

*Introduction:*  
*Beware the Mortal Perils of Cat's*  
*Story Game*

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*"What are you doing? What should you be doing? Who knows what you should be doing? What else do you find them to be right about?"*

*-Doom*

## Basics #111: The Story Game:

(Technique Type: Perilous)

{Current Playlist: Strange Noises by Philter}.

Become your own RPG and reach new levels of ability in yourself. For a drastically new life, allow your flash-thought mind to speak to the dream figures of your subconscious.

Simply begin by talking to imaginary cohorts and going on imaginary adventures. All of the characters will be played by you for the first little while.

You'll know you've found some new players when your other characters begin to say things that are startlingly "not you" on a regular basis. This means those characters have been occupied. At this point, pre-occupied characters may begin to make entrances, and unoccupied characters may fade away or become plot devices controlled by the Game Master, who generally isn't you. Not all avatars continue on. Don't feel too bad.

A current favourite figure will return repeatedly, and alter the plotline of the story. As the figure drastically affects nearly everything that happens, but isn't always a boss stage, we treat it as the current Game Master.

This figure will decide the shape your monsters and dungeons will take, while your overall world will be something that ultimately appeals to you.

I think Game Masters have a hand in deciding your new abilities as well. Maybe one day you, too will learn the secrets of the cursed Karaoke Battle technique. The trickster's gifts make little sense, if that is what that technique is.

It shouldn't be surprising that the Game Master of my RPG right now is Danna, the trickster, but it used to be Lee. That's why the blurbs of my classic Lee material tend to be a depressing nightmare taking place in dark caves, in dungeons, and on warring airships, and why a good portion of the later Danna material is spent falling into space, kidnapping friends from weddings designed to kill, fighting sea monsters, and advertising non-existent airline meals.

As the trickster she is, Danna insists on being the “boss stage”, as in, she treats me like I’m an employee. The joke took a few weeks to make sense.

If I don’t say where my current party is, but we’re clearly adventuring, picture us wandering through every kind of cave imaginable, especially if it’s classic material.

My *base camp*, snack break, or *pause* phase, is just darkness with a light overhead. Occasionally there is a tall stone column, but there seem to be no walls at all. (This is like the low resolution setting on my imagination). This is where we go for resting and privately discussing strategies between adventures. This is the “locker room” where we close out until next time. Giving yourself something *like* this is a necessary function of Story Game. This is neutral territory. Game time stands still here. Only *you*, or *figures you select* are allowed here.

*Always* close out to *base camp* before stopping for the day.

### Skills:

You’ll know you’re getting skilled at the Story Game when you develop physical senses and abilities you can’t explain. It’ll be a sudden boost or enhancement in a fairly natural skill. It’s usually related both *to the game*, and a *to a long-forgotten ability you once wanted but gave up on*.

A new ability is *almost never* the one you are *currently* trying to achieve, but always related to past desires and efforts.

It’s as though most skills acquired in this way need to be *physically forgotten* before you develop them. These are what you get for saving the princess or evading those inner ninja assassins. Maybe your body just needs a chance to work on it without you hovering, thereby only granting the ability after you leave it alone long enough. All I can do is speculate on what’s going on here.

Keeping something *forcefully out of mind* is the *opposite* of forgetting, by the way.

If you’re like me, your abilities will likely be spattered with things you’d wanted as a kid. Ergo Karaoke Battle. This means, you’ll be *trying your hardest* to become a great poet as an adult, when *WHAM*, you’ll suddenly be a better skateboarder, or skilled enough at ping pong to beat your brother.

Suddenly getting over my shyness in public was arguably my favourite ability of all time.

Whatever it *is* will be seamlessly easy, *suddenly*, the way you are with your driving game thumb. The way you are when making coffee, or getting your phone out of your pocket. Seamlessly and simply.

Again, whatever it is will come *virtually out of nowhere*, and will *almost never be the skill you were trying for*.

Treasure chests in games are *often* a lottery to open. This game is no exception.

Be original:

If you don't feel creative about characters, *don't use anyone else's* characters or figures. There is a *good reason* for this, and I will *tell* it to you. If you choose a favourite actor as a figure avatar, and they *later* become a politician, hate-crime perpetrator, or rapist, your *figure* will likely glitch *right the fuck out*. For that matter, if you choose a cartoon character who *later* gets used to advertise scented toilet paper, *same basic thing*. Therefore, your figures' chosen avatar skins can be *similar* to something pre-existing, but *don't* pick *THAT* character.

If you don't feel creative about *settings*, reconstruct places you've been in *dreams*, but *not in real life*. Like real people, real *places* can physically change, and can therefore glitch your storyscape. Fields become malls. Bowling allies become aviaries. Ice cream parlours fall into sinkholes. Who knows in the end...? The lesson? *NO REAL PLACES*.

Allow a *dream reconstruction* that you feel good about to unfold if you *don't* feel creative, until you hear or see something *new*. Keep an eye out for something that you *didn't intentionally create*.

Follow it, and make the right choices when you find yourself on the first mission you *didn't consciously create*.

Senses will be *less* than ideal at the beginner level, but will improve with the exercises I give you. Eventually, inner senses will be quite accurate.

For now, create or recreate until you see *something you didn't make*, and chase it like a white rabbit until you discover a good quest option.

Let this keep happening, and the *entire story* will take on a mind of its own. You'll just feel like one more among many players. It may even feel like the unseen *other* players created the whole thing, and simply had the good graces to let you sit in.

Some people are perfectionists. If you want every polka dot on every pair of socks looking crisp and clear for thirty feet around you, be prepared to train like a marathon runner once you become an intermediate. In other terms, you need the right kind of heavy processing power to maintain *that* kind of gaming resolution without melting your hard drive. Got it? Otherwise, you might *actually* heat up and puke.

Interactions will be beyond *anything* you are capable of creating. If you hate writing stories, this work only feel like a waste of time until you notice that you *aren't* writing all of the roles anymore.

I'm only getting started with the skills this book.

Maybe if I'm a *pain in the ass*, only the disciplined people will get to the hazardous shit.

Effects increase with use. Use with caution.

Playing Story Game is effective for most habits and traumas. Fatal for *some* traumas.

A few warnings for those with mental illnesses:

Please consult a psychological professional or shaman if you experience any unusual symptoms while playing the Story Game.

I personally suffered from terrible panic attacks late into my twenties, and still suffer from painfully-enhanced senses.

Credentials *may be meaningless*. Anything to do with the brain and mind, and the techniques that actually work on either, are finicky, and prone to require fine-tuning.

What I've learned from my strange and mundane experiences is, do research, and pick someone who has experienced and cured themselves of something similar to what they're attempting to fix in you.

Otherwise, how can they accurately gauge the subtleties of it, in order to help you with it...?

They can't, really.

Realistically speaking, they can sympathize, they can prescribe something to make it seem less distressing, or they can suggest books or techniques by someone who has managed to overcome your problem...as I just suggested you do first.

Meds work for some people, and do little for others. If they work for you, good. If not...

If your mind produces odd effects, you need to find someone who knows how to alter those exact effects. This requires someone who has felt those effects and turned them around already. To pick someone who has never experienced anything remotely like what you're actually facing is to perform brain surgery with an axe as a scalpel simply because it has a blade, in my opinion.

It's like asking a cat owner for advice on horses. It's like ordering pizza at a Chinese food restaurant. It's like buying a bra without trying it on. It can be as accurate as an infomercial demonstration, or the online description of a used car for sale.

I'm convinced that support groups are so effective for this reason, though I've never been to one myself. Someone in each group is probably an expert at surviving your precise condition due to having survived your condition successfully.

They may not be treated as valuable, but they're more valuable to you than anyone else will be. If you are mentally ill, with skills, I value you. You should be valued. You are a priceless part of the antidote to your suffering. Like the doctor who invented DBT, or like Braille, what causes you distress can also bring the most change to the world.

If you don't have any effective skills yet, I value your potential to develop them. Maybe you'll cure something in yourself one day that will change the world.

Those who experience a specific kind of suffering for long enough must develop tricks for it in order to survive. Strategies. Things that make it tolerable. They are correct in technique, while the doctor is only correct in general theory.

For some conditions, doctors simply work out how to manage difficult symptoms indefinitely.

The long-term sufferer has spent countless hours working on fine-tuned psychological skills. Skills for breathing, eating, and sleeping when it becomes the most difficult. The potentials of these skills go far beyond a doctor's ability to hand a patient a gradually-increasing dose of emotional numbing agent.

With few exceptions, mental disorders have not been cured, and I feel we will yet likely all but fry a number of people while looking for a digital cure before we find something that works with accurate reliability.

My opinion is unqualified on paper, but I have successfully cured my once-weekly panic attacks solely with meditative training and personal research. I learned to move and use the flood of adrenaline skillfully. I learned to nullify it. I no longer fear it, or lose to it. I am over panic.

On the other hand, my panic treatment had no positive effect. The doctors listened to me talk without writing it down, suggested I get out more for the practice, and tried to push pills on me once a month. These pills, when I gave in to them, created near-blackout levels of panic that each new doctor dismissed as my imagination and increased, until the panic got so bad, I insisted on quitting or trying something else.

I mention all of this because of half a dozen qualified, yet terrible, fits that got me nowhere, while wasting over a decade of my time.

I am unqualified, so by all means, trust them first.

They are liposuction for emotions, while I'm a daily jogging regime.

They are an antacid pill, while I'm a spinach salad.

They teach you to escape, while I teach you to defend or conquer.

You might choke on your despair before you finish with me.

I'm not for everyone.

**Emergencies are different. Seek immediate medical attention if you feel like you're in danger at any time.**

Hospitals are usually the kind of place that makes a point of not keeping people longer than absolutely necessary. This is because A. They're overbooked places, and B. It's freaking expensive.

My experiences may be very instructive to some people with certain disorders, but may react very poorly with others.

My work can also harm you if you attempt it too fast with a disorder.

I would feel much better if you also had someone who understood your disorder monitor you on your progress or worsening.

Boss stages generally involve 2-5 final flare-ups of the symptom, followed by minor exhaustion, followed by noticeable improvements a few days later.

Body tensions have different rules, and take longer, but can often be affected quite well.

Passing a boss stage should feel worse and better at the same time, in the same way getting over the last of food poisoning feels much worse and much better all at the same time.

I'm serious about proper training, so don't fuck around...:



I will teach you about training and wielding your emotions in a healthy way. I have cured my own panic, and now have sensory battles to face.

Avoiding inner turmoil doesn't make a person a stoic, especially not if shit hits the fan.

Few know there are gym-like exercises for building strength in weakened or sore emotions.

Calm angry is the scariest kind, is it not? A pillar of strength isn't forged from a lack of experience. The muscles you develop early on are the strength you will require to get through the meaner boss stages.

Playing nice with others:

My RPG process is sort of shamanic, and sort of psychoanalytical. However, unlike regular journeying, the Story Game has a more rigid form, a kind of serialization with differing after-effects.

Gaming together has a special kind of bonding effect.

In my work, unusually great importance is placed on the so-often-avoided surface chatter. It's avoided by many cultures for a reason. It contains riddles and lies and mind games along with the truth. Be careful, be discerning, and you won't get into trouble.

Don't worship other players:

*I SHOULDN'T need to say this, but let's cover this important rule, shall we?*

I'd rather my book not become a dangerous cult factory.

*Treat other players with respect, but don't worship or obey them, especially if they tell you to do something weird on human turf.*

You may laugh now, but when they take on a mind of their own, some people will receive some prophetic-sounding dark messages that aren't in everyone's best interests. Many common figures are known to try and manipulate a novice, so a main early test is learning which figures to ignore.

I'll explain shadow figures soon, but for now...

It's common for a certain kind shadow figure to try and coax violence as their main personality trait, which is harmless if you ignore it.

Healthy, even.

Look at it this way...As you may one day need to fight off hungry wolves (but not today), it's useful to have a repository for the capacity for violence. The less we use it, the less we control it. The less we control it, the less we remember it after using it. Some people may behave bravely and skillfully during an emergency, yet remember little of what happened.

This figure is kind of like our disjointed relationship to that capacity for violence. We don't need it at the moment, but it's good to have it.

It's triggered by survival situations, or should be. If it talks to you, just know, that the most it can do at the moment is talk to you. It isn't permitted to act unless something bad shows up. The less we use it, the less we control it or remember it surfacing, so limited and painstakingly careful work later on will help a lot.

Go after some Level 1 monsters first, though, okay?

Why is it so cruel and specific?:

It means something else. For now, ignore it. It isn't bad or dangerous to have one. Don't be mean to it, but don't take any abuse from it either. I don't want a bunch of assholes out there listening to these ones. Your party probably won't let it hang around anyways.

