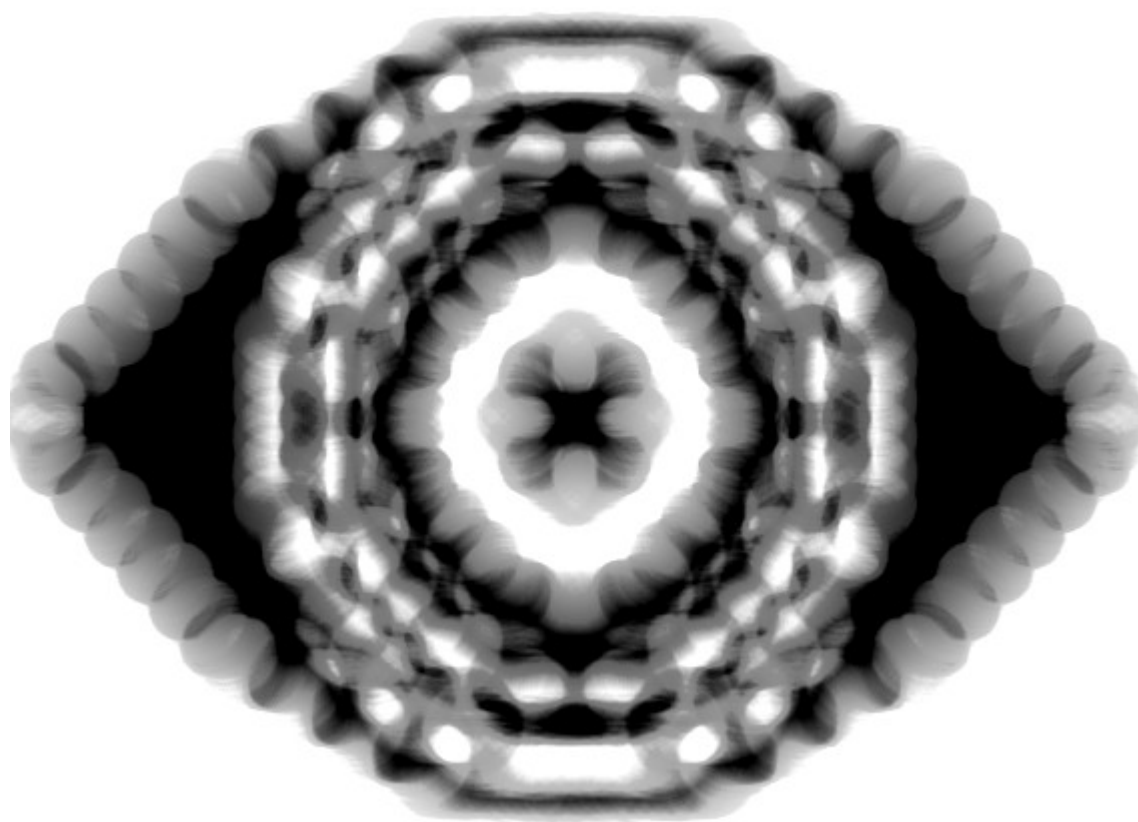


# Psykhotherapy: The Dark Mind



A storytelling game of  
insane horror

# Psychotherapy the Dark Mind

Game Chef 2006 entry by Antti Lax

**Theme:** Time (option 4: 10 sessions, 1 hour each)

## Ingredients:

- Glass
  - The Dark Mind forms when something really terrible causes the characters mind shatter like a glass. Glass is also one of the most common elements of the Dark Mind
- Committee
  - Those who are ready to go through the therapy are decided by the Committee of Mental Disorders, which consists of top psychiatrists.
- Emotion
  - Emotions are feelings that float around the Dark Mind. They may be hostile, or even helpful towards the Visitors, but they always act like the feelings they are born of.



## Index:

Forgotten Memories	3
What is a storytelling game anyway?	6
Patient recordings	8
How the mind works	11
Entering the Host	13
Conflicts in Mind	15
Afterword	18
Character Sheet	19

# Forgotten Memories

March 7. 1968

Dearest Sarah.

I know that I haven't been myself lately, and I humbly apologize any harm that I might have caused you. I need serious help for my problems. I can't manage on my own! I am afraid, very afraid. Please forgive me. My feelings towards you are pure, but so is my fear of losing you. I can't keep myself from thinking that I'm not worthy of you and that you'll find another man, a better person than I am.

So I beg you, give me some time. I will once again become the man I used to be. I need you. I love you. I just.. Don't know what I would do without you.

I am going to the clinic just like you proposed. I have already made an appointment with Doctor Reich. He promised that his new form of therapy would help me to gain control of myself again. I don't know how long it will take, but I promise that when I'm ready, this whole thing will be left behind.

