

The Broccoli Complex

Solo version

ERELL




Axolotl

The Broccoli Complex

Solo version

An introspective mini-RPG by Erell

Illustrations by bong

Layout and design: Erell

English translation: newxick

This game was created as part of the *Jam Broccoli* game jam, on itch.io.

This RPG's mechanics are inspired by Marshall Rosenberg's Nonviolent Communication (NVC) model.

Special thanks: Goulven, sollypsys

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Put yourself in the shoes of a lovely piece of broccoli.

It could have a good life... if it didn't have a terrible complex!

Answer the questions truthfully.

Take as much time as you need.

Connect with your feelings as a little piece of broccoli.

Will you be able to free yourself from this weight?

Before you start, please take a moment to **read the following page!**

If needed, you can easily find lists of NVC feelings online.

You can write down your answers, but you can also answer out loud or in your head.

Feelings, real or fake?

In principle, feelings are emotions or bodily sensations. Whether we are happy, sad, excited, worried, surprised, uncomfortable, bitter, troubled, tense, calm, upset, helpless, or relieved, they provoke reactions in us, pleasant or otherwise.

When we say: "I feel worthless, useless, invisible, rejected...", these are "false-feelings", masked judgments or interpretations that are the result of mental constructs.

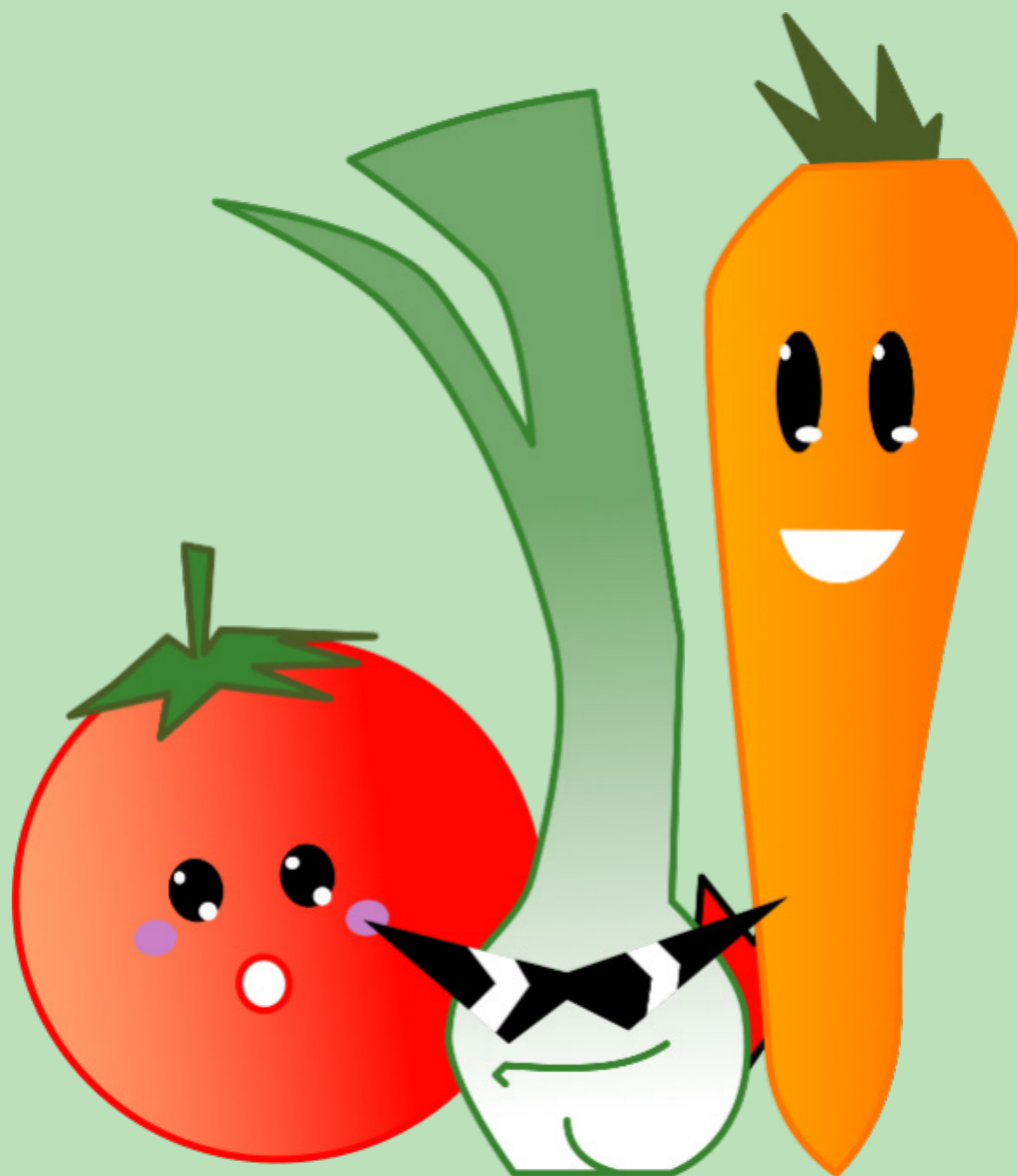
If these kinds of answers come to you, ask yourself again: How does the broccoli feel about this? Feel free to close your eyes if you need to.