*Restrict it to the game. Make no promises with it. Ignore its claims to power outside of the game. The others keep it balanced out.*

*It may even feel empowering more than scary. At worst, it can coax you into playing its mean and stupid games with it. If anything, it has a vendetta you're a disposable part of, so ignore it.*

*Those who hear voices are often sought out and scammed by this one. You've heard about those people, committing strange ritualistic blah-blah-blah, for such-and-such, the god of somewhere-or-other.*

*Under normal situations, people don't go looking to talk to this creature, and never hear it's empowering, yet horrendous spiel. It's a common construct we all have. It'll be helpfully triggered into action if a wolf decides to show up. For now, ignore it.*

*We'll talk about it better later. For now, just ignore what it says, and treat it as, at best, a mild curiosity.*

*It's essentially speaking two languages at the same time, and I can teach you a bit of the other one.*

*A note on those who worship them:*

*I mean it. It pisses me off. We all look bad when someone who talks to unseen figures becomes ritualistically violent in the name of an invisible conceptual creature.*

*This creature can optionally choose to range in avatar appearance from vampire disco Jesus to a talking rainbow pelican at will.*

*Don't make the extreme assumption that it speaks the truth, especially directly. If you've accessed one correctly, it doesn't speak in direct human language in the first place. It practically requires a translator.*

*Appearance, while containing hints, means nothing for certain about a figure's true identity.*

We'll talk about reading *what's going on underneath the surface* later.

Treat *what you see* as an *avatar*.

Just as every warrior princess online has the vague potential to be a ninety-year-old man in reality, *every* angel in Story Game *must* be investigated thoroughly to decide the quality of what lies beneath the surface.

Even a creature who helps you overcome tonsillitis isn't necessarily immune to having ulterior motives.

It's *not stupid*. Assume it's *at least* as intelligent as you are.

For now, just promise me you *won't obey your figures*.

Suspend your disbelief until they start to show up. Then, treat them like people, with varying motives that *may* not always be like ours. They range like people do, sometimes more.

By all means, consult a group of Trusteds when you make decisions. When you care about a few, and you know them well, they'll *usually* agree on your best courses of action. This isn't a rule, though.

I *mean* this, even if they tell you your future accurately, or seem to have an effect on plants or thunderstorms. Maybe they *do*, or maybe there's a trick involved. *Don't obey any of them without question*.

There is the secondary danger early on, of hearing figures well until there is something we *don't* want to hear. People often refuse to hear bad news from other *physical* people. Forcing words we *want* to hear out of another player's avatar should be a valid early concern. The "other language" helps us bypass this a little.

You'll eventually have a trusted party to fall back on, who will police each other pretty well. It rarely feels scary playing the game if you maintain a base camp to return to. Follow the rules of your world. Your figures will help you past your tourist phase.

Don't make promises you can't keep. Words and motives are more binding to them than they are to us.

Trust your feelings, not your eyes. Expect lies, and dig for truth.

Now we'll get further into what exactly they are, or seem to be. What they are is open to interpretation...

### The other players:

This spiritual game is designed to function sort of like a modern RPG, played with Inner figures rather than with other people. These figures should be treated with respect as real players, even when they don't treat each other with respect.

Regardless of your beliefs, I'm not sure the avatars will even be occupied if you don't at least behave respectfully.

I'm not always nice when I banter with mine, but there is respect in there somewhere, I mean it. We've been through a lot together.

Notice I'm always polite when introduced to NEW figures unless there is a very good reason not to be. I bow before most fights, and let everyone tell their story before deciding on a course of action.

*Do not fuck with them.*

Some of the body functions you don't consciously govern you may find to be governed to a surprising degree by your other players.

They want to live as much as you do, so this almost never dangerous. However, as a rule, try and be likeable and helpful as much as possible, or you could find yourself feeling inexplicably uncomfortable.

For an example, you might suddenly taste nasty chemicals in your favourite potato chips. As this is something that can happen by coincidence, or as a physical symptom of something else, you can't tell your friends and family that a figure did this to you.

This kind of scenario is a win-win for the nemesis figure who gets to secretly deny you pleasure while simultaneously making the whole organism healthier.

It's our job as aspiring sane individuals to treat all inner effects as a physical coincidence for as long as possible, before accepting Inner influence.

#### NEVER START WITH OUTER ENTITIES:

Maybe you can, and maybe you can't.

That isn't the point.

Speaking of things that have a good reason to care whether you live or not, don't invite spirits or other outer invisibles.

It isn't my desire to do this, so I don't do it.

I've experienced some weird activity before, though, and treat it with respect.

Unlike inner invisibles, outer invisibles often have no reason to fear bad things happening to you.

If you die, the Inner figure loses its body, but the Outer figure lives on.

This is a surprisingly big distinction.

Outer figures, should you access them, could have any motive, and not just human motives. Needless to say, these beings may not all be well-meaning people-pleasers.

Purposefully increasing your sensitivity to one such creature can make you good at accessing similar creatures. Learning to contact one spirit may give you access to spirits in general. Similar creatures may have different motives. Those motives are the true potential danger.

Never start with spirits or outer entities, as you are essentially attempting to turn yourself into an Ouija board you can't get rid of.

Anyone reckless enough to attempt spirit or entity channelling using my method, with fewer than 700 hrs of quality experience with Inners, may endanger themselves if they perform the task correctly.

Even with the training and experience, there's no guarantee it'll go well, but at least you'll have some groundwork.

Don't come to me complaining about mysterious puddles of water, electronics turning on by themselves, or freak indoor wind storms. I've warned you.

Pick a religion and bring in a priest or something if you're going to ignore me on my no-outer-entity policy. I don't do exorcisms.

It isn't my thing. Not now at any rate.

I have experienced more than one unusual spiritual encounter, sober, and with other people who experienced it with me, so I believe it's possible. I'm sure reattributing my Story Game skills for channelling would work well for the right person, even.

However, after you start, I can do nothing to help you.

That's why I don't teach it, and why I can't recommend it. It's like teaching other people to swim when you can't swim yourself. It's negligent and reckless.

Channel at your own risk.

### The addictive qualities of Story Game:

The game's serialization, the arrival of unusual physical abilities (you may develop a real +50% ambidexterity bonus suddenly, for example) and the unexpected participation on the parts of the other unseen players make the Story Game *quite addictive*, and *somewhat dangerous* in careless hands.

*Follow all instructions carefully*, and consult your doctor if you feel overwhelmed, or experience *any distressing physical changes*.

Role-playing with psychoanalytical or spiritual elements isn't for everyone.

Those who find it *fun* tend to become *addicted*.

I've met a few of them. They usually stumble across a similar kind of inner work spontaneously, and by accident.

Their adventures either go *very well* for them, or *very, very badly*, depending on their intentions and actions.

### Dosage:

The Story Game should be taken 20-60 minutes per week to 20-60 minutes per day as needed. Start low, build up.

Practice should be associated with a *particular object*, to provide a trigger to turn it on and off, as well as an Inner-only *nickname* (Cat is my nickname, given to me by my Inner people to be ironic. My object is a book I write their speech in...).

If you begin to notice excessive unreality, please reduce your dosage. If unreality persists, please contact a psychologist. If the psychologist can't help you, please consult a shaman. If a shaman can't help you, please read up on some cutting-edge psychoanalysis. If this can't help you, you're



probably trying too hard. Switch to Buddhist and Yogic detachment exercises and follow the simpler meditative path.

If you feel overly...focused...remember what it feels like to stumble half-awake to the bathroom at night, and attempt to emulate the sensation...We'll get into better technique later, but this is a start...

Among other things, mine is a haphazard and dicey round-about method of achieving non-attachment and can trigger Samadhi, which may be described by some as a state of peace. This gives it no justice at all, as it feels about as good as five continuous orgasms lasting for minutes to hours at a time (or if you're really good, supposedly don't stop).

As you are not personally the function of your mind that knows how to achieve this best, playing the Story Game can lead you to clues to uncovering the “muscle” mechanisms to access incredible altered states.

Many pleasures can be reproduced so perfectly, the reality can begin to disappoint.

Many feelings can be released by choice once the mechanism is found.

More than an hour of the Story Game daily is acceptable for advanced students, but limit yourself early on.

...How will you know if you practice too long?:

Short-Term:

After practising (correctly) for too long in a single session, a drop in temperature, followed shortly by hangover symptoms will begin. Stop what you're doing at the drop in temperature, and drink something hydrating.

If you don't stop here, the hangover effect will become much worse. If you press through the hangover, mind-numbing exhaustion will set in, eventually making practice impossible.

You will see this warning again.

### Long-Term:

Long-term effects are more serious and noticeable. Reality melts if you keep this excessive practice up for too many weeks, and not in the fun Korean ghost movie way you might be hoping for.

A distracted exhaustion and general confusion sets in after extended overuse. Complicated things may become simpler, and simpler things more complicated. Uncharacteristic levels of clumsiness, time distortion issues, and poor or unusual reaction times are early signs of long-term overuse.

I say "clumsiness", but it's uncharacteristically specific about what it spills and where, like your own body's out to try and ruin your life. Don't let it get to this point.

If you feel persistently distracted and agitated, switch to detachment and simple meditation. Bathroom-stumbling mind helps greatly. Over-diligent focus from changing your focus too much and too quickly is often the problem.

Discontinue Story Game, and reset your system with other disciplines if you suffer from long-term overuse.

### Not so relaxing?:

The purpose of my work isn't relaxation. It's exploring and healing deep-seated monsters to access amazing heights.

This is closer to a dojo than an ashram.

I don't teach basic meditation here. Practice relaxation on your own time, but don't forget to meditate regularly.

Relaxation *really* helps with overall control, and I highly recommend you practice standard meditation along with my techniques.

Meditation has helped me to integrate *many* of the techniques that affected me too strongly or too quickly over the years, and to notice where they could use fine-tuning.

Meditation is your seatbelt, parachute, *and* life jacket on any Inner adventure. Fall back on it when things get dicey.

Story Game is not intended for unguided individuals with:

Emotional claustrophobia

Nonsense deficiency/excess

Aggressive or suicidal tendencies

Hypochondria

Overly-addicted personalities

“Is-that-the-best-you've-got?” syndrome

The desire to remain at their current level of sanity

The unwillingness to go up in sanity without first going down in sanity

The desire to attain great power

The desire to be a doormat

An extra note:

The strong-willed will meet their own strong will as an adversary

Their weakness as a poison they get sick with...

The people-pleasers will meet their self-denial as an adversary  
Their power as a poison they get sick with...

The skeptics, should they go far in earnest (as “muscles” are involved) will believe in a nonstandard reality, making mind and standard reason itself an adversary  
Their unprovable proof being a poison they go mad on...

Range brings power and control  
New abilities and a confidence you can't place

People suddenly respond to you like you're charming when you used to be awkward  
Once nice to a fault, you can now stand up for yourself...

...Or, you know, the opposite...

...You have evened out somehow...

But again, “muscles” are involved in change  
A soreness afterwards, that most are not prepared to suffer these days

(Besides, you've gotta keep the weird shit you experience to yourself or people will think you're clinically insane. Can you handle treating your game personality as a secret identity? A secret identity is a lonely thing to have...).

...Go slowly...  
...Tread carefully...

Side effects include:

Excessive synchronicities or “coincidences”

Removal of old health problems

New, metaphorically-driven health problems

Random new skills

Random new weaknesses

Subtle {Jumamji} effect

Subtle “Monkey’s Paw” effect

Subtle “Red Shoe” effect

Nonsense

Learning things you *shouldn't* know from what you once thought were imaginary figures

The sensation of time-distortion

Accelerated healing

Temporary lapses in sanity

Final exams (often coinciding with life's final exams)

Things that claim to be ghosts, might be ghosts, but are more than likely not ghosts.

Things that claim to be angels, devils, God, aliens, genies, {Slenderguy}, or whatever else “works”

Things that are therefore open to a *ridiculous* number of interpretations

Incredible ideas that are not your own

Incredibly stupid ideas that are not your own

Stupid-sounding ideas that are *actually* incredible, and are nevertheless not your own.

