I Am...

A journaling game of self affirmation

by

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The world has always tried to put us in a box, to label us, to tell us who they think we are, to tell us who we are not, but we make that choice and no one else.

The journey matters as much as the destination.

- "I Am..." is played in three stages: Mirror, Window and Door, Door is always the last step.
- Using a notebook, some paper, or a word processing program, answer the prompts in a journal/diary format. Describe the scene the question evokes. Move on to the next stage when you feel comfortable with what you have written.
- This game is about safety and discovery and realizing that we have always been something more than what others think we are. Always think about your own safety and well being, and don't answer anything that feels uncomfortable unless you want to.

Your vision slowly clears, darkness becoming light. The room around you comes into focus slowly, it appears to be empty except for three things, as you look around you see a mirror to your left, its frame tarnished and well worn. To your right a window gleams with a golden light like the dawning sun. In front of you is a door, its locked but you feel excited when you grasp its handle. You aren't quite sure how you got here, but it feels familiar, like a part of you. Anticipation lingers in the air, there is a reason you are here, you are here to understand.

Unlock the door and Step Through

MIRROR OF THE PAST

To the left is an old mirror, its frame tarnished with years of use, its surface marked and worn. As you step towards it, the surface shifts like wind on water. You see a reflection of yourself that you once knew, and it fills you with nostalgia, sadness, and a lingering feeling of what you were. But this is not a thing to mourn. These feelings and experiences made you who you are.

Roll a d6 to answer the prompts below, ignoring duplicates. Feel free to answer any question that feels right to you. Finish when you feel like you have written enough and move on.

1. We all had that moment when we knew we were different, when it finally dawned on us. What moment was that for you?
2. A haven is safe and warm. It protects us from things that would harm us. What was your haven, and here did you find it?
3. Growing up is confusing and complicated, but sometimes we are lucky to find someone to share that with. Who did you find? How did they help you navigate or hold you true?
4. People love labels, names, descriptors to understand things. What were some that felt like they belonged to you? What were some that never felt right?
5. You had someone you looked up to - who you wanted to be. They were your goal. Describe them, and the first time you saw or met them.
6. There was a shadow upon you, always present. What lies did it tell you? How did it try to convince you that you were not valid?

WINDOW OF THE FUTURE

The light from the window is warm and inviting. You can feel it tingle your skin where it touches and warms. As you approach the window, the light coalesces and forms a scene before you. You are filled with hope and confidence. There is an eagerness to move forward. These feelings are who you become.

Roll a d6 to answer the prompts below, ignoring duplicates. Feel free to answer any question that feels right to you. Finish when you feel like you have written enough and move on.

1. You are surrounded by new friends you don't recognize. How will you meet your found family?
2. You are confidently walking in a place you would never have thought to go. What will give you such confidence?
3. You are arm in arm with someone important to you. What is the nature of this relationship? Who will they be to you?
4. You see the shadow in the faces of strangers - they seek to invalidate you now as they did back then. What is it about your new power and confidence that they will fear?
5. The clothes you wear are new and different, but you recognize them from your dreams. What are they? How will you feel wearing them?
6. You see yourself, not a reflection of who you were but a vision of who you will become. What is different about you? How does seeing this change make you feel?

THE DOOR

As you step back, you hear a click and the slow creaking of hinges. The door is open, the path is clear, you know who you are at this moment, and no one can tell you otherwise. Step through the door, moving back into the world with confidence. You understand your past, and you see your future.

Complete the prompt below. Describe yourself and who you are in as much detail as you are comfortable with. This is your truth, and no one can take that away. If you are comfortable doing so, give your words power, and speak them out loud.

I am...

Thank you

I am an amazingly lucky person to be surrounded with people i consider as family. I am astounded with how much my life has changed and how comfortable I feel in my own body and mind all because of the people who showed me that i am more than I thought I was. I am alive, I am happy and I am loved.

This game was lovingly crafted by D.K Miller for the Fraudulent Gays Jam. You can find him on Twitter @geonerd_v2 talking about Rocks, food, TTRPGs, and his friends.