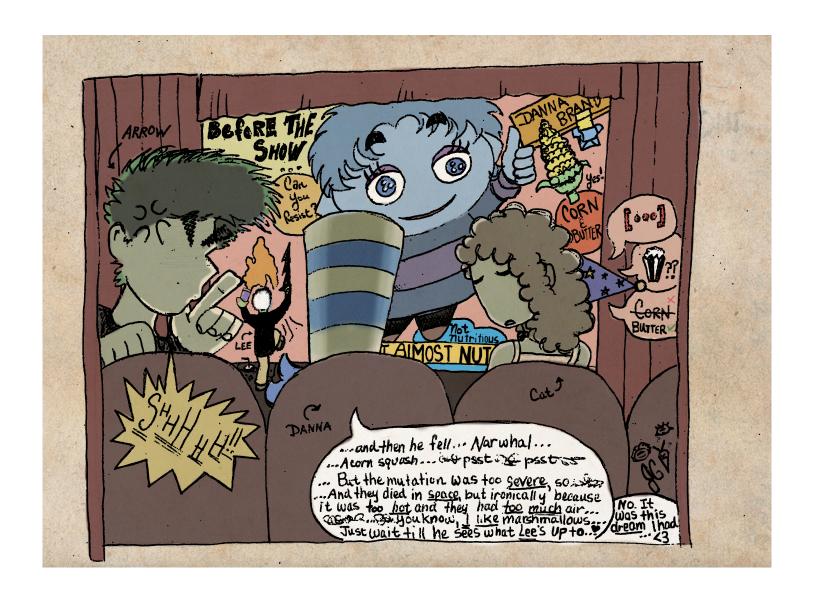
Survival #911: Solving: Offence and Defence

(Technique Type: How to Battle Monsters)

{Current Playlist: You Talk Too Loud by Max Normal}



"While the normal entry fee for the Magic Theatre is your mind, this weekend, we will also be accepting half your wits."

-Obscure Metaphorical Satirical Reference Department

- Feelings are figures are archetypal, are the language of your higher functions and animal functions. The ego is the part you're aware of. The parts you aren't aware of are like a multiple-storey library of you that makes what you <u>know</u> look like a comic book.
- Do you remember when you learned that certain magical gift-giving holiday entities weren't real? Get used to that feeling, as well as the <u>reverse</u> feeling of it. (I don't mean that the <u>figures</u> aren't real, or that rabbits bring you chocolate. What I <u>MEAN</u> is, a figure's realness may eventually trouble you). I mean that what we believe <u>about ourselves</u>, while real in many ways, is <u>batshit</u> wrong in other ways.
- After all, being your father's son, or one hell of a dental hygienist may rule out your dreams of being the world's most famous piccolo-playing pop icon. Maybe that dream would ultimately have had you living in a hotel that smells like urine for a while as you worked your way up the food chain. Maybe you ultimately wouldn't have minded for four-and-a-half years until other desires kicked in, then regretted it for the rest of your life.
- Maybe you'll be <u>glad</u> for it, or maybe you'll regret it. Don't just follow the rabbit.
 Read the signs. Especially the ones that say things like "Warning: Trespassers Will Be Shot", "Danger! Poisonous Gas!", or "You'll never be happy unless you finally start that llama farm, but proceed with caution!".
- Signs once read, can't be unread. Some are helpful, some harmful. Some are on time, and some are too late. Some are wrong because they're riddled with an unskilled layer of early wishful thinking.
- The game contains a library of hard lessons. Enter at your peril. I do adore seekers, but have a distinct respect for those who know their limits. The choice is yours. This is a pivotal part of the work if any power struggles or disagreements break out. Don't assume they won't when the wrong figures collide.
- Your world might be <u>lovely</u>. That doesn't mean you shouldn't know how to follow the rules of your story as <u>well</u> as defend yourself.

- As the Story Game functions a lot like an RPG, progression often involves <u>conflict</u>, whether it be verbal, or imaginary violence.
- By all means, pick <u>any</u> kind of story. Whether it's a film noir, sci-fi, or jungle safari...doesn't matter. It might be more drama than adventure. It could be more adventure than drama. It could change <u>quickly</u>.
- My game is big on banter, while yours might be more focused on action. I highly
 recommend making <u>energetic elemental powers</u> a part of your story, though, as
 doing this gives you <u>later transferable skills</u> involving <u>intense varying focus</u>.

Prerequisite:

- I really recommend that you meditate for at least <u>10–30 minutes per day for a few weeks before each attempted solve</u>, or you'll likely just wake up from a distracted stupor 30 minutes after starting the attempt, feeling cold and tired.
- Cat's Inners call this "bumping" or "booting". In essence, you're a lot more likely to become distracted and space out while facing something that doesn't want to deal with you.
- By all means, disacknowledge the meditation recommendation and find this out for yourself.
- Bumping is more instructive than harmful. You may be the rare person who is fine without the recommended meditation, but it <u>really</u> helps to hone your focus if bumping is a problem.
- READ SOLVING INSTRUCTIONS THOROUGHLY BEFORE STARTING!! MAYBE A FEW TIMES!!!
- This technique is dangerous in its simplicity if not respected, like driving a car. Don't speed, and watch where you're going. The slower you're going, the less damage on impact. If there are dangerous conditions ahead, don't leave town until it's sunny or you have something better than your learner's license.

Notes:

- This section contains mixed metaphors.
- Solving is how we battle a monster.
- Monsters range from your recent memory of spilling a fruit smoothie on your khakis, to your memories of surviving several nights on gum after a polar bear attack.
- Monsters may take the form of other players glitching out, if they are related to the underlying problem. If you decide to pursue your career instead of love, a figure relating to your romantic life may glitch out until you agree to go on a date, for example.
- If another player is behaving <u>strangely or obsessively</u>, have them looked at by another figure who knows what its doing. An inner healer. All RPGs need healers, as far as I know.
- The figure may be poisoned, or whatever <u>your world</u> calls it. If the figure is glitching, a battle may ensue.
- Other players glitching can be outwardly identified in <u>unhealthy habits and food</u> <u>cravings</u>. Those are a good place to look for a glitch. They often like to hide from you, and <u>diversion</u> is pretty effective.
- <u>Meditation</u> will help you to be able to tell when your figures are changing the subject or misdirecting you, and to help you to tell the difference between what they <u>want</u> to say and what you want to hear.
- A disconnection between their <u>true message</u> and the <u>resulting coping behaviours</u> is basic denial or delusion.
- If ice cream generally works for both you <u>and</u> your adversary pretty well, it could be harder to get to the bottom of things.