## Intro (11.15.14)

11.15.14, 12.2.14, 12.16.17, 8.25.17

*Before we leave the sanity behind completely...Some people start by accident at a young age, like I did. When you interact with your imagination in a certain way, you begin to notice that the responses you receive aren't yours. At least...you didn't come up with them...At this point it becomes more like interacting with a dream. This is pretty natural for some people.*

*Aspects of these waking dreams can be decoded as metaphors, similarly to dreams, and make a surprising amount of logical sense.*

*Characters in these waking dreams are so unique and so autonomous that the dreamer can form bonds with them as though they are real creatures or people (and some debate they are)...as well as bitter feuds...but try to avoid that.*

- *{Future Cat: Danna...Is this another introduction? We had one already. I get that the first part was the exercise, but we can't have two intros, can we?...9.2.17}.*
- *{Danna: Mittens, you're on creative hiatus. <3. Get me my font! Where's that sexy assistant guy? We need 900 copies of this, stat! Hurry!.....No, the plug-in is near the floor, so you'll have to bend over like...no. It was the other guy I wanted to make those copies. <3...9.2.17}.*
- *{Future Cat: Quit being inappropriate. That was the doctor, by the way, and you were looking for the cold-blooded mercenary who can never like you back. He's cognitive only. Asexual. Nothing for you...9.2.17}.*
- *{Danna: But it's his other charms, Mittens. <3. He's mysterious. Cold. Aloof. I know he has some limits. Yet I'm also sure he'd juggle monkeys to polka music if you offered him the right price. I don't need to have him, but you're not going to convince me to leave him alone. <3...9.2.17, 1.21.18}.*
- *{Future Cat: I always do feel safer when I'm not your pet project, Danna...9.2.17}.*

The meditative path gone wrong:

*The Story Game technique...and its costs...should be studied here carefully before beginning. It isn't safe, especially to someone with a disorder.*

*To be fair, the long-term meditative paths of many cultures can be diagnosed as disorders. I don't want to disclude any of those people from the strategies I have to offer.*

*Part of my work here is to keep most people from initiating an awakening too early, if at all.*

*As my "panic disorder" is now a sensory thing, with each new doctor I am diagnosed as something different, but I most closely fit the symptoms of the meditative path gone wrong. The Kundalini Awakening, or Qigong Psychosis.*

*It's a natural process, they say, but prone to all sorts of mystical theories. It isn't always doctor friendly, though some holistic practitioners know a bit about it. So many people are now struggling with the symptoms that support groups and Kundalini counsellors are beginning to pop up like daisies.*

*I call it the Nine-Year Pregnancy, but you can choose a male alternative if you'd like.*

*Unlike a normal illness, symptoms progress and change, and leave the sufferer stronger and healthier in any place they've touched. This is assuming that the sufferer survives. It's a decade-long emotional and physical shitstorm that make the trials of puberty feel like a sitcom.*

*The condition is irreversible, progressional, and unstoppable.*

*This isn't the kind of "awakening" you find in purple font under a recipe for vegan spring rolls. This isn't the kind of "awakening" that makes you love kittens and smell like lavender. Not at all.*

*Those may be called "awakenings," but are usually just "really good meditation sessions".*

*The awakening I'm talking about may include occasional 42-hr insomnia and animal-like hearing. It comes with changes in appetite or strange cravings. It comes with inexplicably-corrective back and rib pain and migraines. This awakening brings sensitivity to light, and rapid personality changes. It causes emotions and time duration to feel much different than before. For some, loud places can become intolerable. Muscles seem to rewire, and work different, mentally. The synesthetic swapping of various moods and bodily sensations can be terrifying at times. Some experience hours of paralysis at a time. Not everyone experiences the same cluster of symptoms.*

*Some sufferers withdraw from life completely.*

*Abstractly, it feels like my body and mind are losing their baby teeth and growing back strong adult molars. Something natural and painful is happening with some really positive end results.*

*Whatever the illness actually is, it also can't be medicated in everyone. If something is supposed to bring calm, it may cause massive energy, or greater mental agitation.*

*Look up "Kundalini Awakening" and "Qigong Deviation" to read about the energy path gone wrong...*

*If this describes you, I can help a lot, especially with the mid-torso stuff.*

*If this doesn't describe you, DON'T START IT ON PURPOSE FOR FUCK'S SAKE!!*

*Fortunately, the symptoms of this condition clear up on their own, and new ones take their place, gradually working up the spine (at a rate of about a squared inch every month or so). Each phase, once passed, leaves the muscles and bones feeling stronger and healthier.*

*One or two emotions become less vulnerable each time, as well.*

*All new symptoms come with corresponding strengths, abilities, or enhancements. These are more intense than normal Story Game abilities, and more prone to fast-healing, negative side-effects.*



So what is an English drop-out doing with this weird cluster of information?:

PDFs of obscure ancient material, once only available in university libraries, as recently as the 90s, are now free and commonplace. I spent university honing my research skills. Of course I have this information.

Ancient Chinese scholars, and Yogic gurus are just a search engine away.

What better method to achieve spiritual knowledge than to combine everyone's methods, to find out where they intersect most effectively? Our ability to locate techniques is no longer limited by language and geographical location.

If a technique is correct, it will make itself known in multiple places which can now be found quite easily.

The task of combining techniques, itself, isn't by my own conscious devising. Actually, my other players have turned out to be the most effective aspect of my work.

If something works well, my other players point it out and tailor it to fit my exact needs, often on the spot. Often, they convert it into a rep form, ideal for learning to transition effects.

More about me:

I started my work when I noticed my imagination had a mind of its own, at ten or eleven, and started my actual research at about sixteen. I started spontaneously as many do. It was around sixteen that I started dating my first boyfriend, a kid who played an imagination game similar to mine.

The fact that I wasn't the only one doing this seemed more than coincidental to me, and I soon discovered how the whole puzzle related to psychoanalysis, and how some of that stemmed from tribal traditions.

This would have been tremendously useful, had I been more diligent. Unfortunately, I failed to apply the loudly healthy lessons of my Inners, in favour of my next relationship, and my academic

*future. I drove myself ill as I ignored their advice.*

*If anything, I made harmful use of my ability to exert extra will-power. I pushed until I broke, because I was capable of pushing so far.*

*By my early twenties, the jittery and constant sensation that I had just chugged three energy drinks was so severe that I had to get a stomach scope, in case I had an ulcer. I was reminded to breathe between gasps of painfully restricted air. Sleep was difficult to impossible at times.*

*As my determination persisted into my mid-twenties, I became constantly nauseous, and would even vomit regularly before work and school. My figures wanted me to take better care of myself. I ignored them, and dealt with my painful stomach and excessive energy by skipping every meal except dinner.*

*My figures kept pushing for better self-care. I fell to the ground from the shock when I realized my relationship was unhealthy, and couldn't go on.*

*Eventually, I realized that my figures had solid advice for improving my health, and my physical state greatly improved when I stopped ignoring them.*

*Determined to be successful in life, my past was spent repressing my strange and ever-fluctuating symptoms, until it all came pouring out in university, which you'll see a part of. It wasn't graceful, and Lee never let me forget it.*

*I'm now in my early thirties. My condition has improved a lot since I started to treat it as an awakening, but terrorized me when it was mistaken for social anxiety mixed with a mood condition, intermingled with unrelated and untreatable back, head, and stomach pain.*

*I saw no positive results whatsoever when I was being treated for a mood disorder, which steadily degenerated into the painful eating disorder, despite regular doctor visits.*

*A lot has also improved since I started seeking strategies from others like myself, but I still have a long way to go.*

*The panic may be gone, but I'm still not over the tricky sensory bit.*

*These symptoms can alter the course of your whole life.*

*Awakenings are usually simple to avoid, but have been known to be triggered on occasion by certain martial arts, too much stress, the wrong kind of meditation, a serious physical illness, or excessive study.*

*I say all this so YOU WON'T ATTEMPT IT ON PURPOSE.*

*This is for the daredevils...This is for that one-in-fifty, special sort of asshole out there who hasn't even read this far and is already trying to make himself into a human Ouija board.*

*In Yoga, great training is required to make the mind and body strong enough to endure an awakening safely.*

*Odds are, you haven't done it, so, ODDS ARE, you SHOULDN'T AWAKEN.*

*In addition to my sensory and emotional processing journey (which Lee says nasty things about which I don't condone), I start out here as an English Literature student at a very decent Canadian university and will pay for it the rest of my life (which Lee also says nasty things about which I sort of condone).*

*Ironically, you may notice that I am much more emotionally functional now that I am less societally functional. My true place is now ideally with those who want to learn how to turn their angers, fears, and sadnesses into defeatable dungeon bosses.*

*I seek those who have the discipline to practice safely and responsibly.*

*Your potential for trained mastery can inevitably do more for this dojo than my haphazard set of pioneering fiascoes can. Build on what I give you. I learn things the hard way, so you don't have to.*

*Mood Format – I:*

Yes...I was 4<sup>th</sup> Year Lit. It doesn't always show through most of this book, but every now and then it seeps out in my word choices.

I once lived and breathed MLA format. I wrote essays until English stopped making sense. Because essay formats now crush my soul, I am publishing the majority of this book in what I'll call Mood Format - I. Mood Format works against reason itself, thereby bypassing dread.

- {Thereby ALLEGEDLY bypassing dread...5.17.17}.

In addition to what is basically my 2011 inner game journal in Mood Format, in way too many fonts, and in two versions of English, I will be providing you with episodes of Future Danna's (from November 2014) shows and an emotional weather report. Why? Because I stayed awake doing school projects until a stop sign waved at me. I feel I've earned the right to invent a format that barely makes sense and riddle everything I've written with pictures.

And now for a glimpse of few figures everyone will likely encounter:

Shadow figures:

- {Future Arrow: For fuck's sake, I'm pretty sure later episodes of this story have a chickenzilla in them. Why so thorough? Wrap it up "professor". The safety rant is getting stale!!...8.27.17}.
- {Future Lee: And who the fuck do you think you are? Our inner blog reviewer? Get the fuck out of Chapter One, asshole! We're idiotproofing, so you can't be here. <3...8.27.17}.

Please bear with this long-winded explanation, as this information will be much more important later on.

*As I am teaching you to play a game with other parts of yourself, it shouldn't be surprising that the most autonomous and interesting of your other players will be the parts you actively use the LEAST.*

*Unknowns in your life, the dark patches in conscious understanding, and will come up as shadow figures in Story Game.*

*For future reference, shadow figures represent the traits and behaviours you shunt off as not-you because you fear them, dislike them, like them too much, or can't find success at them.*

*Shadow figures can be found resembling people who annoy you.*

*In a fiction, it could be that asshole who is always just a little better than the hero, one of the villains, or that close friend the hero refuses to listen to. A shadow figure can also resemble someone you want to be exactly like, but can't live up to the greatness of. As it turns out, shadow figures can also appear as aliens, mythical beings, or even simply as foreigners (aka "foreign concepts").*

*Shadow figures, under special circumstance, can even appear as a place, like a basement or attic. Just look for a nagging feeling of brief panic to determine the presence of a shadow figure.*

*I told you they don't think like people. It's hard to relate to a "person" who is also sometimes a house.*

*Don't expect direct human answers from them, even under good circumstances.*

*Shadow figures can be found where we act against our beliefs in favour of our desires, or vice-versa.*

*A shadow figure is essentially a symbolic reminder of everything we aren't. It's like a repository for those traits.*

*If your loved ones want you to be a doctor, and you want to be a scuba diver, that awful feeling that medical school gives you in your stomach is a shadow figure.*

*The shadow figure is also the part that will convince you to eat three more donuts to suppress the feeling that you shouldn't be in med school, while helping you select a way home that passes the aquatic center.*

*When we encounter a shadow figure while playing Story Game, we are simply allowing this charged concept cluster to communicate with us without donuts. We are allowing it to argue or compete with us in a safe game setting, without dragging our lives and relationships into the equation.*

*A shadow figure shows us what we're avoiding.*

*Overcoming difficulties is somehow a lot less of a chore when the crisis takes the form of a dragon or mad scientist. It's also less of a chore when you gain an ability from it.*

*Your biggest feelings will produce your biggest monsters. Shadow emotions are easier to face when we can place them in front of us and do some form of battle with them.*

*In case you haven't noticed, they can sometimes be right about things, so even if you refuse them, be NICE about it.*

*Battle when the monster insists on battling, and only when you're sure you don't agree with it. Don't obey it.*

*Again. Yes. I said it again.*

*Don't hurt people. Don't sacrifice rabbits to it. Don't follow it to Egypt because it claims you were a pharaoh in another life. Just DON'T.*

*Don't obey it, but let it talk. There is a HUGE distinction.*

*Let it tell you its story. Decode the story to figure out what it ACTUALLY wants, and figure out a compromise. I'll explain how to do this later.*

*For now, just keep these warnings in mind, and you can't do too much damage.*

Remember, your biggest monsters hold the key your greatest power, and also grant the best abilities, so try to wrap up a battle peacefully whenever you can manage to.

Defeat malicious symbols with the most fitting nullifying symbols whenever possible. We'll get into that later, too.

Your figures will give you a tutorial once they start to take on their avatars. I'm filling in the gaps here.

Don't just go around killing everything you perceive to be evil. The other players that you have issues with almost always grow new avatars if killed. Most incorrectly-defeated monsters will return with a worse attitude and new enhancements.

If you aren't the bigger person, you'll likely ironically defeat yourself.

Inner killing sprees are the Story Game version of chasing your friends out of the house with a kitchen knife instead of playing an RPG with them, then pronouncing yourself the best gamer and the happiest person by virtue of being the only one left in the room. Then, it's like questioning why the game isn't fun anymore when your friends don't come back.

