

GDC

March 21-25, 2022
San Francisco, CA

Writing Personal Experiences Without Sacrificing Your Health

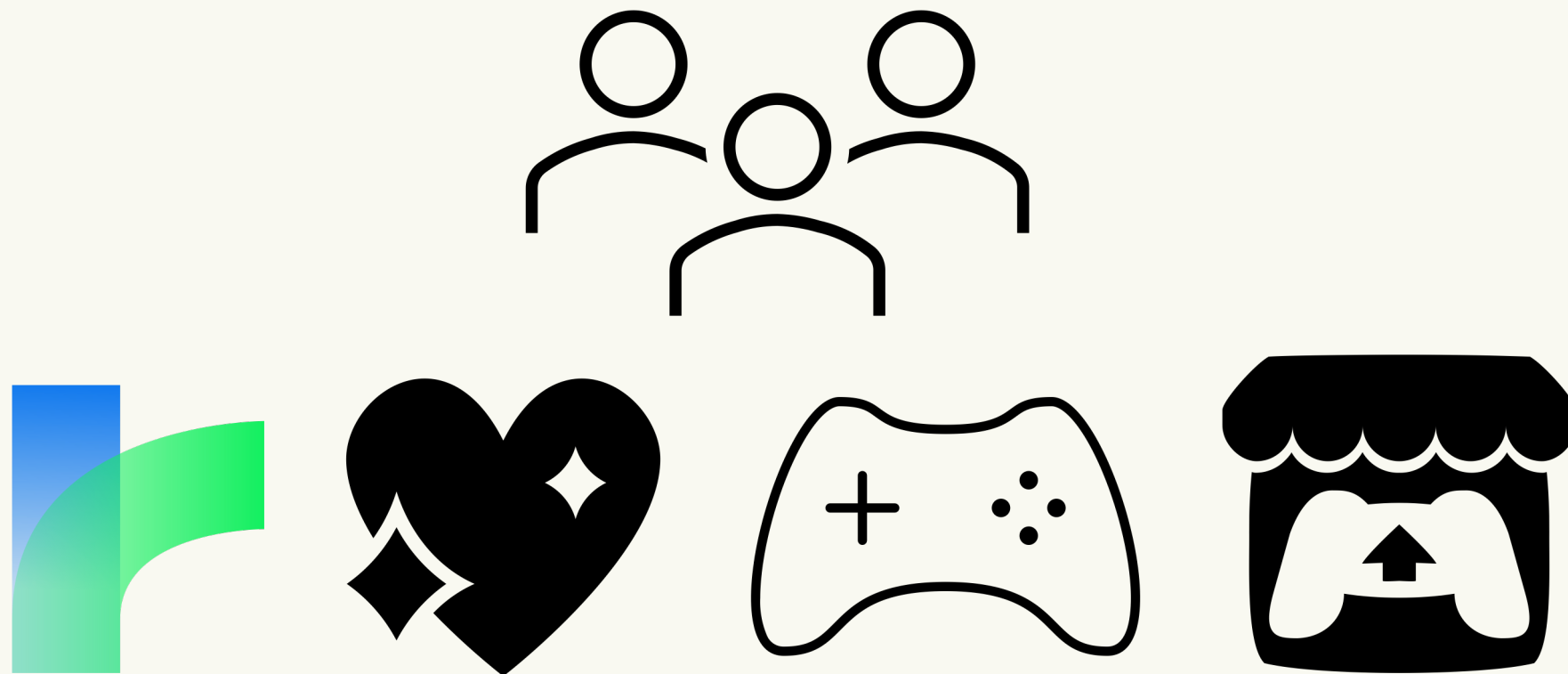
#GDC22





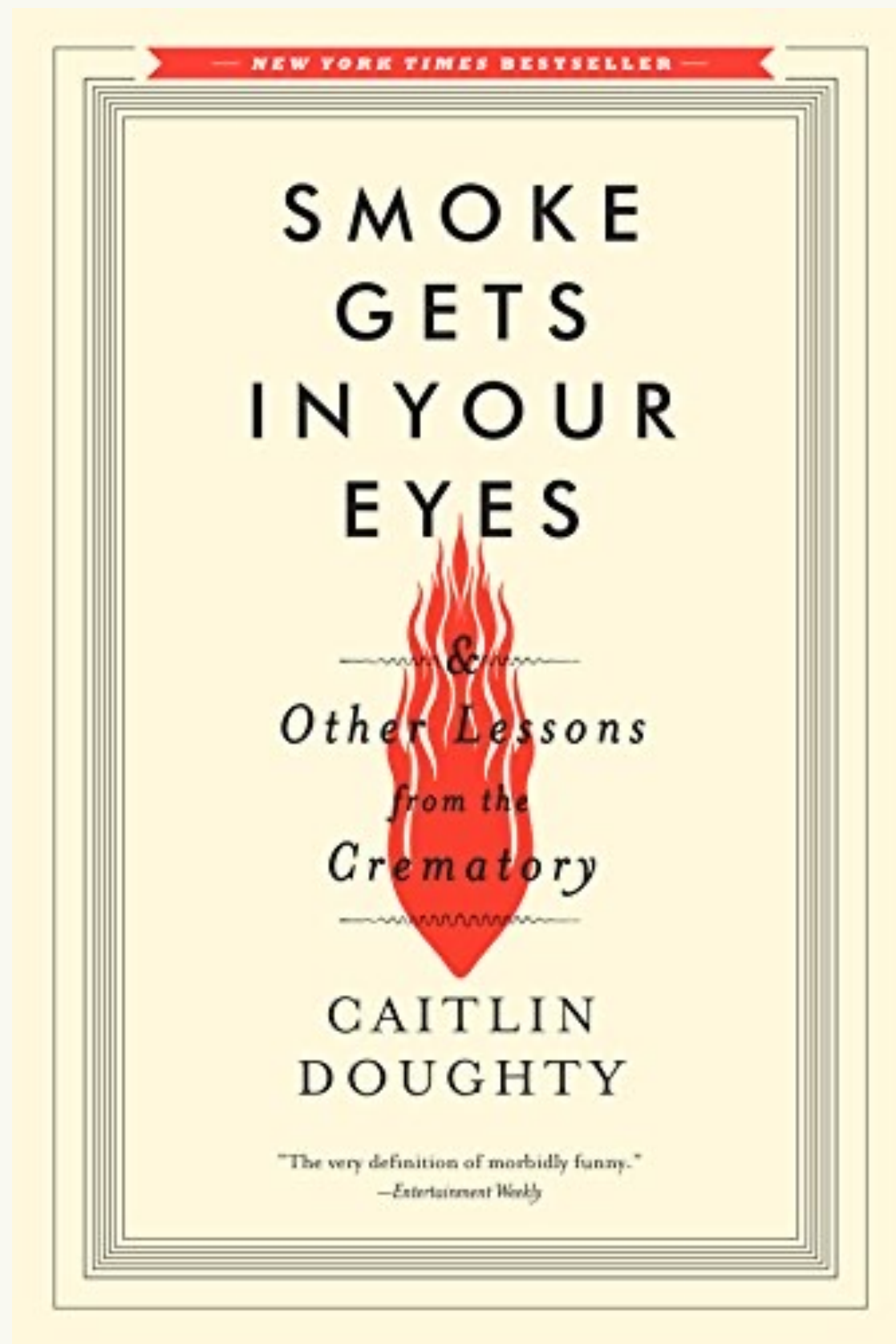


I AM NOT A THERAPIST!
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The air is cold and stiff as you carry a dish of homemade enchiladas to your grandparents' front door.

“Come on, mom!” You yell out when you step onto the welcome mat. You can hear the murmurs of a party inside, but still, you wait.

“Just go in! I’ll be there in a second!” Your mom yells from the car. You watch as your mom digs in the back of the trunk, pulling out different gifts and trinkets for your family. You turn back to the door and begin to back away, giving you space to decide if you want to go in **alone**. Before you can step off of the porch, the door opens to your tía, dressed in a red sweater with **gold sparkles**.

Nod If You Can Hear Me



You **have to** visit your grandmother **today**.



You reach over to hit snooze on your alarm and turn to lie on your back, eyes focused on the ceiling. You can afford an extra 10 minutes in bed.

But your body is a prison. It has rules-- you must sleep, you must eat, and you must breathe. You're trapped in a vessel designed to survive, whether you like it or not.

