

BURN AND AGAIN

MATERIALS:

- Yourself
- Someone who's supposed to love you
- An issue they won't let go
- A pot of water
- A stovetop

SAFETY TOOLS:

You should not do anything that would cause significant physical or mental harm to yourself or others.

But we're not always our best selves, are we?

PLAYING THE GAME:

Think about the disagreement and turn the stove on high. Place the pot on the burner. As the water heats up, go over the details in your head again. How could they have done that to you? Why can't they understand how upset you still are? Do they not know how much they hurt you? Or do they simply not care? Think about what you'll say to get them to care this time. Think about why it won't work. How does that make you feel?

When the water comes to a boil, call them over, and discuss the problem.

Whenever you....:

- feel hurt and embarrassed
 - are at a loss for words
 - lose ground in the argument
 - realize they may have a point
- ...put your hands on the stovetop. Hold it there for 1 second longer each time.

ENDING THE GAME:

The game ends when one or more things occur:

- They beg you to stop
- They comfort you about your pain
- They become hysterical
- They admit you were right all along

Turn the stove off and let the water cool.

POST-GAME:

Look at the blisters bubbling on your skin. Think of the next argument, and turn the stove back on.

CREDITS:

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