If killing other avatars is supposed to happen in your game at all, follow the rules and guidelines for it carefully. These will be individual rules found in individual games. These are house rules.

Ask more than one figure to explain the rules to you. It may, for example, be acceptable to kill avatars, but only when restricted to specific insects or reptiles. It may be a part of your overarching construct to have regular death battles with everyone in your game. It may also never be okay. House rules rule.

Just understand the rules of your own game before acting in ways you wouldn't normally act while on Earth, and in public.

Never assume your game rules apply to human turf. They rarely do.

*Ironically, killing the other players' avatars, against the rules of your game, can be even more of a problem for you on the inside, than it would be ruining an RPG on the outside.*

*You can unwittingly make an enemy of something that has a physical connection to your sex drive or digestive activities. Something that can easily make your life miserable, and now won't speak to you. Something that could have enhanced you, but now gives you acne instead.*

*Abilities can't be taken. They're granted or learned. So are the curses. Killing figures rarely grants you what you're looking for.*

*Your world is as subjective as you are. I'd recommend you play by the rules of your own game, to ensure more abilities than curses.*

*Just don't let it seep into the human realm, especially before you know the other language.*

### The Summa:

*The Summa are my name for a special kind of shadow figure. They are shadow gender. The Vox (or Mollis depending on your gender) represents the traits and behaviours you shunt off as not-you because you personally view them as belonging to your sexual counterpart.*

*This figure is subtly influenced and enhanced by any person or fictional character you encounter in life who even slightly resembles your counterpart.*

*These special breed of shadow trait creates a sense of something missing. They are the opposite that attracts. They are a tantalizing craving for wholeness. The figure can therefore be found acting as the mental sensation a person uses to produce a fantasy or craving...as well as what best instructs the body on making the wish come true.*

*While standard shadow figures embody what you avoid, the vox or mollis embodies what you chase. The main vox or mollis gathers itself into a blueprint for tracking down the ideal mate, the ideal movie, or the ideal bacon burger.*

*This figure can usually judge and determine your best future options...unless something is*



damaged. Then it can become defensive and critical. Note that it still has a root in desire, but can become strict and picky under the wrong conditions.

An injured summa figure gathers evidence and sabotages any mate it doesn't like.

The angry vox is the decisive and calculating icy cruel part of your otherwise gentle and sweet partner. The one that's "fine" instead of actually fine.

On the other hand, the tenderly tender mollis is the part of your otherwise tough-skinned partner who loves cuddling puppies and whines like a small child when it feels ignored, gets sick, or runs out of those chips it likes.

I am less knowledgeable about the mollis than the vox, as I have a vox and not a mollis.

If you somehow manage to embody and balance both your softer and harder sides well, your counterpart will do the same. You'll be balanced in mood and desire. Most people spend their entire lives balancing this out.

Until the two are balanced, a human is capable of having emotional outbursts. Once perfect balance is achieved, assuming perfect balance is even possible, all emotions make logical sense, and all logic makes emotional sense.

No uncontrolled outbursts will ever again be found beyond this point. No emotion will ever need to be repressed again, yet every emotion expressed will come from a place of reason.

You can see where the rarity comes in.

Thought and emotion must equally control one another to succeed.

A macho tough guy will tend to have the ultimate whiny mollis from hell.

Similarly, it takes a delicate pushover of a woman to start with a pushy vox like mine, but as you'll see, we gradually improve.

*A human's weak blind spot is often the summa's conscious choice.*

*You will have either one or the other, and it will be your opposite. You are whatever one it isn't. Your opposite will balance your own sliding scale of personality range. It will only change as you do.*

*Ideally, you'll pick up traits from each other and become more balanced.*

*Mood swings require a mood to swing to.*

*If you can be comfortable in all emotional temperatures, you'll seem perfectly calm under virtually all circumstances.*

*Few achieve anything resembling this balance, known in some mystical and alchemical circles as the Sacred Marriage.*

*Some will think they've complete it, but haven't. I know I haven't.*

*The summa figure will always also appear as a gender and shape the ego is attracted to. I'm not sure what this means for asexuals.*

*Out of all the figures you meet, its motives will be the most mysterious, and its deceit the most effective. It's one of the last to appear, and one of the hardest missions to finish. It is always dangerously intelligent in the exact ways the ego isn't, even if it plays dumb.*

*Never underestimate this one.*

*Classic psychoanalysis is often unfortunately rigid about sex and gender, which simply doesn't work in our world anymore. My chosen Latin terms reflect a difference in passivity and assertiveness of tone, rather than sexual anatomy.*

*Therefore, for example, a homosexual man will be found to have a male vox if he is passive, or a male mollis if he is assertive.*

*(Special Note: My Latin terms also likely reflect my poor grasp of how Latin works).*

*An angry Inner opposite has a say over what feels right, and can impose a feeling of wrongness. Don't be too upset with it...It wants you to achieve your goals and wishes, and only attempts to manipulate you when you stand in your own way.*

*It chases your passions and hungers in what may seem a volatile fashion.*

*If you can control its behaviours at all, you've found the wrong figure.*

*A vox or mollis is the draw towards or away from anything, in essence. It isn't something we choose, but something we experience. If free will is the ability to follow our desires, these figures are what decide what we desire. They preempt us, to guide us to our best potentials.*

*How do you spot one in another person?*

*The summa figure is the fearful "other" side of any of the people you've ever lived with. The too-quiet or too-loud version. The emotional part that won't hear reason. You know...the side of your partner or family member you treat gently or avoid, because ultimately, you know it's irrationally defensive and will take what you say the wrong way.*

*It reacts almost solely to unfulfilled desires, making it likely to bring up the past for ammunition, or revert to the silent treatment. It will override the ego's choices to secure its own desires, which are ironically usually what the ego denies of itself.*

*You've met one. Trust me. It's normal.*

*Ironically, through all the sabotage, complaining, and lying, the summa figure's end mission seems to be achieving the most natural and healthy life for the human organism.*

*It will fight you, and anyone else necessary, to give you a happy, healthy life. If it believes someone stands in the way of your happiness, that person will receive its wrath.*

*You know more than one of them, for sure.*

This "moody state" will likely only ever be seen by the closest people in a person's life. It is the opposite of conscious logical control.

Such out-of-control words or behaviours don't come from nowhere, or exist in a vacuum. Neither do they arise from the person's conscious and controlled choices.

Have you ever heard someone say "I don't know what came over me"...?

None of us personally choose when to release stress hormones into our own bloodstreams, increasing our own heart rates and encouraging ourselves to behave more erratically towards other people.

No. If we were to choose a reaction in an argument, it would likely be something strong, calm, and a little badass...but that isn't what normally happens when a normal person has a serious disagreement with someone.

The erratic emotional stuff is chemical and animal.

Another function governs the release as a choice. The further we distance ourselves from that function, the less we control it, and the more deranged it is permitted to get without us.

It's sort of like you think thoughts while this figure thinks feelings.

Remembering back, you should be able to recall meeting several of these figures when family or friends became overwhelmed and irrational. You've also seen the pleasant side of their summa figure, reflected in their eyes as they showed off a new car or pair of shoes to you.

You are seeing a person's wishes, cleared of everything else. This is essentially who a vox or mollis is. It is the pure drive itself.

That is why it is OFTEN not a very nice person.

The avatar form of your summa figure may not even act desperately or desirously, but it can always find a way to produce a desperate hunger in its human.

To achieve perfect agreement with the summa is to stop feeling a void inside. Nothing will seem to be missing.

Summa seems to be triggered by success with one or more of one's childhood shadow figures. It tends to appear late in the game, and may not arrive for anywhere between weeks to years of starting Story Game.

It's like Shadow Level 2, requiring a little bit of early shadow groundwork to trigger its very willingness to show itself.

If it doesn't appear on its own, seek the right shadow boss. Completion of that boss may trigger your summa.

When you finally do find your summa, you will likely also find it to be one of the least cooperative figures you ever meet.

It may be a femme fatale, or a sexy male paladin. It will be wondrous. It will also often be massively selfish, or otherwise be found single-mindedly pursuing an ultimate mission of some kind.

The mission is often one you have given up on, yourself.

It should be said. You also know this figure as the love interest in ALL FICTION.

Fiction teaches us that the "romantic partner" figure gets our priorities in order. It balances who we are as a person.

Real people who do this are somewhere between rare and non-existent.

Every fictional love interest is a vox or mollis, and not a human, in essence. It is uncomplicatedly the opposite of the hero in every way that it is not the same. In the story it plays a human love interest, but in its deepest essence, it is NOT a human.

It is how the author imagines the story ego's counterpart. This will usually be a

representation of the author's own summa figure. Again, this figure will be the opposite of the hero in every way that it is not the same.

Real people don't romantically work the way the summa does.

It's no surprise that we can become bitter if we try unsuccessfully to find a perfect match for it in real life, but it's designed to make us try.

The true ideal mate is somewhere between the traits we crave in the summa figure, and what we logically want out of life.

A true mate can never fill the void a summa figure can fill, and vice versa.

Knowing this is a big step in surviving relationships while maintaining realistic expectations.

Are we divided?:

Maybe you still don't think of most people as being more than one person, but you can at least agree that every person makes different choices depending on their changing stress and happiness levels. It's also obvious that people don't determine how or when their stress chemicals or endorphins are released by choice.

There is a version of each person you like to be with, and an instinctive version that is only capable of being fun when life is going particularly well.

Isn't it a pain that people can't see the irrational side of themselves? Wouldn't it be satisfying if they could? Imagine what would happen if the normal side could argue with the irrational side...the version that never seems to occupy the same space at the same time.

Imagine this person could, in fact, come to terms with the other version, after a terrible struggle...after a series of unintentional team-building adventures in an exciting fantasy world.

Imagine every pushover whose secondary side is an asshole, hopeless husk, or ice queen,

locked into combat with that side, and with their true desires.

Imagine the two fighting each other, and gradually forming an indestructible and natural whole through their obnoxious misadventures.

Imagine those annoying traits becoming less severe as they gradually cancel each other out through contact.

You are soon going to read such a story, as I gradually explain to you how to start your own.

My story is a horrible mess, once we open the dialogue up. Don't expect it to function like a polished piece of literature. It's more like a play, based on a shared dream diary.

Your story will likely make a better novel than mine does...

.....You'll see.

A note on the summa figures of others:

Do not be jealous of your partner's counterpart after what I've said. It is their drive towards you when it's healthy. It is the charge that wears your face in their fantasies. It is the impulse to be a certain orientation and to seek a suitable opposite charge. It should be there.

Romantic love may be between two humans, but there are at least four forces that need to stay happy in any relationship.

To remove the counterpart by force, is to kill natural impulses. The desire to eat, sleep, work, love, have sex, talk to people, bathe, and live, all fall under the realm of this figure. A summa-less person is desireless depressed husk of a person.

Kill a person's summa somehow, and regardless of all of your happy years together, this person will not sleep with you.

*A normal person who fails to understand their own desires will be two kinds of people at the same time...one who can gladly cope with unfulfilled desires, and one who is aggressively unwilling to do so. If this person doesn't have the summa's counter-weight, this person will be a godsawful mess, fighting for all the wrong things.*

### The Sacred Marriage:

*How often is the love interest in a story found single-mindedly chasing after the same thing the hero once wanted, but has "realistically" given up on?*

*Successful compromise can eventually lead to the Sacred Marriage, the marriage of heart and mind. Completing the Sacred Marriage simply means that your thoughts, feelings, and actions are all heading in the same direction, making choices ultimately faster, more effective, and much more rewarding.*

*Examples...examples...*

*In A Christmas Carol, Scrooge achieves the Sacred Marriage when he finally actually agrees with the message of the three ghosts.*

*He is too humanly vox, and needs a wake-up call in order to bring balance to his mostly-unaccessed, generously nurturing, mollis.*

*His desires start out in a state of malfunctioning. We can see that his greed is leading him towards a fate of misery and loneliness. We can see that he can't thrive without the giving side of himself. However, he can't seem to see it.*

*Usually the mollis presents itself as a love interest character in a fiction. However, in A Christmas Carol, we see the ghosts playing few standard shadow figures, instead, while the summa occurs under the surface, more like a real mollis.*

*This heavily-repressed side of Scrooge, of course, erupts with uncontrolled joy as it finds its long-unfulfilled desire to be generous and nurturing now possible.*



*Up until his realization, Scrooge had only believed in happiness through more money, which, as we know, never would have filled his kind of void. He could have saved enough money to buy England itself, and still been unhappy.*

*Repressed desires are the summa figure's forte.*

*Having such sapping conceptual obstacles out of the way opens a person up to higher meditative levels, as the distracting conflict no longer interrupts reaching deeper states.*

*It is a high ideal to achieve the Sacred Marriage.*

*It is several times rarer than an awakening, as it requires great skill and diligence to initiate the marriage, while an awakening usually happens by accident.*

*Yes I've "married" Lee in our game, but we have not completed the Sacred Marriage yet.*

*Full natural agreement must come first.*

*That's the difference.*

*We are far from agreeing fully.*

*I'm "fine":*

*In a normal scenario, the aggressively "I'm fine" summa figure is simply being sarcastic about the ego, who may ACTUALLY believe itself to be fine, because it has DECIDED to be fine.*

*"Sure, my human's fine. Just look at all those tear marks, and the dark circles under its eyes. Yup. My human's fine. How about me, though? You want to see how fine I am? Because I am seriously in the mood for showing you how fine I am right now..."*

The human portion believes itself to be acting as the more mature person in the situation, by forcing itself into a stance of non-conflict. The summa portion, on the other hand, believes this non-conflict to be much too thoughtful a response, and tries to sneak attacks past the human portion.