-Your loving husband,  
John

\* \* \* \* \*

A couple of weeks have passed since then. The things I have seen during the therapy have made me lose my will to continue. Human mind is a terrible thing indeed, and we have to face it every day. My fellow patients Jennifer, Alex, Lucy and James have been very supporting in these dark times. I don't understand how they can be so carefree after seeing the things we've seen.

It's Alex's turn to go to the large chamber. I've heard Doctor Reich calling it "the Host chamber". It has a sinister sound in it, and I fear the day I have to go there myself. Jennifer said that it felt like dreaming, but still being awake at the same time. "Kinda like drugs", she added with her maniacal grin. It creeps me out.

We bid Alex farewell and go to "the Visitor chambers". I am shaking again, I can't stand the chambers. Something about them makes me nauseous. We really shouldn't mess with things we don't understand! But Doctor Reich has assured that the chambers are safe and everything we do in the Dark Mind (as he calls it) is merely a mental image we form in the Hosts mind. I don't really understand all of what he says but I trust his words. He is a doctor after all, right?

I close the chamber door and close my eyes. Sweet, relaxing music starts playing and I feel much better. Ah, Mozart. The music keeps playing and I pass out, just like the other times.

When I finally wake up, I see Jennifer, Lucy and James standing right in front of me. Partially. We were said that after entering the Dark Mind, we are merely mental images of ourselves. It isn't very comforting, because it is really hard to think that you're ok when you are transparent.

We haven't been inside Alex's mind yet. It looks so much different than James's or Jennifer's. While James had a complex maze filled with doors and hidden traps, and Jennifer's mind was a room split in two, Alex's mind is pitch black. There is only one hallway leading forward. We started moving. After a short while I looked back and couldn't see anything. The hallway kept going on and on and on... It felt oppressive. I had thought that finding our way in a maze was frustrating but this was way beyond my imagination. It felt like that only way out, was a quick and painless death.

Suddenly, the hallway split in two. We decided that we would advance in two groups. Me and Jennifer went to the left and James and Lucy to the right. "Making us split apart, eh Alex?" said Jennifer while grinning. It made me even more nervous.

Then we heard the screaming. James and Lucy came first in my mind, but after a short while it was clear that it was something else. *Something that had taken form in Alex's mind.*

We saw some light in the end of the hallway. It felt almost relaxing, but the screaming was coming from that direction. We braced ourselves and went towards the light. But we weren't ready for what we were about to see.

The room was a small living room that was in fire. And suddenly, we were in the middle of it. And the corridor behind us had disappeared. There was a young woman holding something against her breast. And she was screaming at the top of her lungs.

I panicked. I ran to the door and tried to get it open. It was stuck. "Jennifer! Do something!" I yelled while trying to avoid the flames that were bursting around me. Jennifer was just standing and staring, nearly catatonic. She had reverted to her depressed side. I grappled her, and placed her near the screaming woman.

"Shut up you bitch!" I yelled back. It felt good, but then it suddenly hit me. I'm acting just like back home...

I shook my head and tried to concentrate. My recovery was well underway, I shouldn't give up now. I tried to calm the woman down, and noticed that she had a young boy with him. Alex.

He was sobbing and clutching his mom. This had to be the traumatic experience that had made him so jumpy around fire. I should have guessed.

Suddenly, the woman started to scream even more and tried to hide his son away, looking horrified by something. I turned and saw a large man made from fire walking down the stairs and towards us. The embodiment of Alex's fear. And I didn't have a clue of what to do. Then Jennifer decided to turn maniacal again.

She jumped up and ran towards the kitchen. The fireman turned and tried to catch her, but she was too quick. I started screaming myself and tried to attract the fireman's attention. It worked too well.

It came rushing towards me and I had nowhere to run. I ducked under the table and saw it coming closer and closer. Then Jennifer came back with a fire extinguisher. "Take this you meanie!" she yelled and started blasting the thing with the extinguisher. Soon afterwards, the fire stopped.

James and Lucy opened the door that I had tried to open earlier. "Come on!" James shouted. I took Alex and his mom out, while Lucy and James took Jennifer with force, as she was laughing maniacally and smashed the extinguisher around the room.

When we finally got away from Alex's mind, I could see the shame on his face. I am not sure if he got rid of his fear, but I think that the past will haunt him forever. *Just like mine does.*

# What is a storytelling game anyway?

"The point of a story can penetrate far deeper than the point of any bullet."  
- Lawrence Nault

## Stories to be unfolded:

Storytelling games are fun tabletop games that you can play with your friends and family alike. Each person who plays a storytelling game (usually referred as a **player**) takes a role of another person, much like actors. Players create their own story by enacting the roles of their choice (referred hereafter as a **character**) and by rolling dice and intercoursing with other players through conversation and improvisation. These characters are fictional, but it is strongly recommended to atleast try to put one's soul into the character, and thus making him/her feel more realistic.