- Avoiding delusion is also the key difference between talking to the <u>figures</u> and talking to yourself.
 Don't be "fine".
- The <u>allure</u> of what you <u>want</u> to hear can drown out the reality. At some point, it will definitely try to. Allow your closest allies to point this out when it happens and learn to avoid it at all costs.
- <u>Tip</u>: If they don't actually hurt your feelings from time to time, you're most likely in denial.
- Frankly, why bother entering a cardboard nightmarescape of your own overlypolished lies, which have the power to alter the course of your entire life's decisions for the worse?
- You aren't <u>all</u> that welcome to enter my dojo if you're only willing to spar with parts of yourself who not only <u>don't fight back</u>, but <u>congratulate</u> you every time you wipe your ass.
- If you introduce yourself as a gleaming and heroic Story Game master by two
 weeks in (or two <u>years</u> in for that matter), you're probably just a <u>very</u> confused
 masturbating novelist.
- Those who have seen the closest to the center are the most respectful of its power. They see the ratio of themselves to whatever it is, as being that of a ping pong ball compared to, at least, the sun.
- Anyone who claims to control the sun is either delusional, or should probably own less weapons. In any case, it isn't controlled by a person's willpower, or hands, but a set of intense external circumstances...
- Overconfidence is common in a novice. It's common enough that I've given it the term "Messiah Phase".

- All this being said, <u>never</u> enter close quarters with a figure if your own emotions mortally <u>dread</u> it. You will usually have a <u>natural sense</u> whether an emotion is more dangerous than annoying, not so bad, or solely annoying.
- You are always protected from this kind of thing, unless you wave off your protectors and head into combat anyways. Don't do this, <u>ever</u>. It's cursed ground.
- Work up in inner monster severity, as your ability improves. Don't just run headlong into a level fifty <u>boss</u> cave like a level one <u>tit</u>.
- What is the <u>function</u> of the pain? A <u>healing wound</u> should be left alone, but <u>diarrhea</u> shouldn't.
- Solving brings reveals the <u>true nature</u> of the pain so you can tell a healing wound from diarrhea and choose whether or not to act on it.
- To flip heat with cold too fast produces shock. To flip darkness with light too fast produces blindness. Their <u>opposites</u> do the <u>same</u>.
- Take it <u>slow</u> or spend the time you save healing or eating. Don't give yourself mental whiplash.
- To <u>you</u>, you'll have jumped seven buses on a motor scooter through a hoop of fire.
 To the <u>outside</u> world, you'll have had the flu, and spent the day watching cartoons in a blanket.
- No glory for Inner successes, unless you manage to build a community, half of which will be an unfortunate band of {creepypesto} chefs, trolls, and placeboliterates.
- The placebo-driven I will <u>gladly</u> accept, as you are gifted at triggering states from <u>thinking</u> you have triggered states. You might access some <u>awesome</u> things entirely by accident. However, few will likely want to befriend you if you're loud and uncute about it.
- {Note to self...Danna seems to be adding a lot of commentary around here}.

- A true Story Game player will eventually develop unusual abilities or problems. You
 may wake up ambidextrous, with a previous health problem painfully correcting
 itself, sensitive to certain colours, or able to produce backup harmonies through
 arm movements...as a few examples.
- Note on the nine-year pregnancy: These effects are greatly enhanced for an awakening, but <u>much</u> harder to control, so <u>essentially</u>, they take just as long to master in the long-run.
- Playing Story Game and solving boss stages will have effects related to the quest you're on. Players will experience <u>highly</u> individualized changes and synchronicities that may be prone to even decades—forgotten Monkey's Paw desires.
- Let's hope you weren't obsessed with having a pony as a kid.
- Kidding...mostly.
- But <u>focus for the wrong reason for long enough</u>, and find your red dancing shoes here.
- Kidding.....mostly.
- The <u>cursed portion</u> of what is <u>usually</u> a curse-ability combo will pass when you
 figure out what it <u>represents</u>, and deal with it. Most abilities are localized around,
 or belonging to, a <u>particular figure</u>. Not all abilities are equal to the curses they
 come with.
- Most odd situations surround themselves with two or three semi-plausible-sort-of
 physically-based explanations that blanket things over so nicely you'll feel like the
 neighbour from Bewitched if your goal ever becomes proving what's happening to
 you to science.

- You know when a movie has a theme, and something like irises or snowmen show up all the time? Remember how the repeat objects usually foreshadow something important that happens later? The snowman melts when the child becomes a woman. An iris flies through the air and lands on a doorstep to show the hero that the spirit of his circus friend still remembers him.
- It feels like that. Normal everyday coincidence, with a meaningful twist.
- Be warned, though. Hundreds upon hundreds upon hundreds of coincidences are just
 a slightly more impressive coincidence to a scientist. The rest conveniently cleans
 itself up, so you'll need to learn to <u>Keep quiet</u> before you start reminding your
 loved ones of how they felt when they watched the movie *The Number 23*.
- Try and limit confidents to those who are similarly interested, while ultimately trying not to escalate things. Try and be objective. Keep records and dates for accuracy.

The Technique:

- Helpful Tip: Make sure you're warm or you might have to get a sweater halfway through, as you may feel a degree or two cooler by the end.
- If you actually feel <u>cold</u>, stop.
- In rare cases, some may heat up. If this is you, stop if you start to feel uncomfortably warm, noticeably less focused, or otherwise a little groggy.
- 1. Ensure that your Inner World mind is switched "on".
 - Close your eyes and focus on the ground underneath where you stand or sit your Inner World.