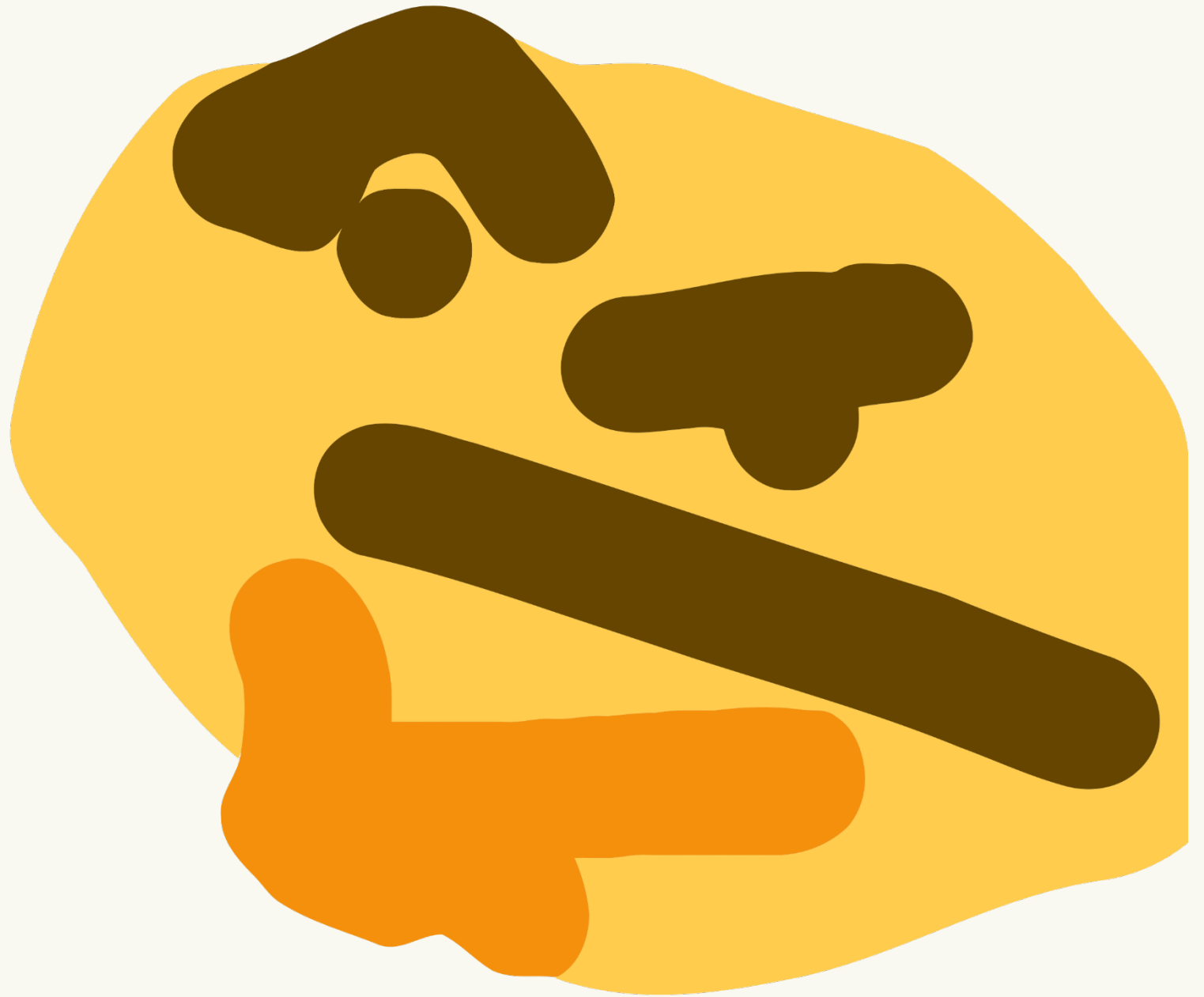
It's time to get up now. You heave yourself out of bed and trudge toward the calendar at the other end of the room, tacked to the wall. There's an important meeting today, scheduled for later in the afternoon.

A tickle. An itch at the base of your skull. Crawling underneath your skin, whispering in your ear.

Ignore it
Listen

REMEMBER:

1. Don't be in active trauma
2. Process
3. Reflect
4. Write, sit, then work
5. Take the core, make up the rest



Me, after taking my own advice and making another game



♪ ***But look, I made you some content*** ♪

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Thank you!

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 @emmakidwell