You need these equipment to play *Psykhotherapy: The Dark Mind*:

- This book
- Atleast one 12 sided die (also called a **d12**), although it would be best to have one for each player
- Some pen and paper for making notes and keeping record of your character.
- A clock or a timer
- Some friends to play with (no, your imaginary friends won't do, you silly)
- Imagination!

## The name of the game:

*Psykhotherapy: The Dark Mind* is a storytelling game of insane horror for 3 to eight players. Each player is a patient in an asylum, and are taking part in a group therapy where they are trying to find a way to "cure" one of their fellow patients. The game is played in 10 **sessions** of 1 hour each. The sessions fall into three stages:

### Stage 1: Introduction

The characters are brought to the asylum. In the introduction stage, players create their characters who are chosen to undergo the treatment by Committee of Mental Disorders, which takes care of the treatment and supervise the whole project. After that they are introduced to their fellow patients. This usually takes one session.

### Stage 2: Treatment

Most of the game sessions are about the treatment that the characters undergo. During each session, one character is nominated as **the Host** and the other characters are nominated as **the Visitors**. The Visitors and the Host are set in a sterile room with multiple chambers surrounding one larger chamber. The Host goes to the large chamber and the Visitors to the other ones. After that, the treatment is finally about to begin.

Each Visitor is then sent to **the Dark Mind** of the Host. They have only *one hour* to search his mind for clues that could help the Host regain his sanity. The Host however, being an insane person, tries subconsciously to stop them.

After an hour has passed, the therapy session is concluded and the characters are returned to their bodies. Next session is then ready to begin, with a different Host. As the number of players might not be even, how to divide sessions is a question that the players must ponder in the beginning. Some characters might have to undergo several treatment sessions, while others don't have need for multiple sessions. The players can also play more than one character, although this is recommended to be used only as the last option.

### Stage 3: Diagnosis

After all the characters have been through this therapy, it is time to make a final conclusion if the characters have regained their sanity and therefore free to leave the asylum. This usually takes one session.

#### The Objective:

To have fun. Storytelling games aren't about winning or losing, but about getting together with friends and creating a fun and entertaining story. Each player is responsible for the outcome of the game, and it is strongly recommended that each player would put their best effort to the game.

It is important to note that Psykhoterapy: The Dark Mind is a *horror game*. While black humor can enhance the feeling of the Dark Mind, excessive amounts of this can ruin the feeling of the game.

But most of all, this game is meant to be fun. So, gather some friends and throw in the dice. You are about to enter the world of *insanity*...

**"The most merciful thing in the world, I think, is the inability of the human mind to correlate all its contents. We live on a placid island of ignorance in the midst of black seas of infinity, and it was not meant that we should voyage far. The sciences, each straining in its own direction, have hitherto harmed us little; but some day the piecing together of dissociated knowledge will open up such terrifying vistas of reality, and of our frightful position therein, that we shall either go mad from the revelation or flee from the deadly light into the peace and safety of a new dark age."**

**- H.P. Lovecraft "The Call of Cthulhu"**



# Patient Recordings

"The moment a man begins to question the meaning and value of life, he is sick."  
-Sigmund Freud

## Character Creation

In the first session, it is essential to create a character for each player. Filling out the character sheet might seem important, but more essential is that the character is balanced and interesting to play. Character creation is done in three Steps.

### Step 1: Choose your Mental Illness

Each character is somehow mentally ill. This affects your character's personality and most importantly, his Mind. Mental Illness is the main concept of how the character should be roleplayed.

Here is a list of different mental illnesses that the character can possibly have:

#### **Anxiety**

- The character suffers from an anxiety disorder which causes unbearable stress in situations that might have a huge effect on the persons life. The anxiety may be caused by a sudden panic attack, in which the character is overcome with a feeling of terror. The character may also suffer from an inferiority complex, which may lead to depression.

#### **Impulse Control Disorders**

- The character suffers from impulsive compulsions. These are severe psychological disorders that are defined primarily by loss of control and problems like Kleptomania (obsessive compulsion to steal) and Pyromania (obsessive compulsion to set things aflame)

#### **Manic-Depression**

- The character suffers from manic depressive illness, experiencing mood swings that are far beyond what most people ever experience in the course of their lives. These mood swings may be from depression to mania. Many sufferers have both high and low phases, but some will only experience the other one.

#### **Megalomania**

- The character suffers from an unrealistic belief in his or hers superiority, grandiose abilities, and even omnipotence. Megalomania is characterized by a need for total power and control over others, and is marked by a lack of empathy for anything that is perceived as not feeding the self. Many megalomaniacs have delusions of grandeur and are highly competitive.

