



# **Forgetting Your Touch**

A game of reclaiming intimate  
boundaries.  
*By Maria Mison of Sword Prince Games*

## **Forgetting Your Touch**

A game of reclaiming intimate boundaries.

The body has memory. The body is playing this game.  
Emotions may/shall/will resurface and the mind need not  
reinterpret it.

The body is playing this game. Let it speak.

### Safety Signals:

A hand on top of the head signals pause.

Two taps on the head signals a pause and discuss.

*Participation is given willingly and persons who are overwhelmed are free to sit by the side and rest while the rest of the group proceeds with the game. They are free to re-enter any time they like.*

### **Gather:**

Person A, B. Or any number of even people and a facilitator C.  
If there are only two people have a person C as support,  
regardless.

All of them trustworthy and respectful to each other.

A comfortable quiet area where you can lie down on the floor easily.

Person C knows and guides everyone through the instructions.

**optional:  
You may choose to  
create characters**

**Why were you the most  
important person in my life  
once?**

**Why did I leave?**

*(allow the body to tell the story, speak  
not a word aloud)*

**0.**

***—the player remembers they occupy a body***

Begin by coming into the body.

Pretend to yawn REAL BIG, and like you saw something at the opposite side of the room. Run to it. Hold yourself to the wall. Then melt to the floor. Melt back up. Yawn again, run, hold, melt down, melt up.

Jump around a little then begin to breathe deeply looking to move to what feels good in your body. When Person A is ready, melt to the floor looking for pleasure. Stretch and untie those knotted muscles. Don't judge yourself for looking stupid, your body already knows what it wants. Make sounds, say gibberish to have vibration ripple and reset your body to its natural equilibrium.

Feel fully present and alive in the body even when you are resting on the floor.

Begin.

**0: release.**

### **“it seems like I don’t know how to breathe anymore”**

Person A lies on the floor and breathes. Person B observes where in the chest Person A’s breath is not moving. Person A then says “ahh” with the sound emerging from the back of their throat. Simultaneously B puts a few fingers, pressing that part of the cold/tense part of person A’s body. Do four times on multiple spots.

Next, have Person A be in a fetal position. Repeat the same process but with tense parts of their backs.

\*The body remembers trauma, and emotion. If there is crying or relief just allow it, don’t have the need to explain this. Just find a wholer breath.

Allow the sensation of being touched sink into you before proceeding.

Exchange Roles.

**1.**

### **“Then I got to know you”**

Person A begins by lying down.

Begin by having Person B touch Person A anywhere in the body. Person A may say Yes, or No.

If Yes, B’s touch stays and lingers.

If No, B immediately removes the touch. Gives them ample time before venturing to touch another body part.

Do this for one minute. Allow the sensation of being touched sink into you before proceeding.

Exchange Roles.

Have Person C ask how the other people are feeling. C doesn’t need to have answers.

**2.**

### **“(Here are all the things I didn’t say)”**

Person A begins by standing up.

This time they can only say No.

“No”, while keeping eye contact with B.

“No”, while holding the hand/touch and putting it away.

“No, thank you.”

Say No, even when you mean yes.

Do this for one minute. Allow the sensation of being touched sink into you before proceeding.

Exchange Roles.

Have Person C ask how the other people are feeling.

C doesn't need to have answers.

**3.**

### **“I love you. Would you meet me halfway?”**

Person A may lie down, sit, stand or be in whatever position they like.

This time they can only say “Yes, but..”

They negotiate feeling for their body what touch it desires.

Yes but two hands.

Yes but squeeze your hand.

Yes but rub my back in a circular motion.

Do this for one minute. Allow the sensation of being touched sink into you before proceeding.

Exchange Roles.

Have Person C ask how the other people are feeling.

C doesn't need to have answers.

4.

#### **“I think I just wanted company”**

Person A this time lies limp on the ground, with their eyes closed. Person B observes their body mindfully, then repositions it to another position.

After that, Person B lies on top of a body part of Person A.

(like when you’re kids and you just lie on top of each other’s legs telling stories. Give your weight, but let it be comfortable for the two of you)

Do this for one minute. Allow the sensation of being touched sink into you before proceeding.

Exchange Roles.

Have Person C ask how the other people are feeling.  
C doesn’t need to have answers.

5.

#### **“I admit I’m thinking of someone in particular”**

To the willing.

##### PART 1

Person A, or whoever has the most baggage, the reason we invoked this game.

Imagines the person they are not in good terms in the eyes of their partner. In the eyes of the partner that they’ve gone through all the previous exercises.

Person B will continue touching again.  
Person A is free to say any of the responses.

If No, Person B must respond:  
“I understand”  
“okay”  
“I’m sorry”  
“I can leave, now.”

Person A is encouraged to say No, this time.  
For every time they missed yesterday, in the unrehearsed reality.  
They can take their time to lead up to their Nos.

The group will signal when the exercise has arrived a satisfactory ending, by nodding or equivalent.

Allow the sensation of being touched sink into you before proceeding.  
Exchange roles.

Have Person C ask how the other people are feeling.  
C doesn't need to have answers.  
It's okay for people to have things they are not willing to share.

## PART 2

Person A and Person B take turns touching, responding and reacting.

The person who is reacting is free to say any of the responses. To recall:

Yes

Yes, and give instructions

No

No, and guided movement

No, thankyou

The person who is touching must act accordingly to the yes and no. To recall:

If yes, keep the touch.

If no, remove immediately.

If no:

The touching person says something they've been meaning to say. Something they don't like admitting. They just say it, with no need to overly explain. They whisper it under their breath.

The other person may reply.

Simply. Like it was just untrapped from the body. Something they just feel like saying, something from the gut the bones. Allow the body to speak. Don't form conclusions just feel. Whisper it under your breath too, these words that are finding escape.

Allow the sensation of being touched, saying words sink into you before proceeding. Have a slight pause after every no with that one exchange. Allow this pause to settle before taking another turn.

The group will signal when the exercise has arrived a satisfactory ending, by nodding or equivalent. Stay a distance apart from each other before talking.

Have Person C ask how the other people are feeling.  
C doesn't need to have answers.

It's okay for people to have things they are not willing to share.

6.

When the session is over clap hands and run around the room.  
Say thank you. Hug if you can.

It will be okay.

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## **Coffee Table Variation.**

For people who cannot find the space to play with the floor or their entire bodies.

Replace touching with only the hands and arms. Allow the players to indicate upto what part of their arm they're okay with being touched. Shoulder? Up to the elbow? If in public (oh god wow) discuss the constraints.

Occupying each other's space is now added as "touch". A hand hovering close to your neck, the back of your hand hovering near the other's chest.

For the release exercises, tense up the whole body and breathe out in slow even breaths. Do 3 rounds to "come into the body"

All the other rules stay the same.

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Hi, I know this sounds sensual and maybe an odd thing to put up on itch. But this. works.

This is mostly co-opted from somatic/body-work exercises I've learned and rehashed by wonderful teachers like Ea Torrado, Dona Tumaber-Estabana, and Kwenda Lima. If you want to see more choreographic/embodied healing work like this, consider donating to <https://daloydancecompany.com/> or attending their classes (if you live in Mandaluyong, Metro Manila, Philippines).

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Hi I'm Maria and I enjoy the cross of participatory art, equitable play and collective narrative in TTRPG & LARP. All of which are political and catalysts for personal and collective change. It looks harmless, that's the point. Help make chaotic-righteous-hopeful spaces by supporting my patreon!

Dedicated to Bodies and #SwordDream

This is a mini-LARP on sale for #SessionZero the first Game Dev event meet in Manila

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