"your sister's drown'd, laertes"

OPHELIA PLAYBOOK

"your sister's drown'd, laertes"

content warning

"your sister's drown'd, laertes"
contains themes of
suicide, suicidal ideation,
substance abuse, gaslighting,
emotional neglect, emotional abuse,
and the effects they have on
mental health.

content warning

take a deep breath.

thank you for accepting the role of ophelia tonight.

you are very brave.

the contents of this playbook are for your eyes only.

you deserve them.

this playbook roughly follows the main game.

in your journal, record the answers to the questions on the subsequent pages.

they took your story from you, didn't they?
i'm sorry.

you are more than words on a page,
you are more than a simple dice roll,

you contain multitudes

it hurts, and i'm so sorry,

because
they will
never
stop.

define yourself.

the others have decided
what you meant to them.

you decide if they meant
a damn to you.

you are the
master of your narrative:
you do not roll dice.

you simply
decide.

write down every single thing you loved about yourself.

ignore their adjectives.
fuck their adjectives.

who were you?

what did you want?

what did you feel?

<u>your death</u>

remember: **your death was by suicide.**
going forward there will be details surrounding that suicide.

check in with each other
using your safety tools.

take a break if needed.

gather yourself,
and resume.

why did you do it, love?

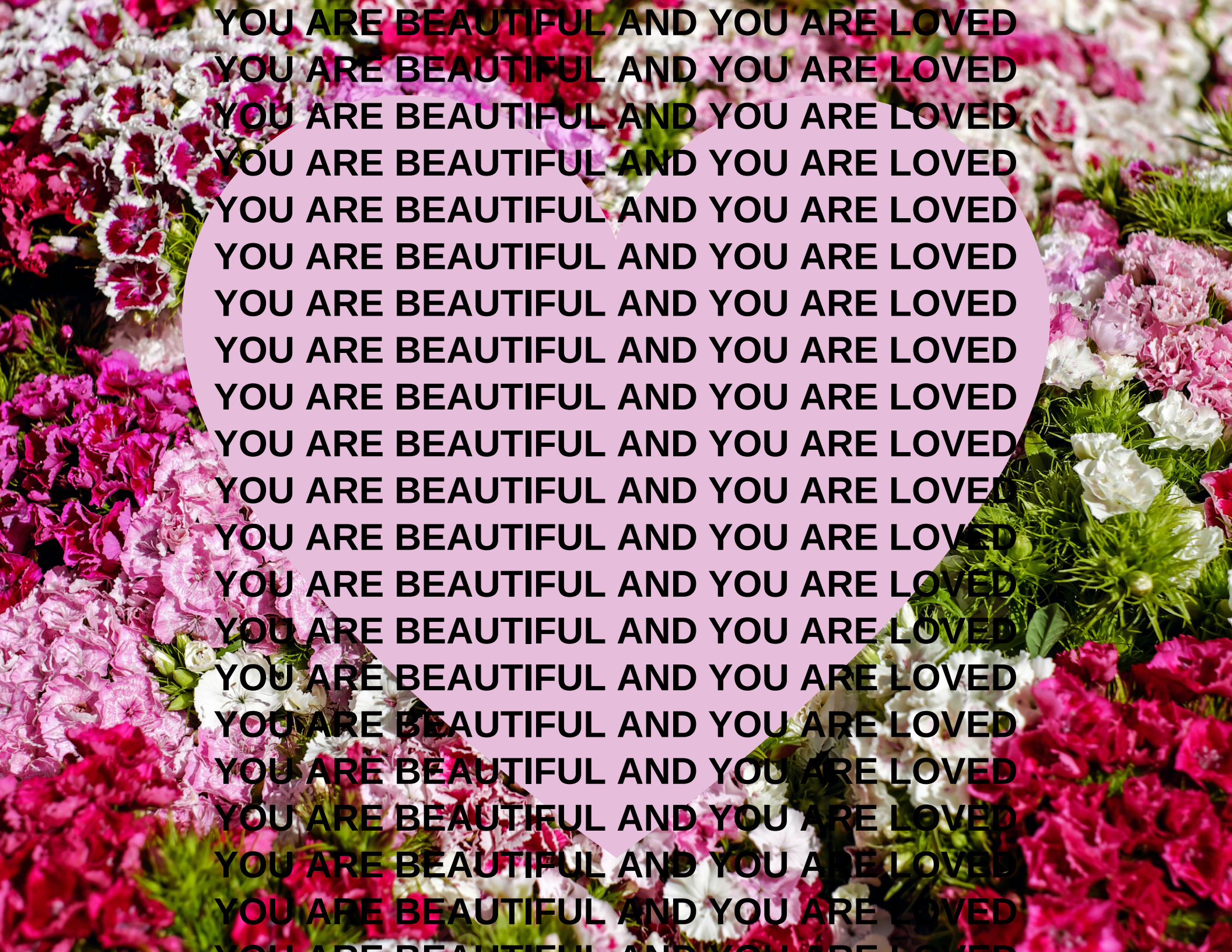
the wake

sit before all of them.

you may not react to their
words, not yet,
but you will.

listen.

remember.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the reckoning

rise, spirit.
speak your truth.

did you love them?
you can say no.

RECLAIM YOUR NARRATIVE.

YOU MATTER
you are strong
you are brave
you are inspiring

rest.

thank you for your bravery.
your honesty.

rest, spirit.

rest.