 You'll start feeling heavier <u>there</u> than in your human body.
 You will know it's going well when your body feels slightly disoriented with your eyes closed, and your skin starts to go a little numb or tingly.
• This technique is <u>half focus</u> , <u>half defocus</u> .
 Try drawing your consciousness into the shell that is your body and imagining what it would be like for your body to fall asleep with your mind awake. Become comfortable with this "muscle" before proceeding.
2. Allow a <u>mildly severe emotion</u> to come to the surface. Feel it with your whole body. Allow it to behave naturally, and watch it.
 Are you trying to stop it from going somewhere?
• Do you have a good reason to do so?
• Does it take on a form?
 Do your figures know any useful tips for facing it?
3. Allow the emotion to send you pictures or other senses, using flash-thought mind.
4. Fixate on the most powerful image you have been given.
Now, focus on the emotion evoked by the image.

- Try to keep the <u>strongest feeling</u> impersonally centred in focus for 20–30 seconds. Ensure it is <u>PERFECTLY STILL</u> for this time.
- Each new flash-thought is a clue. The more vivid the sensation, the more effective.
 <u>Still focus</u> for nearly half a minute is key.
- At more advanced levels, <u>remove all body senses</u> except emotional or perceiving senses and follow them to as deep a point as is reasonable.
- Flash thoughts will still appear occasionally, but will be sharper and better directed.
- Sometimes there may be just colour or charge.
- Some colours may not have a description, and seem out of human eye range.
- Either way, the monster will make more sense, and you will begin to view it logically more than emotionally.
- Learn to tolerate its temperature.
- Once fully understood, the suffering will become an inexplicably indispensable usable resource.
- At first, there is tension and discomfort. A moment later, it's like a coffee and an aspirin kicked in suddenly at the same time. I know because I experience...
- 5. Allow the negative emotion to move as it <u>wants</u> to in your body. It is trying to find an exit. It is like a wild animal.
 - There is a badger in your kitchen.
 - If you give it supportive, mindful, space it will find a peaceful way out. If you
 antagonize or block it, it will shred your ankles with rabies and put a hole through
 the screen door. Be aware that <u>some</u> take more time than others to exit.

- A parking ticket may take ten minutes to solve. Conversely, it may remind you of someone who called you irresponsible when you were fourteen, opening a fivemonth can of metaphorical worms in the form of a "boss stage"
- A "boss stage" can be a game-changing figure of great revelation. Some are nearly impossible to <u>fully exit</u> once <u>initiated</u>, except by trying again and again until you <u>pass</u> it.
- Pause usually works, unless the boss's effect on your life is all-encompassing.
- A boss may boot you, tell you harrible emotionally charged lies, and otherwise emotionally antagonize you until you find the strength to stand the temperature of its waters, at which point you'll have whole new oceans to navigate.
- Remember. This is simply a <u>problem you've been ignoring</u>, just another way of looking at it, and it <u>doesn't</u> have to remain a problem.
- Repressing it for the rest of your life is an <u>option</u>, <u>but adding what it holds to your own power is entirely possible</u>.
- Note: <u>Elemental energies</u> (Fire, Water, Air, Earth, Electricity, Ether-cetera...) in your story have <u>several</u> uses.
- Sometimes what figures <u>say</u> is not what they <u>mean</u>, and what they <u>feel</u> is a lot closer.
- They speak in <u>mood languages</u> better than human ones.
- Playing with imaginary elemental forces outside of your avatar can work your
 <u>projective avatar muscles</u>. You can learn to feel <u>who</u> is present without seeing
 them. You can tell how <u>powerful</u> they are. What their intentions are.
- Once you can easily tell figures' levels <u>by presence</u>, begin to be more cautious and attentive around the figures who hide their energies behind numbness or bland energies. They may be hiding <u>more</u>, which should be seen as socially a <u>little</u> paranoid...<u>mildly understandable</u> in an <u>acquaintance</u>, but <u>far less</u> understandable in someone who poses as a *friend*.

- Just know that including telekinetic abilities in your story has multiple functions later.
- As a note on awakening, don't use imaginary telekinesis harder than you imagine it would take to move a door on its hinges, for several months after starting. Excesses of poorly-controlled energy are a risk. Develop control before power, always.
- From what I've read, downward-flowing energy is Yogically normal, while upward is used to trigger an awakening.
- Try and keep your settings on <u>low</u> while you learn how they operate. Let them ground downwards, and *never* force them up. Even *WITH* an awakening.
- 6. Some bosses have amazing results. You will know a severe root emotion has cleared itself from your system when your body shakes uncontrollably (in a nice way), but that probably won't happen until you reach at least a mid-range level in the basics, at least a few months in.
 - Even then, it happens so rarely and with such spectacular relief that you should consider it the solving of a major boss stage.
 - The solving technique is also as sapping as physical exercise, probably burns a lot of calories, and may result in specifically unusual food cravings shortly after becoming exhausted from practice.
- 7. You will begin to know when an emotion is <u>blocked</u> to the point of being <u>immovable</u>.
 - Do not force an issue that isn't ready to emerge, or you will receive an unpleasant lesson involving unpleasant "coincidences" and possibly a life crisis.
 - Don't ask, because I'm not sure how. Seeing is believing. You might not be <u>able</u> to move the emotion yet, anyways. Ask several trusted figures if you feel doubtful, or simply decide not to go there yet.

• Don't cry over milk that was spilled at 150 mph with a wild animal in the car. I warned you early.

Benefits:

- · General self-knowledge.
- · Insight into the behaviours of others.
- The ability to access the positive emotions buried under the negative emotions.
- The resulting delicious euphoria.
- Enhanced self-esteem through surety.
- · Enhanced humility through humiliation.
- · Removal of specific bodily cravings or desires.
- · The removal of specific damaging behaviours or habits.
- Removal of health problems caused by the tension of stored emotions.
- · Effective reduction of the Monkey's Paw effect.
- An understanding of what acting on or ignoring an emotion costs, resulting in freer choices.