#### **Melancholia**

- The character suffers from extreme depression. Nearly catatonic, the character doesn't have the will to do anything unless forced to. Usually melancholic persons suffer also from insomnia, inferiority complex and poor self-esteem. Melancholic characters nearly almost tend to be self destructive, and thus are under constant observation

#### **Multiple Personality**

- The character has formed an another personality for himself/herself. The character deals with conflicting feelings and thoughts by repressing them. Certain kinds of feelings and thoughts are expressed in one personality and other conflicting feelings and thoughts are expressed in another personality.

## Obsessive Compulsion

- The character suffers from neurotic obsession, and becomes trapped in a pattern of repetitive thoughts and behaviors that are senseless and distressing but extremely difficult to overcome. This might include either mental or physical obsessions such as intrusive thoughts of killing ones spouse or excessively using anti-bacterial cleaning products in an effort to eradicate potential contaminants

## Paranoia

- The character suffers from paranoid delusions. They can include the belief that the character is being followed, has an imaginary disease, has been chosen by God or has had thoughts inserted or removed from conscious thought.

## Phobia

- The character suffers from a strong, persistent fear of situations, objects, activities, or persons. The main symptom of this disorder is the excessive, unreasonable desire to avoid the feared subject. Phobia is most commonly described as a fear of something, be it something concrete like spiders (Arachnophobia) or even something abstract like time (Cronophobia)

## Schizophrenia

- The character suffers from hallucinations and delusions. Other symptoms might include grossly disorganized behavior such as dressing inappropriately or crying frequently. The hallucinations and delusions affect the characters life so deeply that he/she believes them to be true.

### Step 2: Divide Attribute points

Attributes represent different aspects of ones mind. They are divided into three categories of two opposite attributes: Force (**Cognition** and **Physics**), Focus (**Instinct** and **Awareness**) and Self (**Inspiration** and **Ego**)

Choose one category as the primary, other one as secondary and the last one as tertiary category. Then, divide 9 attribute points within the primary group, 8 for the secondary and 7 for the tertiary group. *Note: No attribute can be 0!*

**Awareness:** Human mind is not fully conscious of its own contents. This attribute represents the ability to react to stimulants.

**Cognition:** Human mind is both cognitive and active. This attribute represents the ability of intelligent thoughts and problemsolving.

**Ego:** Human mind has much influence on its surroundings by the means of conversation. This attribute represents the ability of charismatic performance and high self-esteem.

**Inspiration:** Human mind has nearly unlimited capacity of creativity. This attribute represents the ability to improvise and be creative.

**Instinct:** Human mind has it's own instincts. This attribute represents the ability to react without a thought.

**Physics:** Human mind uses neurons to operate the body. This attribute represents the ability of controlling your physique.

### Step 3: Calculate the Personality

Personality Traits are derived from the characters Attributes. They all have different meanings and usages. Each Trait is described more thoroughly in the "How the Mind works" section.

#### **Resolve:** Cognition + Ego (See table)

Resolve is your character's guts. Higher Resolve benefits less sanityloss, and higher rate of succeeding in a demanding task.

Resolve points:

<i>Cognition + Ego</i>	<i>Resolve points</i>
2-5	1
6-11	2
12-15	3

#### **Mental Points:** Cognition + Awareness + 5

Mental Points measure how much mental pressure the mind can handle before collapsing.

#### **Sanity:** Instinct + Ego

Eventhough every character is insane, sanity measures *how* insane the character really is.

#### **Combat Prowess:** Physics + Instinct

Combat Prowess means the character's potential in combat.

### Step 4: Name your Poison

This step is about the insanity. Why did the character become unstable? What hidden things lie in the character's subconsciousness? What terrible traumas has the character underwent to become so... *insane*?

**Poison** is a short synopsis of what made your character so insane. This is *the most essential part* during sessions where your character is the Host. Poison should be described in a short sentence in the character sheet. More about using Poison in the Host sessions is described in the "Entering the Host" section.

### Fleshing out the Character

As important as the actual character sheet and the game mechanics are, most important factor of the character is *the concept*. The character sheet is the foundation of the actual character, but if the character isn't given much thought after completing the sheet, it will almost inevitably remain shallow. The Description part of the character sheet and the portrait are for making the character feel more realistic.