We are not willing ourselves "fine" in this scenario. No natural agreement is happening. See? The venom still gets out, or at best, stores up in the summa's corner for next battle's ammunition.

If someone pretends to be fine, conflict eventually becomes apparent both in tone, and the unwillingness to discuss what's "fine". It is merely endurance, and endurance is limited.

"Fine" is not the right word for what's happening.

Similarly, the early Scrooge probably believed himself to be "fine". He likely saw himself as an overly-generous guy at the start of the story, despite actually being a selfish prick the whole time. He certainly didn't see himself as being particularly selfish or cruel. He likely even saw himself as being reasonably happy.

His miserable and unfriendly demeanour gave away the dissatisfaction of his unwittingly-starved mollis. The fine to "fine" ratio is a good indicator of imbalance.

Don't inform a person floundering in summa that they are acting irrationally. The summa is not only in charge, but is being irrational on purpose. The human is not. Treat your angry wife or husband in summa state as a hostage situation, and figure out the summa's demands.

The "I'm fine" figure seeks the most worthwhile life in an outwardly non-attractive way.

Scrooge got lucky. If Scrooge had feared his other side enough, he may have woken up and gone straight to counting money or shouting at orphans, as an urgent way way to circumvent or deny his mollis.

A healthy person can be found to honour both desire and logic, and will be concisely and sensitively honest instead of "fine".

As you'll see, my counterpart was pretty broken.

*I'm also about to tell you how people can become strange. If I don't, a lot of this story is going to seem even more quintessentially fucked up than it should.*

*I realize that our...second introduction...is a little long, but the meaningful groundwork is what makes the story itself worthwhile.*

*So...here goes...*

*...My broken vox story...*

*Twenty-some years ago, when I was a small child, I suffered a severe injury on the playground. My teachers ignored me as I bled out from a place I couldn't show them, for over an hour. This soon left my trust low and my defence mechanisms overactive.*

*While all this was happening, I only felt truly safe when I was finally restrained to be healed, which I associated with the male doctor.*

*The event is simple, and the wounds healed, but there were side-effects. Lee, my vox, reacted less than ideally to the whole situation.*

*This is a way of saying I was left with psychological damage, which merely displayed itself in the avatar of this shadow figure VERY severely.*

*As I didn't feel safe until restrained, containment never caused me fear as you might think.*

*Being free, and dying without a guardian did. It took a long time to put this into words. Ultimately, I ended up associating restraints, captivity, and domineering males with survival, and associated great physical freedom with blood, pain, danger, and neglect.*

*My vox became a villain to match my...restrictive needs.*

*Those desires I possess cause me to unconsciously seek domineering male companions, without whom I experience a nagging illusion of physical danger while in public.*

*This is how some people become strange.*

*Lee was extreme, and I had the rare benefit of meeting him, so I knew a close human match would endanger me.*

*His tyrannical traits were erratically attractive in a man, but ultimately too aggressive, and my attraction to such men concerned me. I didn't want to find someone abusive, so for a while, I essentially sought his opposite, which also failed.*

*Now, rather than seeking someone based on their behavioural resemblance (or lack of it) to Lee, I look for a well-meaning, yet restrictive, man capable of overriding Lee's control. The Lima to my Stockholm.*

*Of course, Lee only submits when my body can't move around well. Therefore, I ironically only feel like a free woman when I'm well-restrained. A matching desire, I've learned, has a lot more to do with my interest in a man than his appearance, or emotional resemblance to Lee.*

*Strange.*

*That is how a vox or mollis glitches. Both for and against us.*

*It moves us with desire, to desire.*

*Strange how our bodies interpret some events, and make oddly-fitting demands without us wanting them to.*

*As I was desperate to feel free, a seeming impossibility, Lee always drove me away from men who didn't want to contain or control me. Their desire to make me freer through greater freedom irrationally felt like they wanted me to suffer alone.*

*Even if they were affectionate or clingy, even for years, I felt as though they wanted me to leave them.*

*For me, freedom is the right to feel physically restricted by the right partner. Any partner who couldn't understand this was simply an obstacle to feeling free.*

I would try hard to behave as though I felt free (as I should logically feel, BEING free), but Lee inevitably got his way each time, coaxing and removing me from each of my unsuitable past partners in a surprisingly strategic series of steps.

I wanted those men in a logical way once they proved not to be the dominant sort. I superimposed restrictive illusions over their liberating behaviours. I manufactured the sense that they wanted to contain me, so I could produce the fantasies I needed feel free with them. I'd even get locked into dysfunctional long-term relationships because they made me feel kept.

The healthy path is somewhere in between the traits I crave in a man, and who I tend to actually choose.

It's more than that, too. I need to fulfill certain unusual desires while ultimately also proving to Lee that I won't die without a guardian in public. The cravings won't seem to be ignored. The fears are irrational and unnecessary.

I've always wished that the video game villains I've come across could somehow form romances with the damsel in distress, but I've only seen it happen maybe once or twice.

Yes. I am the perfect case story for vox problems, because my vox is the poster child for irrational glitch figures everywhere. He took the wrong message from my accident, and twisted into a worse message.

The summa figure is much more intelligent than an adult, but with all the interpersonal skills of a raging toddler being forcibly removed from a vat of cupcake frosting.

Everyone has things they hide from themselves at some point. Ignored pains. Desperate desires. Abandoned dreams.

Every now and then those feelings make themselves heard in a way you can't ignore. They affect those around us more than we anticipate. They make us "fine" instead of fine.

Just as there are versions of your friends and family you don't like to hang out with, there will also be a version of you that is nearly intolerable.

The summa figure is ultimately constructive, and doesn't have to be so intolerable. Perhaps by giving you my story, I can help rid the world of some of our unnecessary interpersonal nonsense.

Choosing your game path:

As for the game itself, all wishes come with costs. Worse missions give better gains. Know what you're trying to achieve, and never act blindly.

The work I do must be decided on carefully, by conscious choice, so be prepared for the most effective exercises to be the least easy to read. Like this one. You're unlikely to skim through it once in a book store and develop a skill out of it.

Proceeding with my exercises in this way, you won't transform in any ways you don't want to by accident, and will be well-versed in performing the skills later if you choose to.

A trainer or teacher of a perilous skill needs to be mindlessly repetitive and thorough to get the vital parts of a lesson across.

I want my students to thrive, so those who manage to develop far will likely read each of my warnings enough times that they can repeat them by heart. This is for your own safety.

Most chapters contain an exercise, a Danna "television special" of some kind, and a combination of old and new plotlines.

I demonstrate to you what I do, and I show you how to do it yourself.

The dialogue during my adventures is abrasive and immature. I play as the avatar Cat. If I actually have a true opinion at any point in the story, it's closest to my avatar's. I have found that my limited egoic opinion is usually far from grasping the whole picture, though.

I want to see each of my readers flourish and succeed. I want powerful and well-meaning spiritual athletes to grace this world with their new feelings and abilities...I want each reader to gain incredible life-enhancing skills...

*...And.....you know.....not become a burnt-out shut-in with a phobia for orange lights.*

*That requires dedication to a training method that can't be gleaned while waiting in line for coffee. To avoid future difficulties, I'm going to warn you that this book may contain enough warnings to give you eye strain.*

*While functioning in the form of an Inner RPG guide with commentary, some may consider this book to be a set of concentration exercises intermingled with a lot of somewhat-offensive imaginary banter, while others may view it as an actual grimoire for otherworldly communication.*

*I don't care how you see it as long as you know how to avoid breaking shit with it.*

*My parents are very good people who will probably be horrified by what I'll let them read of what I've written. I came from a safe and normal home. We ate well, did our homework, and rarely raised our voices. Charles Dickens wasn't a big influence.*

*You essentially know more vital information about me now, than I knew about me then.*

*However, the source of my damage is a mystery to me in the beginning.*

*They don't act or feel like the people I came from.*

*No one I know speaks the way my figures do to each other.*

*I once became the perfect paragraph.*

*I was terse, yet elegantly worded.*

*I am just a citation of a person.*

*In memory of the perfect paragraph,*

*Here is some gibberish...*



# *Chapter 1:*

## *Doing the Voxtrot with Prince Harming*

---

*"Who runs the game will have ultimate effect on result. Notice this, and don't let it be you."*

*-Doom*



1.11.14

{Current Playlist: Crazy Swing by DELADAP}

- {Danna is a curvy blue woman who appears to be in her mid-thirties and stands 3'11". Her voice is smooth, positive, and unconcerned. She wears a lot of eye makeup and usually dresses in jeans and a mini T-shirt. Her eyes are mellow blue, also unconcerned...12.2.14, 5.17.17}.
- {Drury is an effective medic who does as he's told. He is very skillful, but not the least bit daring. He once worked for Liverish/Lee and several times healed Cat after a bad, one-sided energy fight with the vox...12.2.14, 8.27.17. He stands about 6' tall and wears his brown hair in a ponytail. Cat has never seen him without his lab coat...12.4.14. He rarely makes an appearance any more, similarly to Suki. This figure's appearances always had a point before Danna got to him. Kind of a shame...9.4.17}.

Danna: *Thank you for having me here today,*

- *my lovely human audience! <3*

- {<3 = Heart/sweet voice}.

Danna: *We are here today to retell the story of Cat and my former employer.*

- *As we did not end our professional relationship on a high note,*
- *I am also here to exact revenge,*
- *and by that I mean I'm simply going to be truthful. <3*
- *Our guest today is Drury,*
- *the medic on my former employer's airship.*
- *How are you today, Drury? <3*

Drury: *Where am I?*

- *...*
- *and how did I get here?*

Danna: *Such a kidder. <3*

- *Drury.*
- *What can you tell me about Cat?*

- {Drury seems distracted...12.14.14}.

- {Drury may be scanning for exits.....5.17.17}.

Drury: *She's something of an anomaly.*

- *She comes from outside...*

Danna: *For audience members unfamiliar with the Inner realm,*

- *WE are the Inner realm.*
- *Well,*
- *not yours. <3*
- *That would be stupid. <3*

Drury: *You never answered my qu—*

Danna: *—What can you tell me about Cat's relationship with the former Liverish?*

Drury: *It was...*

- strained...
- and, well...
- I believe this is confidential.

Danna: Nonsense.

- I was a member of your crew once and I knew what was happening in every room.  
 <3

Drury: ...

- That's because you secretly watched all of the security footage we had.

Danna: {I'm sure THAT'S confidential. <3...11.6.14, 12.2.14}

- ...{and} that's because there's no use being front desk in a place that kidnaps figures to drain their energy. <3
- Very few customer relations opportunities. <3
- And the pay is horrible. <3
- And your boss puts you in the brig for playing solitaire. <3

Drury: He did that?

Danna: Not to me,

- but then,
- I'm clever. <3

Drury: I think I need to get back and—

Danna: —Drury!

- What is my former employer to Cat?

- {Drury seems tense}.

Drury: Her {vox}.

Danna: What is a {vox}?

Drury: Supposedly the suppressed traits a woman doesn't allow herself to show because they could be seen as masculine.

- {Future Cat's Note: This figure will simply be the fitting polar-opposite counterpart to your own sexual orientation. However, as a straight sub woman, Lee (here called "Liverish") indisputably represents my—...5.17.17, 8.27.17}.

Danna: Hidden "man" traits.

- Now.
- If a woman is a cutesy quiet cream-puff on the outside,
- what do her insides look like?

Drury: If it is to a fault,

- the opposite.
- Repressed darkness trying to seep out.

Danna: Even if she has well-behaved cuties as parents? <3

Drury: Only if she avoids herself.

Danna: Then the {vox} turns into an incubus...

- ...
- a spoiler for the folks at home.
- And a disclaimer.
- Something is very wrong with this woman and it makes her thoughts REALLY sick.
- Treat it as irony.
- If you are easily offended, take your satire-deficient brain elsewhere.
- This is also the unsafe exploration of a relatively severe disorder.

- 
- {By the way, there is a contest to guess what it is without looking it up! The prize is smugness! <3...11.6.14}.