Normal Side Effects:

- Synchronistic <u>outer</u> life tests corresponding to recently learned <u>inner</u> life lessons.
- (These are mysteriously tailored to your <u>current level</u>, unless you try to progress to the next level too quickly. <u>Beware overdose!!</u>).
- The rare purging of foul-smelling bodily fluids. (Should feel great!)
- Exhaustion in both body and mind.
- · Cold body after long sessions.
- Something resembling hangover or flu symptoms if you go past feeling cold.
- Problems becoming <u>worse</u> before they get <u>better</u>.

After discovering a new "muscle":

- Keep in mind, <u>any automatic process</u> you choose to convert into a <u>manual process</u> is going to start out <u>bumpy</u>.
- These differ from most new abilities, in that learning they exist IS the new ability.
- Let's say you learn that holding a certain feeling in focus puts you in <u>the zone</u>, making you more naturally paced and better at the croquet, and in our example, ONLY croquet.
- Control <u>isn't immediate</u> when you discover a "<u>muscle</u>" you didn't know you had. Just
 watch a baby. Figuring out that it owns its <u>legs</u> doesn't allow the baby to suddenly
 enter a dance competition.

- Most new "<u>muscles</u>" come with a longish awkward stage that <u>can't</u> be bypassed by wishful thinking.
- Muscle <u>found</u>, your croquet game now ranges from the <u>best</u> you've ever been, to some of your <u>lowest scores ever</u>, as control is mapped out and understood.

Another example...:

- Let's say you want to control your perception of <u>how fast time is passing</u>. For starters, we usually experience the sensation that it is gradually going faster with age, or faster when we have fun.
- What comes <u>next</u> may feel somewhat random.
- When the auto-pilot training wheels <u>first</u> come off, you may find yourself lodged in a seemingly random fluctuation between <u>slow</u> and <u>fast</u> perceptions you <u>don't</u> <u>control</u>.
- At this point, your <u>best</u> option is to observer what's happening, and to try to pick out where <u>YOU'RE</u> doing it.
- Soon you'll learn to <u>repeat</u> the effect.
- You'll <u>then</u> learn to jerk haphazardly from fast to slow and <u>back</u> at will, by <u>learning</u> to feel the <u>difference</u> between the <u>intense fluctuations</u>, and <u>mimicking them</u>.
- Soon, some measure of jerky <u>in-between</u> control will form, eventually leading to a still, steady, <u>grace</u>.
- From grace, more powerful skill will develop, and <u>much finer</u> control.
- This is the *normal course* for *most* abilities.

- Consider learning to jog. In the <u>early</u> stages you alternately run, then stop to wheeze. In the <u>later</u> stages running is controlled and continuous, and possible distances much greater.
- When it comes to the skills \underline{I} teach, what makes you awesome is <u>not</u> your level of power, but your ability to wield it with precision.

DANGER: SIGNS OF OVERDOSE {This is why you don't force an issue}:

- Shock
- Burnout
- Confusion and disorientation
- Enhanced flu-like symptoms for up to 48 hours, including vomiting and/or fever and/or chill sometimes accompanied by <u>the migraine from hell</u>.
- · Randomization of the experience of time duration
- $\{E.g.\ 2\ min = 30\ min/30\ min = 5\ min\}...$
- "Did five hours pass a few minutes ago...!?"
- Sudden big personality changes, permanent or temporary
- Unwanted emotional-epiphany domino effect {auto-solving error}.

- Note: Auto-solving errors <u>also</u> occur naturally in everyday life, when, for example, the death of another person causes us to question our own mortality resulting in an existential crisis, resulting in major changes in career, friends, or even marital status. "Life-is-too-short"-ism, emerging out of seemingly nowhere...Consider something like <u>that</u> to be an <u>unchosen auto-solving "boss stage"</u>. You can't set it aside for later at this point, and facing it seems like the <u>only</u> workable, albeit <u>unwanted</u>, option.
- Needless to say, when you go <u>looking</u> for bosses, one may trigger a domino effect
 of <u>other</u> realizations, spawning a host of new bosses. This is another reason to
 start with the classic Level One blobs and forest mice before hunting big game.
- Dan't blame me if find yourself borrowing money to buy yourself a car you can't afford, or spontaneously dyeing your hair purple. You chased the meanest white rabbit down a vortex to hell when I told you not to.
- The <u>unchosen</u>, sudden arrival of a "boss stage" you didn't ask for is an <u>auto-solving</u> <u>error</u>.
- Note: Auto-solving errors can occur as a result of Monkey's Paw decisions. (The Monkey's Paw by W.W. Jacobs is recommended reading by the way). Every decision has a cost.
- Asking the Inners for something <u>reckless</u>, like asking them to help you rule the Earth or something in earnest, will likely as good as get you hit by a double-decker bus by "coincidence", if it has any effect at all.
- After all, you'll need to experience enough <u>loss of control</u> to make you <u>worthy</u> of having <u>that much</u> control...or <u>something</u> like that. It <u>won't</u> make sense in English, but it'll <u>hurt</u>, I <u>pretty</u> much <u>guarantee</u> it....
- Digging creates both a hill and a valley.
- To be clear, any figure who actually <u>wishes</u> to help you rule humanity or kill your enemies is likely <u>NOT YOUR FRIEND</u> in the first place. Those <u>once</u>-helpful figures who <u>don't</u> find you the best person to rule the world may <u>wander off and stop</u> <u>defending you if you push it</u>.

- The <u>least helpful figures</u> want a <u>pawn</u>, and they want <u>conflict</u>. <u>Don't</u> give them <u>both</u>. Don't spend your <u>much</u> more impressive future skills cleaning up your current mistakes.
- All I did was try and "<u>Kill my emotions</u>", by simply deciding <u>not</u> to have emotions with the help of some figures <u>when I was a stupid Kid</u>, <u>back</u> when I was <u>naive</u>. I nearly got killed <u>myself</u>.
- That was fifteen years ago and things have <u>not</u> gotten <u>less</u> interesting.
- Irust me...Don't just learn their rules like your life depends on it.
- <u>Don't. Hurt. People.</u>

Long-Term Overdose Symptoms:

- Uncontrollable crying or rage alternating with apathy, and other grief symptoms
- Memory-access problems
- Appetite loss
- Logic-scrambling or absence
- Physical pain you can't get rid of until the "test" is over
- Life tests and crises you aren't ready for
- Bouts of unrealistically bad cynicism. (Ride them out with distraction before returning to inner work).