Here are some questions that can help you out:

*How old is your character and where is he/she from?*

*What was his/her childhood like?*

*Did he/she have any mental problems earlier?*

*When did the current problems appear and what caused them?*

*Who sent the character/proposed that the character should go to the asylum and why?*

*How long has the character been under observation?*

*What are the characters current motives?*

# How the mind works

"What is necessary to change a person is to change his awareness of himself."  
- Abraham Maslow

## Making rolls

Psychotherapy uses a single 12-sided die (referred as a d12). Whenever a roll is called for, the player (or the players) in question roll a d12. In order to succeed, the roll must (usually) be lower than or equal to two Attributes in question. *(For example, if Susan was trying to search for something useful in a room full of junk, the Host player would demand a roll involving Awareness + Cognition. Susan's both attributes are 3, so the roll would have to be 6 or lower to succeed)*

Sometimes the situation needs some extra effort, or the task can be done with relative ease. In situations like these, the Host player can point a Difficulty Modifier. These affect the number needed to achieve. *(In the previous example, if the Host would say that there aren't many useful tools in the room, he could point a Difficulty Modifier of -2. Susan would now have to roll 4 or lower to succeed)*. Difficulty Modifier can't modify the roll more than by 3. If the modifiers make the roll impossible, it automatically fails.

Example rolls and Difficulty Modifiers:

### Analyse (Cognition + Inspiration)

- Information is common knowledge (+1 or +2)
- Information is hard to come by (-1 or -2)

### Create Something (Physics + Inspiration)

- Good ingredients (+1)
- Create-from-scratch (-1)

### Bluff (Ego + Inspiration)

- Person trusts the character (+1/+2)
- Person doesn't trust the character (-1/-2)

### Hide (Physics + Inspiration)

- Good cover (from +1 to +3, depending on what kind of cover)
- Not-so-good cover (-1)

### Listen (Awareness + Instinct)

- Loud noise (+3)
- Whisper from afar (-3)

### Persuade (Ego + Cognition)

- Person trusts the character (+1/+2)
- Person doesn't trust the character (-1/-2)

### Search (Awareness + Cognition)

- Objects not hidden (+1 or +2)
- Objects hidden (from -1 to -3, depending on how well hidden)

### Sense Motive (Awareness + Cognition)

- Dishonest person (+1/+2)
- Honest person (-1/-2)

### Threaten (Ego + Physics)

- Weaponry (+1/+2)
- Weaker than the subject (-1/-2)

## Traits

### **Resolve:** Cognition + Ego (See table)

Determination and strong will, Resolve measures the fortitude to face the challenges of the mind and keep coming back for some more.

Resolve is best described as a resource that can be used to "turn the tides". If in one situation your Mental Points would drop below zero, or you are forced to take a Sanity check, spending one Resolve point ignores this. Spending one Resolve point grants you also an automatic success on a task *if a roll could still be made*. But be careful though, *only one* Resolve point is replenished after a session.

Resolve points:

<i>Cognition + Ego</i>	<i>Resolve points</i>
2-4	1
5-8	2
9-11	3

### **Mental Points:** Cognition + Awareness + 5

Mental Points represent the strength of ones mental image. The Dark Mind has many different threats to the mentality of the Visitors, and the strength of ones mental image measures a lot. When you are wounded in the Dark Mind, the Mental Points drop. When reduced the Mental Points are to zero, you are knocked uncounscious. You can take part in following sessions though, but you automatically lose one point of Sanity after the horrid experience of dying.

Mental Points are always replenished at the end of each session.

### **Sanity:** Instinct + Ego

Some things are supposed to be kept secret. If your character witnesses something truly horrific and disturbing, *Sanity roll* is called for.

Roll a d12. If the result is lower than or equal to your Sanity score, your character braces himself/herself and is merely shaken of the fact. If the roll is higher than your score, substract one point of your Sanity as your mind shatters. When your Sanity is reduced to zero, you've totally lost it and you must spend the rest of your life in a padded sell in a straightjacket. Tough luck.

After your Poison is revealed, your character automatically gains one point of Sanity. Knowing why you are so insane brings you closer to sanity, doesn't it?

Some effects might increase or decrease the Difficulty of the Sanity roll at the Host player's discretion. Examples:

- Seeing a victim of a murder in a controlled situation (+1 or +2)
- Seeing the Host perform a gruesome act (-1 or -2)

### **Combat Prowess:** Physics + Instinct + Equipment

The Dark Mind is filled with danger, and sometimes it is better to fight than run. In these cases, it is Combat Prowess that is important.

During battles, good fighting ability is the key to victory. Each combatant rolls for combat prowess, but unlike in normal rolls, *the roll is added to the trait*. The difference is then reduced from the target's Mental Points. Fighting is described more throughly in the *Conflicts in Mind* section.

# Entering the Host

"Knowing your own darkness is the best method for dealing with the darkneses of other people."  
-Carl Jung

## The Dark Mind and what it consists of

After setting down comfortably to the Host chamber, the character falls asleep and after REM sleep has begun, the Visitors are sent in. But what actually is the Dark Mind?