- {For gods' sake, it moves up my spine and the symptoms of other problems improve drastically after moments of self-discovery. This is CLEARLY just the most awkward and unskilled spiritual transformation a person can hope to have...6.15.17}.
  - {Future Cat: I don't care if there isn't a real prize. You can't promise an answer to a question from a segment we cancel inconclusively due to lack of evidence...8.3.16}.
  - {Danna: Mittens, be a dear and talk to me in the future when I hire you, thanks. <3...8.3.16}.
  - {Future Cat: ...Seriously? How am I supposed to get anything done under these conditions?...8.3.16}.
- 

- {Future Lee: This is satire?...5..17.17}.
  - {Future Danna: The one and only!...5.17.17}.
  - {Future Lee: Do you know what satire IS?...5.17.17}.
  - {Future Danna: You're satire! <3...5.17.17}.
  - {Future Lee: No, YOU'RE satire. <3. Cat, small fry, my dear mammalian rutabaga of a wife, can we get a RED PEN OVER HERE!?...5.17.17}.
-

Danna: If you are a minor, throw this {book or book-reading device} down a well and do your homework,

- And if you're a sick douche,
- THIS IS SATIRE.
- TREAT IT AS IRONY!!!
- {...I am also our acting legal department <3...11.6.14}.

Drury: {...No you're not...!...11.6.14}.

- Why did you bring me here?

Danna: .....

- {...}
- That's it for today. <3
- This has been Drury,
- our "Inner doctor",
- and your favourite host, Danna! <3

- Danna blows a kiss.

Danna: Tomorrow we have "wise old man {figure}" Kai as our special guest.

- Tune in! <3

Drury: Wait,

- I can't warp from here...
- can you get me back!?

{6.26.17, 8.27.17}

## STAY TUNED FOR AN IMPORTANT WEATHER INTERRUPTION:

Today, it will be partly cloudy throughout the morning with a high chance of editing mistakes. All backup files have evacuated the area.

As the current Game Master is the trickster, we have decided not to fight it. After all, she could make it rain butterscotch or have us all thrown into a volcano.

Do not be concerned. While the decision has been made to retain these errors, we assure you we will give her a stern talking-to.

As for the traffic report, things are moving unusually slowly on the bridge near the large field just outside of town...



NOTES

date: 7.13.11

[...] = MoodMessage

-Remember...It's all metaphorical.

⚠ WARNING

Nonsense, foul language, and emotional insensitivity ahead.

Dark cave ahead.

INTRODUCTION

-Important information about the chapter will be mentioned here. The weather report is based on mood rather than actual weather. Cat is neither a damsel in distress nor a hero. She has the trials of both and the benefits of neither. Starting out in a rare, near-equal state, Cat and the green man continue their over-a-decade-long journey of discovery to find the mysterious source of Cat's animus issues.



Cloudy

LISTENING

Pendulum:  
The Tempest:

---

{Future Cat: Why is this in Times New Roman?? And what happened to the *original* Daily Weather? I can't *fix* this one. The *song* information has an extra “:” after it, but the *old file* has been made into an empty *template* full of “AAAAAAAAAAAAA”...1.10.17}.

{Future Future Cat: Also, don't forget the *missing space* between “Mood” and “Message”. I forgot to mention this over all the *other* things that are clearly wrong with these “*daily*” weather reports...6.26.17}.

{Future Danna: *And that is exactly* why I should fire that old *incompetent* and hire you!! <3...1.10.17}.

{Future Cat: I *AM* the old *incompetent*!!...1.10.17}.

{Future Danna: *Then I'm afraid you're fired.* <3. Can you start *Wednesday*? <3...1.10.17}.

{Future Cat: It's *Tuesday*...1.10.17}.

{Future Danna: *Very good calculating*!! <3 *Bye-bye then*!...1.10.17}.

{Future Cat: .....1.10.17}.

---

4.24.17

A Special Note From the Metaphorical Legal Department:

It should be noted that all names, minor details, and various things suspected of being trademarked have been replaced for everyone's safety. Beloved quotes from celebrated psychoanalysts have been replaced with various shadow nonsense, also for everyone's safety.

I mention songs I like, as it is more than perfectly okay to mention titles and artists. I do not own these songs or have any affiliation with these artists, and ask you to support them even if you hate me, because, honestly, what did they do aside from write great songs?

Please do not use songs when applying for Danna's contests. Please do not claim these to be your songs if they aren't. Please do not draw caricature sketches of artists and then tell people they're you. Please do not play any of these songs out loud at your next job interview. Please do not erase the existence of these songs from the world through the use of a diabolical plot. Please do not make fan T-shirts of artists on tour with Danna, or risk being thrown off Niagara Falls by a team of lawyers.

As a satirist, Danna retains the right to enact excessive mortal force against any lawyer who chooses to break into her home. Good day!

This Has Been a Special Note From the Metaphorical Legal Department

---

{Future Cat: ...I'm serious this time. Do you even know what a satirist is?...4.24.17}.

{Future Danna: Quiet, Mittens. The lawyers are watching. They're entering your dreams to extract product placement information....4.24.17}.

{Future Cat: .....Fine. Let's give up before this gets worse.....4.24.17}.

---

So What's the Big Deal? It's Just a Trip

- {Liverish (later called “Lee”, while taking “Liverish” as an insult) is the infamous green man. He is aligned with the charge of nature, the green-light *go*-ahead personified. When I was a child, I think he was an imp or a goblin. He *decides* his shape now, which is usually between 5'5” and 7' depending on his desired effect, skinny or muscular depending on his desired effect, but in the early years he's constantly green-skinned, usually bald, and cow-headed with thick black brows and dark, unsettlingly smart eyes. He has a wide nose and green freckles, and his smile is confident and wicked. He always wears a black turtleneck and brown pants in the early years. His personality could best be described as flamboyantly macho. He doesn't seem dangerous *all the time*. Don't let that fool you. Always be aware of a figure's motives. I've known Lee for many years. His motives are primarily his *own*, but *often* coincide with mine. Liverish's force is seen as green electricity, and his green skin is a costume chosen by himself as a celebration of his own green charge. He treats the colour green like it's his team jersey or something, but still can't get along with Arrow, who also carries a green charge...12.3.14, 8.2.16, 6.26.17, 8.27.17, 9.4.17}.
  - {Cat is the inner extension of the person at the book and keyboard, or at least her *ego*. This is the safety name I mentioned. It keeps Inner reality clear of Outer Reality. My form is somewhat skinny with big curly hair, quite like my actual form}.
  - {Cat and Lee's relationship is warfare by nature as it improves. Put “Inner” before every case of violence to understand the true severity. While this *mimics* an abusive relationship, it is a healthy state of two very different sets of strengths and weaknesses, one conscious and one *not*, combining in a *volatile fashion*. In *later years*, in *another human* relationship, I learn the *difference* between *real physical abuse* and *metaphorical all* too well...1.10.17, 5.17.17}.
- 
- {Future Cat: *Oh look, Danna, it's slightly less future us up ahead*...1.10.17}.

- {Future Danna: *Quiet, Mittens. They don't know we're watching them.* <3...1.10.17}.
- 

- {Danna: *See, Mittens? You tried to edit me before introducing yourself. What do you have to say for yourself?...8.3.16}.*
  - {Future Cat: *...You taught me well...?...*8.3.16}.
  - {Danna: *Something like that.* <3...8.3.16}.
-

7.13.11 {Continued}

(Note, half the plot occurs in the distant past...(2011))

So What's the Big Deal? It's Just a Trip

---

- {Future Arrow: The big DEAL, "TEAM", IS THAT THERE IS SO MUCH TIME-WARPING BETWEEN HERE AND THE END OF CHAPTER ONE THAT NO SANE HUMAN WILL CONTINUE READING CHAPTER TWO. PREPARE YOURSELF FOR A DELUXE-MEAL-SIZED SERVING OF ABSOLUTE SHIT, EVERYONE!...5.17.17}
  - {Future Danna: *Shhhh!* <3...5.17.17}.
  - {Future Arrow: AAAAAAAAAAHHHHHHH!!!!.....I PROMISE I'LL FIND A WAY TO KILL YOU SOON!...5.17.17}.
- 

7.13.11 {Continued}

(Actually starts here, thank you very much)

Liverish: *So what's the big DEAL?*

- *It's just a trip.*

Cat: *Just nervous is all.*

Liverish: *I marvel at the things that scare you.*

Cat: *So? Input?*

- A thoughtful look crosses Liverish's face.
- {He smirks}.

Liverish: ...[...].

- {Liverish has sent Cat an inappropriate mood message...11.30.14}.
- {In other words, he has sent her mental porn...8.2.16}.
- {This is needlessly graphic...9.4.17}.
- {Cat seems unimpressed...8.3.16}.

Cat: *Dirty-comment stricken.*

- *Now what?*

- {Cat is going on a {human} trip in which she will be around a large group of people for quite a long time. This makes her feel unwell...8.2.16}.

Liverish: *I've got no advice for you.*

Cat: *We need to keep our mental defences strong.*

Liverish: *Bored. That's ALL we ever do.*

Cat: *That's because all is not right in this brain.*

- *Perhaps you can tell me how to fix it?*

- 
- {Future Cat: Don't bother, past Liverish. I won't listen. 2011 Cat wanted to be perfect AND healthy, remember?...8.2.16}.
  - {Future Liverish: I quit bothering, and you insisted it was for a nefarious reason...8.3.16}.
  - {Future Cat: You were so bad at outsourcing, it mostly came across as helplessly negligent...8.3.16}.
  - {Future Liverish: Such a charmer. You can DEFINITELY see why I was so obsessed with having you all to myself...8.3.16}.
  - {Future Cat: SEVERAL of the things you've brought into my life deserve to end in "zilla"...8.3.16}.



- {Future Liverish: You're welcome. Was that so hard?...8.3.16}.
  - {Future Cat: ...What??.....8.3.16}.
  - {Future Liverish: You should ALSO thank me for the advice I'm about to give you, in the past...8.3.16}.
- 

- {Still not the past...and still in Times New Roman...}.
  - {Future Cat: We have bullet problems coming up...1.10.17}.
  - {Future future Cat: On it. <3...3.11.17}.
  - {Future future Cat: And this is taken care of. I can cross it off my list! Did someone mention some free-floating *Times New Roman*? Was it before the bullet problem?...3.28.17}.
- 

- {Future Danna: This chapter's a train wreck Mittens. It deserves a real bullet. I think you might just be my new best friend. <3. Don't tell Mimi. <3...1.10.17}.
- {Future Cat: *If you consider her too big a spoiler to appear in person, why can we talk about her?*...1.10.17}.
- {Future Danna: Because she really helps out at the undersea base. <3...1.10.17}.

- {Future Cat: DANNA!!! THAT'S A REAL SPOILER!!!...1.10.17}.
  - {Future Danna: *Oopsies!* <3. You have to admit, it was pretty awesome...1.10.17}.
  - {Future Cat: It WILL BE awesome, and it WAS passable. Back to the drama of the past if we're done here...1.10.17}.
  - {Future Danna: Yup! I'm swell! <3...1.10.17}.
- 

#### 7.13.11 {Continued}

Liverish: Yeah...

- *Control your fucking panic\* by reacting to it sooner.*
- *How's THAT for obvious!?*
- {Future Cat: \*Rage...not "panic"...and considering what I was like back then, you could have specified that you meant months sooner...8.2.16}.

{Panic was the earliest incarnation of the adrenaline rush. It took some angry and desperate forms that concerned me a lot more. I took it out on inanimate objects that ended up winning, and never initiated violence towards another person...9.4.17}.

---

- {Side note: The 2011 part is the typed copy of my first inner notebook, years after

practising unrecorded. We aren't used to conversing on paper yet in 2011, so we're a little extra defensive and stilted, talking about basic issues and “panic” attacks as though we're never going to write more than ten pages ever again....In reality, we didn't in our wildest dreams expect to continue or finish such an unusual project. We were all afraid of each other, I think...2016}.

- {These particular bracketed sections indicate comments from the future of the current text, as you've likely started to notice. The year is the main thing. The later the year, the odds are, the more I know about what's happening, but the less I'll actually remember. For example, I am currently in {2016}, discussing 2011. Stand-alone descriptions exist in the original...8.2.16 = August 2, 2016}.
- {Future Arrow: Would you and the Danna of the future PIPE THE FUCK DOWN!?...1.10.17}.

---

#### 7.13.11 {Continued}

Cat: {Obvious??}

- *Not to everyone.*
- *Can I utilize others' help?*

Liverish: Your *pals* aren't a lot of good to themselves and others right now.

Cat: I've been meaning to find out what kind of *part* you *play*.

Liverish: Surprisingly little.

Cat: M-hmm...?