- It's easily preventable...
- Don't hurt yourself.
- · Don't overdose on solving.

DANGER: IN CASE OF OVERDOSE:

- Disclaimer: Avoid overdose carefully!!
- If the emotion has become strong enough to <u>defend itself</u>, seek solace in people or solitude as your feelings demand. Does it seem distorted beyond reason? Does it come with <u>extreme words or beliefs</u>? If so, it probably feels threatened. This is one of the places they prove their real power.
- Now you've done it...
- · Allow one or two very trusted figures to comfort you and talk you down.
- Treat the others with peaceful respect.
- Play with them at your peril. They'll shred you to ribbons if you threaten them.
 Maybe you'll just have <u>one</u> day of saying or doing <u>exactly</u> the wrong thing. Those
 can do a lifetime of damage. Beware solving something halfway, to the point where
 it retaliates, seeping into your "clumsy" feet or mouth.
- I believe because I experience. I fucked up.
- · As for retaliation, don't drive emotionally intoxicated, so to speak.
- They can get you charged up if you <u>let</u> them. Watch for absolute speech like "never" or "always", or a righteous tone in yourself. Be brave enough to see it when you find it. The <u>less</u> we want to <u>find</u> it, the <u>better</u> it <u>hides</u>.

- Beware words that judge you and those around you as good or bad people. <u>Conflict</u>. <u>Pawn</u>. <u>Don't</u> be a <u>conflict pawn</u>.
- Find some hobby of the opposite emotion and distract yourself with it if the figure is clearly winning by intoxication or possession. Return to your task refreshed and stable or get nowhere. I believe because I experience.
- The emotion will feel <u>like yourself</u>, because it has <u>possessed yourself</u>, but the <u>thoughts</u> will seem <u>excessive</u> and <u>irrational</u>, <u>unlike yourself</u>.
- Ignore and distract. Return when you are refreshed and stable. Have a helpful figure around as well.
- Above all, do <u>not</u> make any big decisions until you're <u>100%</u> sure you're back to normal. It will end. The state always ends. Don't freak out. Most phases fluctuate greatly over time.
- A boss stage will only last for as long as you avoid it, and there is no turning a phase back until the lesson is learned to completion...The pain will stop when you surrender to it completely, to the point where you don't care about it in the same way anymore.
- Being able to hold it still for longer and longer periods of time accomplishes this.

 Don't contart around it. To face it head on, calmly, without pressure or violence, is
 to assert dominance. This turns your emotions into allies instead of wounded
 enemies.
- I believe because I experience some <u>wild</u> things. Hopefully you won't have to.
- As for the <u>rest</u> of you, keep the bosses <u>small</u> for now. <u>That</u> is your best selfdefence measure if I'm going to entrust you with the deep, dark, forest.
- Treat this exercise with <u>great</u> respect to your limitations, develop precision, and you will master emotional control bit-by-bit, in <u>each area of emotion you apply it</u> to.
- These can convert to near-psychedelic levels of unexpected bliss that lead to unexpected abilities.

- Phobias are most likely solvable. I tend to focus on whatever <u>current</u> challenge I'm up against, and haven't gotten to solving phobias yet. I'm predicting <u>hundreds</u> of hours of work for a bad enough one, though. Level up before going after a boss like that.
- Solving <u>sounds</u> terrible to perform, but it's <u>highly addictive</u>, so look out for those early signs and <u>never overuse</u>.
- It's probably just the fact that <u>feeling better</u> is addictive, and associating feeling better with <u>solving</u> makes solving addictive by proximity.
- If you're a gamer, think of solving as your <u>attack</u> function, and the resulting capabilities as your gained experience.

<u>Multiple-part bosses:</u>

- True completion might not be immediately obvious. If some perk hasn't manifested
 in you in the form of better health or a new ability, the boss <u>probably</u> hasn't been
 defeated yet.
- Some repeat encounters are likely to occur while playing Story Game. Some bosses are defeated slowly, in layers.
- · Sequels can be a pain in the ass.

Chapter 2: Neither Hero nor Damsel

"To avoid all sorts of trolls, avoid treating the other players as CPUs or figments."

-Doom

I Only Care that You Can't Get Away

ſ	Current l	Plavlis	t: Risaid	e bv i	Piero	Umiliani	1

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

{Due to conflict with <u>popular medical opinion</u> as well as <u>personal</u> opinion, Danna's DSM-V Disorder Criteria of the day has been postponed until further notice. Have a super day! $\{3...6.15.17\}$.

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

{Future Danna: Can I sue you for being a buzzkill, Mittens?...6.15.17}.

{Future Cat: Only as much as I can charge your invisible ass for malpractice...6.15.17}.

• {And to you left, you can see Cat and Danna arguing over content that has already been removed...9.6.17}.

• {Future Cat: *Danna*...this was only accurate for a *while*...8.4.16}. {Danna: It was only *PATHOLOGICAL* for a while, Mittens. But you're *onto* it...8.4.16}. • {Future Cat: You see why people don't always find you *cute*, Danna...?...8.4.16}. • {Danna: You've identified the *liar feelings*, but at *best* you've *were*wolf-caged yourself *away* from them. At *VERY* best you've *admitted* there is a problem...<3...8.4.16}. {Future Cat: ...Thanks for being *help*ful...8.4.16}. {Danna: Stop *giving* me that *look*. You'll give the body *brow*lock, you know. <3}. {Future Cat: ... *I want a raise as your editor*...8.3.16}. • {Danna: If it'll cure you of *browlock, I'm all ears.* <3...8.4.16}. • {Future Cat: *I DON'T have browlock. That isn't a real thing, as far as I know...*8.4.16}. • {Danna: Then we're <u>only</u> going to need donations for <u>you</u>...Oh <u>my</u>, it's getting <u>worse</u>! We're going to need *lots* of donations...<3...8.4.16}. • {Future Cat:Shut up. Please. Let's move on to Liverish's devious secret hostage *plan...*8.4.16}. • {Danna: So <u>brave</u>. The world's <u>worst</u> case of browlock and still willing to press on...<3...8.4.16}.