The Dark Mind is a metaphor of the dream-like world that the Visitors enter. Each Dark Mind is different than the others, but some common themes exist between Mental Illnesses. Here are some stereotypical Dark Minds that can help you describe the Dark Mind of your own:

### Anxiety

- Small dark rooms and long, almost neverending hallways in between. These Dark Minds are often confined spaces with narrow corridors. Many anxious persons have panic disorders, and the Dark Mind controls these fears. The Visitors are often exposed to the traumas that have caused the panic reactions, and the outcome is rarely anything but disturbing.

### Impulse Control Disorders

- What seems completely normal at first, changes into something disturbing in a moment. An ordinary house is suddenly engulfed in flames, a wealthy store is completely robbed or a penthouse apartments furniture are destroyed in an instant. These impulsive reactions are almost like a glitch: they come unexpected, but never without reasons. Whatever these reasons might be, they are deeply tied to the traumatic experience of the Host.

### Manic-Depression

- The Dark Mind is split into two parts: one enshrouded with darkness, and one filled with colors and strong smells. Both parts have their own clues about the disorder and they might even be connected.

### Megalomania

- Of all the illnesses, megalomania has the most variety amongst the Dark Minds. Common themes include complex apartments with lots of pictures of the Host on the walls and scenes which have played a major part in the birth of the disorder.

### Melancholia

- Almost complete darkness. After wandering around the Visitors stumble upon something. It might be a scene involving lots of negative feelings or a mind devastating vision of something so horrid that it takes away all faith in humanity. *What is the meaning of this suffering? Is there a purpose in all this? And why would we care?*

### Multiple Personality

- Two rooms separated only by a sliding wall. The rooms are mirrorimages of each other, but otherwise completely different. The other one is clean and organized, and the other one is a complete mess and disorganized.

### Obsessive Compulsion

- The obsession is the most important aspect of the Dark Mind. Waterdripping bathroom taps that can't be turned off. Unhygienic dishes and dirty clothes lying all over the ground. The obsession is taken to the extreme in the Dark Mind, but otherwise it seems quite normal.

## Paranoia

- Voices that cannot be located. The constant feel that someone's there, sneaking behind you. Suspicious people following and watching every move you make. Paranoidic Hosts tend to live in their own suspicious delusions. Everyone's against them and they can do nothing to prevent them. Situations that involve paranoia are most common.

## Phobia

- As phobia is usually fear of something specific, the Dark Mind reflects the fear directly. The Dark Mind doesn't have any usual form, it ranges from abstract places to replayed scenes that have caused the phobia.

## Schizophrenia

- Walls shifting colors, illusions that don't exist, complex mazes with doors that lead either nowhere or to the other side of the same room, huge glass building that sparkles in the colours of the rainbow. No schizophrenic Dark Mind is similar.

## Therapy sessions

The object of storytelling games is creating stories with your friends. But how does it actually work?

In the first session, the character creation is more essential than telling the story, but it also serves as creating the *setting for the game*. The players decide where the game happens, what kind of people form the Committee of Mental Disorder and how do they treat their patients. Other important aspect is to introduce the characters to each others. This may be either played or simply discussed: how the characters react to each others, how they react to the whole therapy etc.

The second session is about the beginning of the therapy. The characters are brought to the chamber room and somebody explains that the therapy is about to proceed to the next level. Entering the Dark Mind is a dangerous thing indeed, and the patients are not expected to do it deliberately. First reactions might be anger, distrust and horror. But in the end, the characters don't have a choice; they must enter the mind of one of their companions.

The following sessions take place one week after another. During that time the characters undergo group therapy with a doctor where they discuss the progress of the treatment and what happened in the Dark Mind. After a week has passed, they are to be sent to another Dark Mind.

The last session is all about conclusion. Some time has passed since the last visit to the Dark Mind of one of the characters, and the group has underwent very intensive therapy about each persons mental health. In the last session, the group is informed about their progress. Those that have had their Poison revealed have been treated and are considered to have regained their sanity and are free to go. Those unfortunate enough to be still insane after all this are locked up in their cells and labeled as "lost".

## Being a Host

The Host player is the most important player when it comes to creating the story. It is his characters mind after all! But how the story actually is created?

Improvisation is the key. The Host player's stream of consciousness plays important role in the game. Everything that comes into mind, happens in the Dark Mind. Basically this means improvising every situation that the Visitors encounter. The Host comes up with the setting, non-player characters (NPCs) and describes them to the other players. He/she guides the other players through the mind of the character and decides what happens. When the players can't make an unanimous decision about how a rule actually works, the Host has a right to veto and say how things are done. The Host must be fair to the players though. Keeping the game thrilling but still not too difficult may be hard at first, but with practise it comes easier.

# Conflicts in Mind

"Victory depends on whether or not a duelist has the courage to fight until the bitter end."  
- Abraham Maslow

## Fight for your life

Most conflicts that happen in the Dark Mind are physical ones. Fighting may become necessary when looking for clues in the depths of a violent person's mind. Sometimes it's just better to take arms and fight than flee.