Liverish: *She just doesn't want my paws in it is all.*

- *Fucking Sokien.*

Cat: *I don't care,*

- *as long as you aren't sitting on some huge secret and we're all screwed without it.*

Liverish: *You even know less than ME...*

- *Incredible that she can't trust YOU with her secret...*

Cat: *Weird is all...*

Liverish: *Suspicious, I'd say, Cat.*

- {The Inner Warrior, Sokien, has an issue with Liverish. Liverish can't stand the sight of Sokien. They consistently blame each other for Cat's problems. They are both only partly right, and for the most part being dramatic...8.2.16}.

Cat: *And you've been better?*

Liverish: ...

- *Sure I've also had some...*
- *transgressions in the past...*

- 
- {The military would probably be attacking him with fighter jets if he was more than a mental representative}.

- {Note: When there is no date, the comment was written at random, likely before dating

things seemed important, for some terrible unknown reason. Consider it to take place *after* the original, but *before* I had a brain. Let's call this unmentioned year "Probably 2013". There are many things about my 2013 writing I no longer appreciate...8.2.16}.

- {Future Arrow: I SAID shut UP you two, FUCK!! How are we supposed to concentrate!?!...1.10.17}.
- 

7.13.11 {Continued}

Cat: *I'm not up for an {argument}.*

- Say ONE thing for me to consider tonight?

Liverish: *That you're REALLY not alone.*

Cat: ...

- Anything else?

Liverish: *Sleep tight.*

Cat: Creepy...

- {Good} night!

7.15.11

Abysmal Down There

{Current Playlist: You Want Everything by Snowmine}

- {Sokien is a tall, pale beauty with long, neat purple hair, usually down, with a small bun in the back. She is in reality an ancient woman who appears to be about thirty because she feels thirty, as is the case in this world. She wears delicate dresses, sometimes in combination with armour. She is serious, stubborn, and her super power is {enforcing Cat's} good behaviour at all costs, though sometimes the green man brings out the worst in her...12.3.14, 9.4.17}.
- {Kai is the wise old man. He's the one who first approached me, and started my Story Game journey. He dealt with my basic training, but what could ever be strong enough to defend a person against Lee forever? Kai is a young man who was suddenly made wise and aged in appearance by the death of his younger brother...12.3.14, 8.27.17}.
- {A note on avatars: They must be fitting in some way, just not always in the way you were expecting. Some are embarrassed by their forms in my game...9.4.17}.

---

Danna's DSM-V Disorder Criteria of the Day <3:

- {For legal reasons, today's DSM-V Disorder Criteria of the Day has been cancelled. Have a wonderful day! <3. This has been a special message from The Metaphorical Legal Department...8.20.17}.
-

- {Future Cat: I thought we'd decided to skip this section...8.3.16}.
  - {Future future Cat: We did!...8.20.17}.
- 

- {Danna: You take great liberties, Mittens. Great liberties. Let me take this one for the team. <3...8.3.16}.
  - {Future Cat: ...The liberty of posting misdiagnosed symptoms as part of a non-existent game show that has no conclusion? How does that help us?...8.3.16}.
  - {Danna: It doesn't, Mittens. <3. You questioning it is what helps us...8.3.16}.
  - {Future Cat: ...I'll be back in 2018, to see if you make sense then. <3 ...8.3.16}
- 

- {You may notice that everyday life often seeps into the game, where we then have discussions about it...Everyday life can transmute into places or creatures in the game, so don't ignore the part an imaginary dragon might play in your actual life...8.27.17}.

Cat: {*I can't believe it*}...

- {I know some {human} people who are fighting}.

Sokien: *I know, Cat,*

- *but there isn't much in the way of action for you.*
- *Let it be for tonight.*

Cat: *But {it bothers me so much}...*

Liverish: *I would kick her ass.*

Sokien: *That's NOT constructive,*

- *you lazy piece of...*

Liverish: *So I don't come up with anything original when you present me with your fucked up little projects.*

- *Sue me.*

- {"Sue me" = A human-ism}.

Cat: *{Another human-ism}?*

Liverish: *We can demand energy as payment.*

- *It's not a big deal.*

Sokien: *Is what you say because you usually collect it with a weapon or a pile of LIES.*

- {I am in a human conflict. Liverish wants to make it archetypal. This must never happen...8.3.16}.



- {And what I mean by this is as simple as “physical confrontation as in emotional confrontation” doesn’t pan out very well in the normal world...1.10.17, 5.17.17, 8.27.17}.

Cat: Guys

- ...How about we deconstruct the feeling so I can get it better.

Liverish: That’s kindergarten shit.

Cat: Well, not for me it isn't,

- which you'll realize if you ever join me on my side of the looking glass.
- Like yin and yang...

Liverish: I know plenty about your world.

- In fact,
- I’m WAY better with people than you are.

Sokien: REAL convincing so FAR...

Kai: Can I say something for a minute?

Liverish: Of course!—OOPs!...

- Minute up!
- Go do something out-of-the-way old man,
- or your body might suffer from it.

Kai: Is that a threat, Liverish?

- His voice is {both} calm *and* concerned.

Liverish: *Hmmn...*

- *what the fuck do you think...?*

Cat:

Sokien: *You aren't impressing anyone with your language, you know.*

- *{Suki appears}*.

Suki: *We've found something.*

- *It had me in its grasp,*
- *but Greg came to my rescue.*

- *{Greg is Kai's brother. This figure is a bit of an enigma. He was destroyed a long time ago, but returns every few years in a different form, seemingly at random. He makes one more appearance in this book, then vanishes again...4.24.17, 8.27.17}.*

Cat: *Sorry it wasn't me, Suki...*

Suki: *How come?*

- *You save me all the time.*

Cat: *Yeah, but...*

Liverish: *Are you fucking kidding me?*

- *You've got NO boundaries whatsoever...*

Cat: *I want to help Suki.*

Liverish: Nah,

- you're guilty you don't make it your full-time job to babysit the little dolt,
- and you KNOW it.

Cat: Well...

Liverish: Why is everyone's problem your responsibility?

Cat: —

Liverish: —And consequentially, why is everyone Outside's problem OUR problem, hmm?

- ...
- Fuckwit.

- {He had a point...I really did get eaten up over something I was REALLY not involved in...8.3.16}.

Cat: Treat me like this and you'll stop fearing Doom.

Liverish: ...

- You see?
- That's the stuff\* we need you to use on everyone but me.
- Let 'em have it.

Cat: You could have said "shit" instead of "stuff" there {\*}...

Liverish: I was just behaving myself...

- don't get used to it.

Cat: ...Anyways...

Liverish: No, Cat,

- YOU listen.
- I'm not liking our
- ...
- standstill any more than you do—

Cat: —But I almost do.

Liverish: Regardless,

- what's better for everyone is a more...
- AGGRESSIVE you.

Sokien: Shut up, Liverish.

- You're the last person she should take advice from.

Liverish: The only thing dangerous about you is your mouth.

Cat: ...

- Not "fucking" mouth?

Liverish: Hey, I'll go back to profanity if you prefer.

Cat: ...

Liverish: That's what I thought.

Cat: Fear

- ...
- {edit}.

Liverish: Good.

- Now ACT on some.

Cat: Right now isn't INaction the best action?

Liverish: *{edit: Don't turn the hatred inward}*.

- *It's all downhill from here...*
- *and it's abysmal down there...*

Cat: ...

---

Cat discusses the human argument with Kai

---

Cat discusses how it feels worse to owe than to be owed with Kai.

---

Cat works with Kai to release some emotions

---

Kai: *Enough for tonight, Cat.*

Cat: *How about the emotions?*

Kai: You felt *plenty*.

- *Twice what you needed.*
- *Good work, Cat.*

Liverish: *Fucking Showoff.*

- *All humble and good like the grandfather in a fairy tale.*
- *Makes me want to fucking hurl.*

Cat: *He helped me;*

- *you didn't.*

Liverish: *Technicalities...*

- *My method would have worked equally well.*

Kai: *At racking up assault charges...*

Liverish: *Take it easy old man.*

- *Don't blow a gasket.*

Sokien: *What is that?*

Liverish: *Whatever it is...*

- *don't blow one.*

Suki: [...].

- {Suki has transformed this into a dirty mood joke...8.3.16}.

Liverish: *Ha-ha...*

- *sooo funny.*

Sokien: *You would've pounced on that one if it had been someone else...*

Liverish: *Technicalities.*

Cat: *Night all...*

- *Kai...*

7.17.11

What's Cat's Problem With Me? {Very abstract}

{Current Playlist: Ready For Love by Cascada}

Sokien: That showing of your album went great.

Cat: Yes.

- *Thank you,*
- *you were supporting me, weren't you...?*

Sokien: *A little,*

- *but you did most of it yourself.*

Cat: *Care to tell me any more about what's happening?*

- *All the secrets and such?*

Sokien: *Get Liverish in a good mood first.*

Cat: *Why?*

- *He's even more...*
- *Liverish...y...*
- *then.*

---

Hours Later

---

Liverish: *You're pissing me off.*

Cat: *Well, surely your absence in my forethoughts is for a reason...*

Liverish: *But not of my accord.*

Cat: *But, tell me why I should be concerned about it.*

Liverish: You shouldn't unless you want me to...

- *be a tad gentler with you.*

Cat: *Poor logic*

- ...
- *I help you to once again be able to treat me poorly,*
- *in return for {having it less poor}.*

Liverish: *Call it a bribe.*

Cat: ...

- *Well I'm not bribing you.*

Liverish: *And why the hell not?*

- *Fuck.*

Cat: *I don't want to encourage bad behaviour, how about?*

Liverish: *That's no reason, Cat...*

- ...
- *and just when I thought you were starting to like me...*

Cat: *You were improving a lot.*

Liverish: *See?*

- *{Improvement}.*
- *Can't we put this behind us?*

Cat: *Yes.*

- *though I'm not sure what I can do about your...*



- *current problem being at front...*

Liverish: *Don't make it sound...*

Cat: *You're potent, you're potent.*

- *{You're a potent force}.*
- *You just need to find your place in the re-arrangement.*

- *{In the past, Liverish was rarely treated with genuine kindness...resulting in complete distrust of anything remotely loving...1.10.17}.*
- *{After all, he was the least effective set of traits for a little girl to possess in the nineties. He was cast out, determined forever more to take his rightful place back permanently...5.17.17}.*

Liverish: *I want to spit on you when you're nice to me.*

- *But for a change there's something slightly less shitty about it.*
- *Maybe I'll just call you names instead.*

Cat: *You do that.*

- *I'll leave you here without help.*

Liverish: *Fine,*

- *I'll be civil.*
- *Now what?*

Cat: *First I'll talk to Kai.*

Liverish: *Great.*

Cat: *[...].*

- {Cat wakes Kai up. She apologizes and they discuss it briefly. It is an intensely boring conversation and has been omitted...12.3.14}.
- {I hadn't considered it earlier, but "old" in reference to Kai is probably sarcasm coming from Liverish...8.3.16}.

Liverish: *Old man?*

- *What's Cat's problem with me?*
- *After all,*
- *things are better,*
- *yet I'm blocked from her.*

Cat: *It's okay, Kai.*

- *I have a better feeling about him.*

Kai: *It's not that.*

- *I was just judging my own feelings about him.*
- *Okay.*
- *I'll help.*

Cat: *Thanks...*

- *sorry I woke you.*

Kai: *Cat, guilt isn't useful here.*

- *Try to remember.*

Cat: ...

- *Sorry.*
- *{I just wanted to} convey my feelings.*

Kai: *Certainly, but it stings you like a wound and I can feel it too.*

Cat: Teach me.

Kai: You two focus for blocks.

- {“Blocks” here meaning this is being written on a Vancouver city bus...1.10.17}.
- ...

Cat: I believe I'm resisting the dungeon scene.

- {Liverish usually has her locked up...12.3.14 as in “held captive by emotion”...1.10.17}.
- {To explain this more clearly, it's like the end boss kidnapped the princess, but she wasn't really a princess, so the hero never showed up, leaving her to start an awkward Stockholm romance with the monster instead...8.3.16}.

Liverish: Let's switch.

- {Having brought his impulses and feelings to Cat's surface, Liverish wants to bring Cat's individual impulses out more clearly. They're having compatibility issues. During this process, feelings and thoughts are freely shared...1.10.17}.
- ...

Cat: No. Still you, Liverish.

Liverish: Kai!?

Kai: Focus on him taking your wrist in his {hand}

- ...

- {Energy exercises are used to heal old issues and learn new abilities...8.3.16}.

- {It seems something has surfaced...8.27.17}.

Cat: Oh my God...

- I'm resisting a big change...
- maybe a positive one.

Liverish: Really!?

- You sink into my dungeons at the slightest suggestion
- and what you really fear is LEARNING TO LIKE ME?

Cat: It'll be bigger than that.

- A Doom's-switch-sized change that I'm not sure I know how to absorb.

Liverish: Well my power IS a lot to absorb as well as...