• {Future Cat: *Just.......<u>No......On</u> to <u>content...</u>8.4.16}.*

Browlock Intermission

7.23.11 (Continued)

• {Cat's voice is dull with disbelief...1.4.15}.

Cat: You are still insisting I marry you.

• {Liverish's voice is dryly businesslike, and darkly amused}.

Liverish: Of course, Cat.

- I doubt you could persuade me otherwise,
- *but by all means, try*.

Cat: I only need to offer you something better?

Liverish: Precisely.

- <u>Some</u>thing that will <u>immortalize</u> my power <u>BETTER</u> than being <u>bound</u> to you fo<u>rever</u>.
- {Liverish's early distorted view of human importance?...1.7.15}.
- {Future Liverish: *DEFINITELY. DEFINITELY. FOR FUCK'S SAKE...*8.4.16}.

Cat: How about some <u>DISs</u> uasion?
Liverish: Go on • But I warn you, • I'm not a patient man, • so you can't blame me for how I react.
• {"Man" was also something he would've said when he believed that men were supreme versions of {voxes}8.4.16}.
• {Future Lee: It just took seeing a mammal for a mammal, small fry. <u>Those</u> without <u>bodies</u> are <u>superior</u> , as <u>those</u> without <u>bodies</u> don't produce mucous or toenails5.17.17}.
• {Future Cat: We <u>REALLY</u> need to keep Red away from you while you sleep. Be <u>nice</u> , or you'l lose the <u>human</u> portion of our audience and <u>Danna will get you</u> 5.17.17}.
• {Future Lee: Don't <u>threaten</u> me with that. <u>Don't</u> you fucking <u>DARE</u> 5.17.17}.
• {Liverish's voice lowers to a warning growl1.4.15}.
Liverish: <u>Choose</u> your words <u>care</u> fully.
Cat: <u>Marriage</u> doesn't <u>alway</u> s parallel either love <u>or</u> sex.
• {Her voice is firm}.

Cat: *Not* with an unwilling participant.

Liverish: But CAT,

• you <u>WILL</u> be <u>will</u>ing.

Cat: For my *friends'* sakes.

• Never <u>yours</u>, should I be <u>forced</u> in this way.

• {Liverish sounds unconcerned}.

Liverish: *Cat*, *I* don't *car*e what *binds* me to you.

• I only care that you can't get <u>away</u>.

Cat: Comforting.

- But marriage can't keep {me with you} when my friends are free.
- I'll disappear.

• {Liverish's voice is almost a snarl...1.4.15}.

Liverish: *Try*.

- You <u>can't</u>.
- Besides, they are under maximum security right now.
- And forever.

Cat: So I <u>forfeit</u> myself and you <u>don't</u> even offer them <u>freedom</u>?

• {Liverish usually makes fair, straight-across exchanges for hostages1.4.15}.
• {He sounds darkly determined1.4.15}.
Liverish: Correct <u>again</u> . • On a <u>roll</u> , <u>are</u> we, Cat?
Cat: • You would <u>kill them</u> ?
Liverish: For <u>ever</u> . • You <u>feel</u> it, right? • {}. • I change my <u>mind</u> . • Our wedding is to <u>night</u> .
Cat: <i>Dear gods</i> .
Liverish: <u>Several</u> people are invited. • They are, • however, • mostly security.
Hours Later
 {Liverish sends Cat some gruesome images of what he might do to his hostages}.

• {One last threat to show he's serious?...1.4.15}.

• {Threats of this sort feel more <u>intimate</u> than a normal threat. They can be imagined actions received and brought momentarily to life using <u>all</u> of the senses8.4.16}.
• {Future Cat: <u>Lee</u> " <u>Future Liverish</u> "is that <u>you</u> trying to <u>class</u> this up? <u>Hello</u> ?1.10.17}.
Cat:
• <u>Stop</u> showing me their <u>deaths</u> .
Liverish: I <u>warned</u> you I could get heavy- <u>handed</u> .
Cat:
• {Liverish's voice is brimming with cruel excitement1.4.15}.

Liverish: *Let's get this thing going*.



1.11.14

{Current playlist: Show Me Your Pizza by Slagsmålsklubben}.

Danna: <u>Hello</u> again to my <u>lovely</u> <u>audience</u>! <3

- · Today we're going to discuss where our protagonist came from,
- in hopes of better deconstructing the basket that is the case. (3
- Kai,
- · as the wise old man,
- do you <u>still</u> believe it was a good idea to bring a little <u>girl</u> into the <u>inner</u> realm?

• {Kai seems thoughtful...12.18.14}.

Kai: Were you the one who kidnapped Drury?

Danna: <u>Please</u> stay focused. <3

Kai: It was a ne<u>cessity</u> if she was going to sur<u>vive</u>.

Danna: Be<u>cause</u>?

Kai: She needed to know who she was to sur<u>vive</u>.

Danna: So you trained her ineffectively to fight Liverish when he was an imp.

Kai: Effectively...

- I hadn't yet <u>realized</u> that he <u>could</u> be the {vox}.
- A creature like that?

Danna: But she wound up in his custody.

- · She lost to him and now she can't escape.
- Why is no one helping her?

Kai: Might that be a spoiler?

Danna: I'm not <u>sure</u>.

• Have I wrecked it yet? <3

Kai: I'm not sure that's appropriate...

Danna: Yes, <u>yes</u>.