Fighting is taken in **turns**. Turns can either be ranked by Combat Prowess scores or they can be resolved without any structure at all. The players are encouraged to use whatever system they feel best, concentrating on either the fight or the story.

Each character can act only once in a turn. The Host decides how long a turn lasts, and therefore how much can be done in one turn. It is important that the decision is agreed by the players. Unrealistic battles might ruin the atmosphere of the game, although the Dark Mind is as unrealistic as it can be: the laws of nature may or may not apply there.

Actions that can be made during battle:

### Attack:

To attack a person, one must hit. Both players roll a d12 and add their Combat Prowess (and other modifiers, if any). If the attacker rolls higher, the difference between results is subtracted from the defender's Mental Points.

Example:

*Mike decides to shoot one of the thugs in Joanne's Dark Mind, he rolls a d12 and adds his Combat Prowess to the roll. He also gets a +2 for his pistol. The thug doesn't get any modifiers. Mike's attack roll ends up 16 while the thug only rolled 10. The thug takes a shot and his Mental Points are reduced by 6.*

### Defend:

To actively defend oneself, one must avoid being hit. If a player declares that he uses Defend action in his turn, he multiplies his Combat Prowess until his next turn. Any possible modifiers are added after multiplying. Doing this prevents the character from doing anything else. The multiplier drops after sequential attacks that target that player:

<i>Attack</i>	<i>Multiplier</i>
First	x2
Second	x1.5
Third ->	x1

Example:

*Lara wants to defend herself against a sword wielding knight in Jack's medieval Dark Mind. She multiplies her Combat Prowess by 2. She also has a sword, and gets a +2 modifier for it. The knight attacks her in his turn. He gets a natural 12, a mighty blow! After applying the modifiers, it is 21 but Lara defends. She rolls only 5, but after doubling her Combat Prowess and the +2 modifier it also ends up 21. As the difference is only 0, she manages to keep herself out of harms way, although just barely.*



### Flee:

To live to fight another day, one must survive. After declaring that the character is fleeing the fight, the player rolls a d12 + Combat Prowess (and possible modifiers) against the highest Combat Prowess in close combat or with a gun. If he doesn't succeed, that person has a free opportunity to attack. If successful, the character runs as far as he can. Unless someone is holding the opponents down, this ends the fight and the story continues as normal. If there is another combat, the character

Example:

*One large violence Emotion charged towards Edward and Sue. After a couple of turns, Sue was badly hurt, but athletic Edward was doing fine. When her turn comes, Sue declares that she is fleeing. She rolls a d12, and gets only 3. Her Combat Prowess is 5, but with Edward in combat with the Emotion, she gets a +1 modifier, and ends up with 9. The Emotion's Combat prowess is 8 and Sue gets away. The raging combat continues with Edward and the Emotion.*

### Equipment

When one's own strength isn't enough, one must depend on something more effective. Here is a short list of some example equipment that might be advantageous in some situations:

#### Melee weapons:

<i>Knife (Dagger etc)</i>	<i>Sword (Gladius etc)</i>	<i>Club (Steel pipe etc)</i>	<i>Masterwork sword (Katana etc)</i>
+1	+2	+2	+3

Melee weapons grant bonus also in defence, but only in close combat.

#### Ranged weapons:

<i>Throwing knife (Dagger etc)</i>	<i>Pistol (Glock etc)</i>	<i>Rifle (Winchester etc)</i>	<i>Assault rifle (AK47 etc)</i>
+1	+2	+3	+4

Ranged weapons are more deadly than melee weapons, but they can't be used in melee.

#### Armour:

<i>Thick Clothing</i>	<i>Kevlar</i>	<i>Shield</i>	<i>Full Platemail</i>
+1	+2	+1	+6/-2

Armour applies even against ranged weapons, but wearing it may hinder movement and even reduce Combat Prowess. (eg. Full Platemail)

### The things from the depths of mind

Many Hosts have strong thoughts that might form a concrete, though impersonal, *things* called Emotions. Emotions always react like the feelings that formed them, and their intelligence is limited. They can be useful adversaries if handled right: they live in the Dark Mind after all. Their knowledge about things can give the Visitors a new clue towards solving the enigma of the Dark Mind.

Emotions can also be hostile and are very powerful antagonists. The Emotion of violence wants to create more violence and might attack the Visitors even without reasons. The Emotion that formed from the joy of pyromania might cause destruction after somebody mentions fire. The Visitors should never trust an Emotion too much, they can't be sure about its true intentions after all.