- {Was Liverish about to add something dirty?...12.3.14}.

- {Yes, 2014, he was. I'm a little disappointed in you for asking...8.3.16}.

Cat: Enough.

- Let's try this again...

- ...

Cat: ...Ugh.

- You have mixed intentions.

Liverish: I can hardly help that, Cat.

Cat: ...I'm not surprised I have a fear reaction after everything you've done.

Liverish: Shut up.

- I call the shots in this experiment now.
- Kai...
- Leave us.
- We're reading,
- then ...focusing.

Kai: Good luck, Cat.

- Gods' speed.

- 
- {After a day of posturing to anyone and everyone, Liverish was actually pretty vulnerable. It was hard to avoid the draw of my opposite, even after his most violent infantile

upheaval. *This policy should never be adopted for physical human relationships, I repeat...1.10.17}*.

---

- {That night Cat and Liverish entered the world in Liverish's mind.
  
- In this world he had a castle with a bedroom
- overlooking a pine-forested valley
- with the ocean on the left
- and an abandoned amusement park amid the mass of trees
- far below, and straight ahead.
  
- The sun was setting
- and they sat on the crushed and jagged floorboards of the merry-go-round.
  
- They talked hopefully about things.
- They talked tenderly about things.
- And they made love against a panel in the center.
  
- ...
  
- Some days are nice}.
  
- {Recreated on 12.3.14 from a blip of the event recorded on 7.18.11}.
  
- {Hey look! I bothered to put the date on something! It must not be 2013!...8.3.16}.

- {Future Arrow: *YOU WILL NOT BE HAPPY WHAT HAPPENS IF YOU DON'T ALL SHUT UP AND QUIT TALKING THROUGH THIS FUCKED UP, CONFUSING-ASS PIECE OF "B" GRADE NONSENSE!!!...1.10.17*}.}
- {Future Liverish: *Just get out of Chapter 1, jerkface. You don't possess the tolerance...1.10.17*}.}

7.19.11

Neither a Hero Nor a Damsel in Distress

{Current Playlist: Leave the Lights On by Meiko}

- {One of the worst earlier problems was not knowing where my rights ended and his began...I was a monster as well, in the opposite way, but couldn't see it in myself. The following violence is only okay in the world of figures...8.3.16}.
- {Warning: Boss Stage Initiated!...9.4.17}.

Liverish: So, Cat.

- Feeling high and mighty
- and thinking of letting me fight you to get you, hmm?

Cat: Stop playing with my thoughts!!

Liverish: Then resist me.

Cat: You can't force me.

Liverish: Then make things simpler and let me.

Cat: Enough with the lust {hypnotics}.

- WHY should I let it work?

Liverish: Our lives would both be a lot easier for it.



Cat: ...*You're trying to save face.*

Liverish: ...

- *No...*
  - *I am saving face.*
  - *Come here.*
  - *FUCK you little bitch...*
  - *Think you're stronger than I am now?*
- 
- {Liverish binds Cat with some kind of energy...12.3.14}.
  
  - {Distance is only a little more difficult than close range...8.3.16}.

Cat: ...

- *They're like chains made out of rain clouds.*
- *Not enough.*
- *Ech.*
- *That feels gross...*
- *What is the chain?*

Liverish: *My new invention.*

- *It feeds off your negative thoughts\*.*
- 
- {\*note 9.29.13: Red's influence!!}.
  
  - {There he is, so long before we purged him and everything...5.17.17}.
- 
- {.....It's complicated...9.4.17}.

- {Please explain this, Lee...6.15.17}.
- {Future Lee: *Well it was MY power before we "corrected" me, now wasn't it? You were always too fucking "correct" for your own good. Look where it gets you. *It gets you the "thing" on the fucking cover, now doesn't it...*6.15.17}.*
- {Future Cat: *Please be nice. We've established you don't control him. Please don't antagonize creatures that are bigger than you...*6.15.17}.
- {Future Lee: *It wouldn't matter if I still had that fucking POWER. Fuck you...*6.15.17}.
- {Future Cat: *The power to feed on negative thought...?...6.15.17}.*

Liverish: As it needs THAT to feel well,

- *it might be in a panic to make you think bad thoughts.*

Cat: NO!!

- {He has become uncomfortably close...8.3.16}.
- Cat's energy bursts, knocking Liverish back.
- {It barely seems to affected him...8.3.16}.

Liverish: What...?

- *I was only going to...*
- touch.

Cat: *I'll kill {your form} if you try it again.*

- {Liverish speaks silkily...12.3.14}.

Liverish: *I wouldn't dream of it.*

- *I think I must...*
- *well there's no way around it*
- *—beat you into submission.*

- {As this inner world, as well as everyone's power, defence, food and money are all represented by personal {mental} energy, there is no distinction between the strength of male and female figures. Forms can easily be remade using the energy of figures possessing enough power. In this particular world, as things occur metaphorically, figures often take it upon themselves to let violence play out, except in absurdly excessive circumstances...And so no one normally punishes him. Violent dreams can sometimes tell you more than pleasant ones...Let's see if it ends up being worth it...12.3.14}.
- {Future Danna: Mittens, is that a fancy way of making your loss of control to emotion look cool?...1.10.17}.
- {Future Cat: I think it was until you said it...1.10.17}.

Cat: ...

- *Was it you being an asshole earlier?*

Liverish: *Who else?*

- *My {fucking} gods, Cat...*
- *You really ARE slow.....*
- *...No.*

- *Suppose you're right.*
- *It would be losing face again if I left you chained up.*
- *Enjoy the freedom you get {while I kick your ass},*
- *because the {mental} chains will be back on soon.*

Cat: *I'm not afraid of you.*

- Cat is determined.

Liverish: *Funny.*

- *It sounded like you believe what you said.*

Cat: *I do.*

- *Feel my growing energy.*

Liverish: Nah. But you can prepare for my growing—

- {Liverish appears to have sent her more porn...8.3.16}.
- {Cat's energy flares sharply}.
- {Judging by his reaction, MUCH more sharply than last time.....8.3.16}.

Liverish: *Shit...*

- *Just kidding, Cat.*
- *Easy with that energy.*

Cat: *I can keep you away.*

Liverish: *Not forever, Cat.*

- *Not forever.*

Cat: *Fuck off.*

- *I'll destroy you if you get near me tonight.*

- Liverish's voice is icy.

Liverish: *We'll see.*

Cat: ...



- {Future Danna: What an epic match. *FIGHT! FIGHT! FIGHT!* Who was your trainer? What style and grace! What spunk and audacity! It was marvellous! Can I have your autograph?...1.10.17}.
- {Future Cat: Please shut up...1.10.17}.
- {Future Arrow: FUCKINGSHITBALLFUCKSHIT—...1.10.17}.
- {Future Danna: —Bye-bye! <3...1.10.17}.

- {Future Cat: *You sent him to Cartoon Prehistoria for that?...1.10.17*}.
  - {Future Danna: The one and only! <3...1.10.17}.
- 

7.20.11

Better I Take You Prisoner

{Current Playlist: Lei by Fast Animals and Slow Kids}

Cat: *You're getting crazy possessive again, Liverish.*

Liverish: *Like hell I am.*

- *If I don't take you now,*
- *I'll never have you*
- *...*
- *exactly like Blue and Arrow.*
- *They don't matter now.*

- {Blue and Arrow also fall into the vox category. Arrow was Cat's childhood crush vox, and Blue was one of Cat's teenage crush voxes}.
- {Who is "The Real" or "a false" vox has been a heated topic of debate for those in question...8.3.16}.
- {Liverish currently believes that he can lose his "True" vox status and cease to matter, as he thinks the others no longer matter...8.3.16}.

- {And as he distrusts love early on, winning starts to become the main issue...1.10.17}.
- {He thinks the main vox rules, and that those proven false or secondary no longer matter or hold sway...1.10.17}.

Cat: Sure they do.

- You just occupy so much more energy.

Liverish: Fuck that!

- They were all powerful.
- Each and every one of them,
- and NOW what are they?

Cat: Blue's well-established.

Liverish: But I can kick his ass.

- What's going to happen if I go with what you want?
- Better I take you prisoner.

Cat: That's a step backwards.

- Cat tries to mask that she's concerned about this.

Cat: I'm sure you see that.

- Liverish looks thoughtful.



Liverish: I see one choice you can't go back on,

- and therefore one I can draw from
- to extract more of it from you...
- ...you can't win.

Cat: You have to make it about winning...

- Can it {be}?

Liverish: It has to {be},

- or I'll be a lie.
- Like THEM, my power will deflate
- and you'll move on your merry fucking way...
- {Say I'm wrong}.

Cat: Could that be?

Liverish: Why couldn't it?

- Why is Blue so weak?

Cat: I don't know why he's weaker than you if it isn't the obvious

- —
- airtime.

- {There is a good chance that Cat let this slip by mistake...12.3.14}.

- {Because...[sigh]...she's accidentally telling him that never giving her space will make him powerful...8.3.16}.

- {...Brilliant...1.10.17}.

- {Note: I talk about "me" and I talk about "her". When it comes down to it, which I'm talking

about has a lot to do with how I want to see myself at the time...8.3.16}.

Liverish: *Well that's it*

- *...isn't it?*
- *You've answered my question for me...*

- Liverish's face becomes happily cruel.

Liverish: *I have Sokien;*

- *and Kai.*
- *If you want them back,*
- *turn yourself in.*
- *I won't be weak...*
- *I'll extract your power and {then you won't be potent}.*

- {Threatening other {figures} is a common tactic of past Liverish. He once used it on a regular basis to maintain predictable control over Cat...8.3.16}.
- {Suki, mentioned briefly before, was his main target...1.10.17}.

Cat: *{I may surrender},*

- *{but} I won't promise to stay.*

Liverish: *I won't tell you where I have them.*

- *Say, fifty years from now*
- *I'll give them back*
- *if you play nice.*

Cat: *I can re-make {their forms}.*

- *I'm not afraid to fight you.*
- {Cat realizes that she has surrendered to save too many figures...Particularly Suki}.
- {Yes. Yes. Suki was a menace...8.3.16}.
- {She was the spy who rarely completed a successful mission...1.10.17}.

Liverish: *Well, I'm afraid the time for*

- ...
- *fighting is over.*
- *I can't offer you another out.*
- *From now on you're mine,*
- *or they're dead.*
- *Would I say it if I couldn't manage it?*

Cat: Yes.

Liverish: *Are you willing to take {that chance}?*

- *They're of no consequence to me.*
- Cat feels dejected and frightened for a second.
- {...and Liverish has felt it}.

Liverish: *That's what I thought.*

- *Deliver yourself to my airship promptly.*
- *I have things I want to*

- ...
- discuss with you.

- {There seems to be more to Liverish's plan than simple captivity...12.3.14}.
- {There is. And it's an epically bad idea at this point...1.10.17}.

Cat: Coward.

Liverish: *There is a difference between careful planning and cowardice.*

- *You would do well to learn that and look at yourSELF*

Cat: *You can hold me,*

- *but I don't need to cooperate with your plans.*

Liverish: *Oh yes,*

- *you do.*

Cat: *What is this plan of yours anyways?*

- 
- {Future Danna: And that was Chapter 1. Please stay tuned for more confusion and dismay. <3...1.10.17}.
  - {Future Arrow: I'VE HAD IT UP TO HERE WITH YOU!!!...1.10.17}.
  - {Future Danna: Awww. Ex-face-cutie-buns. <3. Back from Cartoon Prehistoria so soon? Are

those leeches or thorns? They're rather hungry-looking...1.10.17}.

- {Future Arrow: I CAN'T FUCKING TELL! THEY'RE DRAWN IN PENCIL CRAYON!! I HATE YOU BOTH...1.10.17}.
  - {Future Danna: We know, sweet ex. We know. <3...1.10.17}.
- 

- {Future Cat: Just relax, everyone. This will all make more sense soon. After all, it wasn't originally written as a story for you, but as a personal record of my own early battles. The layout will become clearer as well. Once you learn to tell everyone apart—...5.17.17}.
  - {Future Arrow: —WELL THEY KNOW ENOUGH ABOUT YOU, NOW DON'T THEY...!?? IF I WAS TOLD YOU WERE GOING TO TURN THIS INTO A WORD SCRAMBLE WITH COMMENTARY, I WOULD HAVE STAYED HOME!!...5.17.17}.
  - {Future Cat: It'll get better! Really! I'm sorry! Wow. And what is it you do here besides YELL and require RESCUE!?...5.17.17}.
  - {Future Arrow: THAT IS REALLY BESIDES THE POINT! YOU KNOW, I—...5.17.17}.
  - {It seems the rest of Arrow's dialogue has been cut off...8.27.17}.
- 

- {Future Cat: .....Lee? Did you do that?...6.15.17}.
- {Future Lee: You're welcome. <3...6.15.17}.