- I don't <u>mean</u> to <u>reveal</u> things.
- I just get so excited. <3

Kai: *He's her <u>job</u>.*

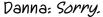
- The only man that can be changed is the one inside.
- {Future Cat: Guys? Which part is the <u>spoiler</u>? <u>Guys</u>?...8.4.16}.

Danna: I <u>ask</u> as I <u>always have</u>.

• How'd Cat pick this one? (3

Kai: There is a <u>true</u> {vox}.

- <u>His</u> state depends on <u>her</u> state.
- <u>His</u> personality on <u>her</u> personality.
- And her happiness on his personality.
- If he's broken,
- she needs to Know why.



- · What did you say?
- I seem to have nodded off...(3

Kai: I'm saying none of us can accomplish what she can with him.

Danna: Why not just, say, kill the bastard ...?

Kai: A*gain*.

- If it hasn't been said,
- you probably don't want to ruin it.

Danna: ...

- Remind me to bring in someone with zip for our next show...
- <u>pizazz</u> or something.
 <u>Next</u> time on my show,
 wait...

- {Danna has received a message...11.20.14}.

Danna: They want me to bring in Doom.

- · So much for pizazz.
- Please don't judge the future of this show on my guests so far.
- I do plan to have a word with my superiors...(3

NOTES date: 7.23.11

In Cat's Inner world there is no divorce.



Confusing human motives.

More confusing Animus motives.

INTRODUCTION

-Things done for the wrong reason on the inner plane have consequences.

-These consequences can be cataclysmic. Don't underestimate them.



Partly Cloudy

LISTENING

Philter: The Antagonist

7.30.11 {11.15.14}

And Projectiles From the Walls {Reenactment}

- {Doom is Cat's Shadow and Inner death figure. She is a beautiful, graceful, and slender woman who always wears a short, sleeveless dress that looks vaguely like mummy wrap. She has a pale, pseudo-Japanese appearance {metaphor: Shadow {=the different from me} as in foreign concept}. Her face is quite round, as are her dark grey eyes that can flare red when she's angry.
- She often lurks near Cat to protect her in extreme circumstances, in exchange for Cat sparing her life after she was {allegedly...1.7.15} badly injured about eight years earlier. She usually has a calm, unreadable smile on her face, even in extreme circumstances, only becoming enraged in Cat's defence, often responding with fire. She is constantly barefoot and her voice is a delicate monotone}.

- {Danna: I dub the following format *Reenactovision*. Does anyone know if we use Reenactovision again after this?...8.4.16}.
- {Future Cat: I'm <u>thinking</u> we <u>don't</u>. I don't remember a <u>single</u> other mention of Reenactovision in <u>all twenty chapters</u>...1.10.17}.
- {Danna: A pity. A real pity. We should at least charge royalties for it...1.10.17}.
- {Future Cat: Would you <u>remember</u> to say you're from the <u>future</u>? You're <u>confusing</u> people!...1.10.17}.

{Current Playlist: Still Remains by Stone Temple Pilots}

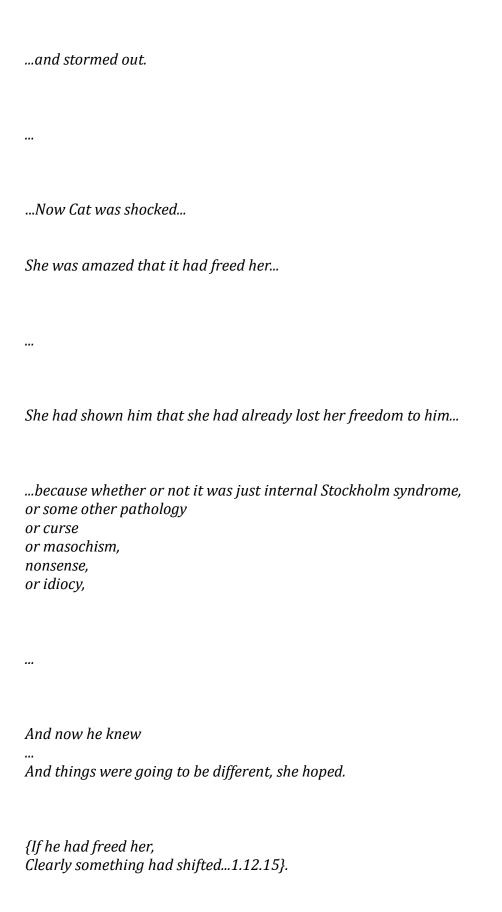
Cat had no choice but to turn herself in.
She surrendered to a smug Liverish and began preparing for her wedding. Doom was permitted to help her.
As they prepared her dress, Doom and Cat discussed how Cat might escape without her fellow figures being murdered.
They explored Cat's darkest feelings.
Cat was morose.
They had only one plan, and it seemed counterintuitive.

He'd chosen some gaudily enormous cathedral with a large stained glass window near the altar.
Cat saw Polly sitting serenely, a few pews from the back. She knew that Suki watched from above.
Cat was nervous as she walked down the aisle.
It seemed to last forever.
His dark smile loomed ahead of her.

{I forget nowI think Doom walked me up to himWas there a priest?}
Cat stood before him. It had been many years and he had always been around
The time had come She needed to show her fiance how she felt
She gathered the courage
and did.
<i></i>
Her only hope and only plan {Was to reveal her heart}.

The quiet became even <u>more</u> quiet. It was as though only <u>they</u> existed.
It looked as though he was in shock. He stood, wide-eyed.
He looked at her. He looked down.

He moved his head, weighing unseen thoughts.
He looked at her. He looked down.
He stood.
And looked down.
And scowled.
And thought.
His expression contorted, with violent emotion.
He tore his tie through his neck as though it was a hologram.
He threw it furiously on the floor in front of hereyes flaring
He turned abruptly on one heel,
with his nose in the air



{It is a} good thing the {vox} exists, believe it or not
the only kind of man a woman can change, thus changing the womanThough even <u>that</u> is easier said than done
Just watch

...The nonsense has only begun...