## Creating Emotions

The creation of Emotions, if really necessary, is quite simple. Emotions are in many ways like normal characters, with few exceptions:

### Attributes:

Emotions have only three Attributes: Force, Focus and Self. These are same as the normal character's three Attribute categories. These are also made up by three points, which depend on the strength of the Emotion.

<b>Emotion Strength:</b>	<i>Feeble:</i>	<i>Strong:</i>	<i>Major:</i>
Primary Attribute:	7	9	12
Secondary Attribute:	5	8	10
Tertiary Attribute:	2	5	7

The rolls are also made for only one attribute, so that both cognitive thoughts and brute force are part of Force. The wisest are usually the strongest, although they might not be so self-aware.

### Heritage:

The Emotions are part of the stronger feeling that gave birth to it. Heritage is just that. It explains what feeling that specific Emotion is. It isn't necessary to define it precisely, but it is good to be kept in mind.

### Limits:

Each Emotion has also its limit. This functions much like the Poison of normal characters. The Emotions must follow a specific guideline that is somehow connected to the Heritage. Emotions of Love might have a limit that prevents them from harming anything. Violence Emotions might on the other hand have to destroy anything that resembles the Poison of the Host.

# Afterword

"Acta est fabula, plaudite!"  
- Roman emperor Augustus

## Credits:

First of all, thanks for Andy K. for making this contest possible. We all owe it to you man!

Secondly, I thank my love Annu for understanding just how much roleplaying means to me.

And finally, all you who read this. It is important to me that my works are read: it makes me feel important.

## Playtested by:

Uoti Huotari, Oskari Kuutti, Tuomas Mikkonen and Tuomas Tikkanen

## Help provided by:

Joni Halonen, Toni Hurskainen and Annu Kontkanen

## Legal mumbo-jumbo:

All rights reserved. Psykotherapy the Dark Mind and the Dark Mind logo are copyrights of Antti Lax.

This book is completely fictional and reader discretion is advised. If in some way or the other you go crazy and think that you can enter a person's mind with this game, you are completely psychotic and need medical assistance. If something serious happens during your game (some of the players actually harm others or somebody falls in love with the Host player for *no obvious reason*) the author is **NOT** responsible.

## Advertisements:

Enjoyed the game and want more? Contact me at [baggins\\_87@hotmail.com](mailto:baggins_87@hotmail.com) and inform me. The first supplement, *Mental Circus*, comes (if necessary) by the year 2006.

Impressed by the short story *Forgotten Memories*? Want to read more? The author, Antti Lax, is currently working on two projects that, if proved successful, might be translated into english.

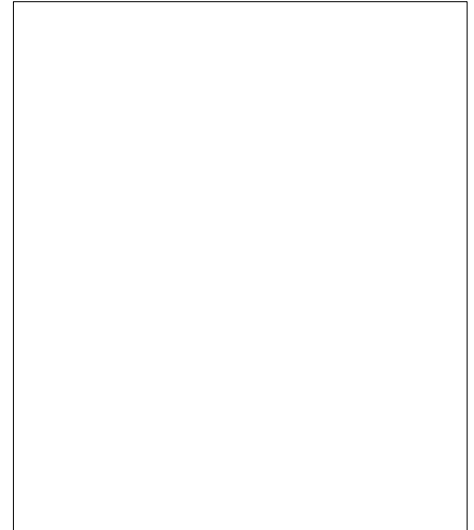
*The Mansion of Eternity* is a horror collection of short stories with a major storyline. What are the biographies that fill the shelves of this mansion? Who has written them? Why do they all end in death and are still written in the perspective of the main character telling them? *What the hell is going on here?*

*The Shadows of the Night* is part of the Ewelonia-trilogy. Ostran Derainoth is a bard who notices that life isn't so bad after all. But in one single night, everything he had was taken away from him. His pride, his family, his authority and most importantly, *his sanity*. Broken and lost, he tries to find out the meaning behind all of this.

# Psykhotherapy: The Dark Mind

Character Name: \_\_\_\_\_

Player Name: \_\_\_\_\_



## Attributes:

Cognition: \_\_\_\_\_

Physics: \_\_\_\_\_

Awareness: \_\_\_\_\_

Instinct: \_\_\_\_\_

Ego: \_\_\_\_\_

Inspiration: \_\_\_\_\_

## Mental Points:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

## Resolve:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

## Mental Illness:

Sanity:  
Beginning: \_\_\_\_\_ Current: \_\_\_\_\_

Combat Prowess: \_\_\_\_\_

\_\_\_\_\_

Poison: \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Insane rambling.  
Hallusions.  
Delusions of grandeur.

Is there anyone NOT insane?

Why do we even try?

Everything is in vain.  
We can't possibly keep the darkness away.  
Our efforts are in vain.

Enter the world without logic.  
The World that doesn't care.  
The World of insanity

Enter  
The Dark Mind.