keep going until one of them cannot present a new argument. If the Obstacle cannot say a new reason, they cannot touch the Suicidal who, therefore, is free to move to the next

Obstacle. If the Suicidal cannot counter argue, it means the Obstacle persuaded the Suicidal to keep living. If that happens, the Suicidal must hug all other players, one at time, and say **Thank You**.

## The End

The game ends in two conditions. First, the Suicidal overcome all Obstacles and commits suicide. Second, the Suicidal change their mind and decided to keep living.

How the suicide happens is NOT important. **DO NOT discuss about it.**

## Whispers

Once the Suicidal moves past an Obstacle, the overcame Obstacle positions themselves behind the Suicidal. They are Whispers now.

Throughout the game, Whispers will encourage the Suicidal to move forward, to commit suicide, by whispering at the Suicidal's ear.

The Whispers have one special ability, to be touched. If an Obstacle tries to touch the Suicidal but touches a Whisper, they cannot be separated anymore; they are bounded together. Therefore, the Obstacle will have less chances to touch the Suicidal and stops them. Once the Suicidal moves forward, the touched Whisper cannot interfere in the game any longer and must wait quietly until it is over. The Obstacle becomes a Whisper as expected.

A Whisper can exchange places with the Suicidal by tapping twice on the Suicidal's shoulder. Despite the change, the game continues as if nothing had happened. Now, the Suicidal is a Whisper. Ideally, a player should be the Suicidal only once, regardless of how long. The idea is that the Suicidal cannot simply give up, their burden can only be lift if someone else steps in.

## Debrief

Once the game is over, allow everyone to take a moment to brief. Sit together and encourage each other to talk about their feelings and thoughts during the game. No one has to speak, however they should be encouraged.

## Touch

The touch is a key element for this game; it can indicate the intensity of it. A hand on the shoulder is a very light and soft way to stop the Suicidal; however, a hug is a deep and personal act that shows affection. Pressure should also be considered; a light touch is very different from a firm grip. Players should use touch to increase connection and deepen the feelings.