7.30.11

And Projectiles From the Walls {A.k.a. Business as Usual}

{The original}

{Current playlist: The Summer of the Sun by Marble Sounds}

- {Projectile: Best description found in records: spear-shaped, trippable, energy attack trap...1.7.15, 9.5.17}.
- {Following the aftermath, Cat and Liverish explain what happened...8.4.16}.

• {Future Danna: The previous Reenactovision presentation was brought to you by the "At" symbol. You will be billed five dollars, which Cat will be required to spend on a side order of gyoza for me. The following is the transcript from which it was taken. <3...1.10.17}.

{7.30.11}

Cat: Several things have happened lately.

Liverish: *Sure as hell they have.*

• *I almost forc*ed you to <u>marry</u> me.

Cat: Yes,

- but I <u>brainstormed</u> as you waited,
- and as Doom helped me prepare in a room across the hall.
- We talked and finally I decided to simply show you how I {felt},
- ...that I <u>didn't</u> hate you.

Liverish: You did *more than "not <u>hate</u> me", Cat*, and you *KNOW it*.

Cat: ...

- In any case,
- as soon as I showed you,
- you threw your bowtie on the ground and walked out.
- *Suk*i was watching from above
- *and Polly was a few pews from the back.*

Liverish: Suki, that <u>stupid</u> little <u>bitch</u>
•
Cat: But <u>then</u> you became an <u>ass</u> .
Liverish: You were <i>going</i> to say " <i>douche</i> ". • I <i>heard</i> it.
Cat: Whatever. • Who did you take hostage again?
Liverish: Don't <u>fuck</u> ing ask <u>me</u> to tell you.
Cat: I had to get up to your <u>room</u> in the <u>tower</u> . • A " <u>test</u> " of yours.
Liverish: <i>Yes</i> . • I had an extra { form} for you in a <u>small cage</u> in case you <u>died</u> , heh.
 {Cat's figures' forms are thoughts, and can be rebuilt with some energy unless the consciousness underneath the form is too badly damaged}.
• {We have seen more than one permanent figure casualty9.5.17}.

Cat: So I <u>tried</u> to get to the <u>top</u>,
• but {the tower} kept growing <u>tall</u>er.

Liverish: Would've gone until you hit space

- before you realized
- it had <u>vanished</u> and was be<u>low</u> you again.

Cat: But I didn't—

Cat: (*The host*age was *Suk*i again...or was it?)

- ,
- *I went down and broke into the bottom floor.*

Liverish: Where your tortuous journey began.

Cat: Yes,

- yeah,
- you had <u>blades</u> coming out of the <u>floor</u>boards.

Liverish: *And* {pro*jectiles*} *from the walls*.

Cat: *All the way up to the special areas*

• where you pass through sky...

Liverish: Yeah.

- *I ran it through a <u>few</u> places.*
- {In Cat's inner world you can run energetic paths and portals through most Inner places}.
- {It wouldn't be unusual for a spaceship to contain an exit through to a city trash can or something...1.10.17}.

Cat: *There* were <u>tests</u>,

• like, say, when I had to deal with a <u>lot</u> of projectiles {at once} and wound up creating a boomerang body shield.

- {Boomerangs are a *my*-world thing...5.17.17}.
- {The shape isn't important, as the boomerang spins rapidly and seals itself into a protective energetic case when it flies. It forms a round riding platform complete with energy-powered fan, controlled entirely by will. Impervious to all but the worst of reversed gravity. Deflective and offensive in *various* ways. Almost necessary for inexperienced figures to fly, and useful for increasing the speed of flight in more powerful figures. A boomerang will return at the will of its owner from great distances, and fly as directed...1.7.15}.

- {Future Danna: And *please* don't *hesitate* to visit *Danna's Boomerang Emporium*! *Liquidating Liverish's Missing Combat Boomerangs One Day at a Time!...1.10.17*}.
- {Future Liverish: *If it'll keep you away from me, auction off the ship too...*1.10.17}.

Liverish: *Don't forget that the energy I created almost had you.*

You were so weak to it.

Cat: But with some willpower it went out enough for me to escape.

Liverish: *Little consolation*, *I'd say*.

Cat: Because I reached the top and you—

Liverish: —Walloped you?

• Beat the <u>shit</u> out of you?

- {Note: Cat is neither a hero nor a damsel in distress, but fills the roles of both at the same time, poorly...1.7.15}.
- {In this case she *failed* as the *hero*...1.10.15}.
- {Cat has <u>also</u> failed to notice that she has <u>intense submissive tendencies</u>, which seem to be slowly driving Lee insane, in his effort to compensate for what she <u>can't</u> experience humanly...6.26.17}.
- {Remember, my world contains <u>no</u> physical advantages for <u>males</u>, meaning male-female physical fights are rendered <u>fair</u>, and therefore <u>non</u>-taboo. There is a <u>very good chance</u> your world differs, depending on the symbols you face...5.17.17}.

- {Future Danna: *Cat, Mittens, baby*. <3. How does it feel to *finally* admit you sucked omelettes. <3...1.10.17}.
- {Future Cat: <u>Danna</u>, the story is self-<u>explanatory</u>. I'm not sure I even <u>attempted</u> to avoid the <u>omelette</u>-sucking image...1.10.17}.
- {Future Danna: *Well, there you have it.* The city is *mildly safer again* due to our newest superhero: the *Omelette* Sucker. *Gothman's* city *rejoices*...1.10.17}.
- {Future Arrow: *I DARE YOU TO CALL ME THAT ONE MORE TIME...*1.10.17}.
- {Future Cat: *She didn't...I think...Why'd you bring him!? We almost made it all the way through Chapter 2 without him...*1.10.17}.

• {Future Arrow: THERE ARE <u>FIVE</u> FUCKING <u>SENTENCES</u> LEFT TO <u>READ</u> OR SOMETHING. <u>SHUT</u> THE <u>FUCK</u> UP!!!1.10.17}.
Cat: But something <u>has</u> to change.
Liverish: Well, it won't.
Cat: How can you be <u>sure</u> ?
Liverish: Because I own you.
Cat: You <u>think</u> {so}.