I am broccoli...

but...



I would've liked to
be a(n) .



(Choose another vegetable or fruit)




What do you envy
about ?

*If I were a(n) ,
I would be/I would have...*

According to you, what
does that allow them to
do, to be, to have...?

*If I were a(n) ,
I could...*



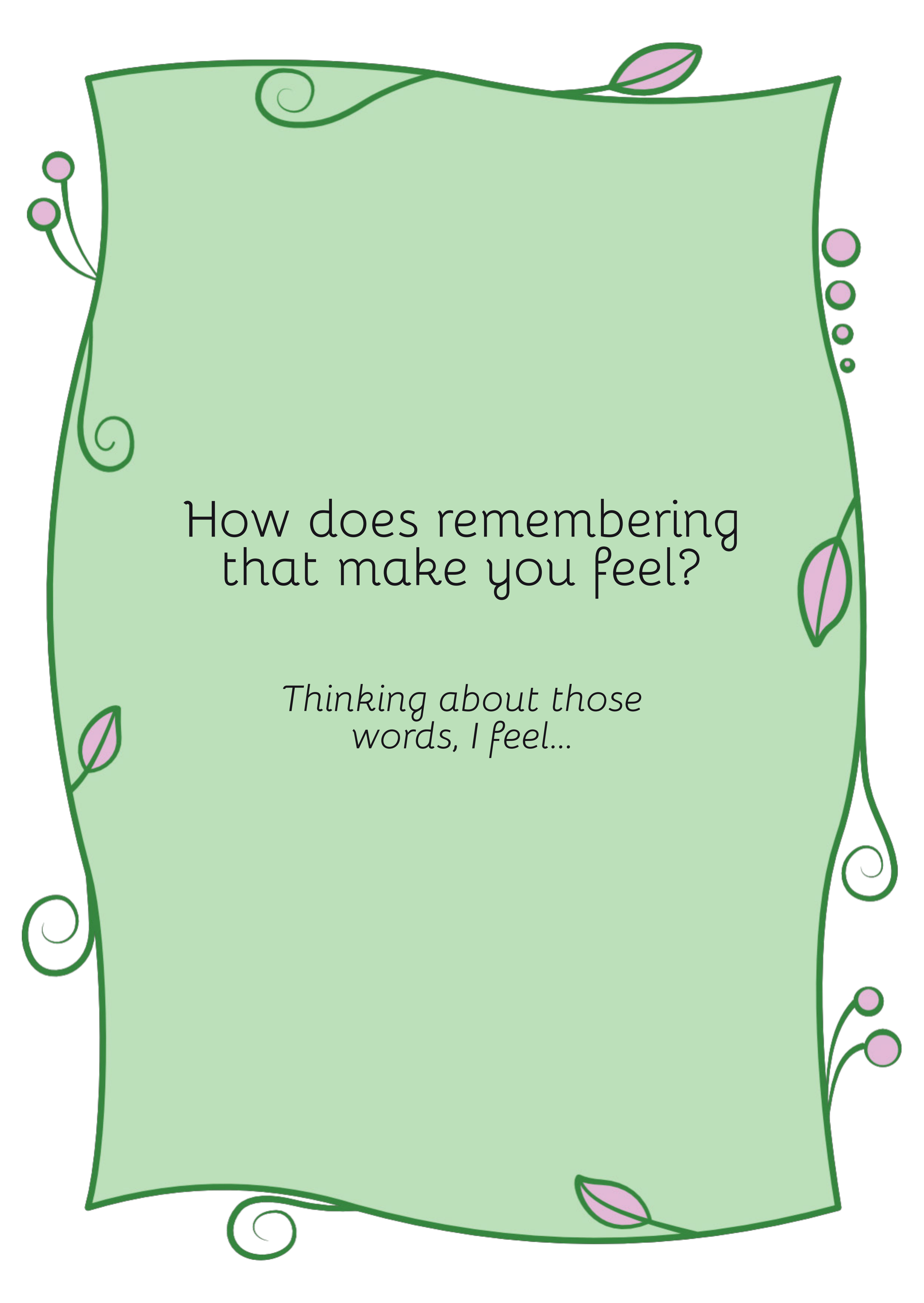
How do you feel
about that?

I feel...

What hurtful words
have you heard in the
past that made you
think something was
wrong with you?

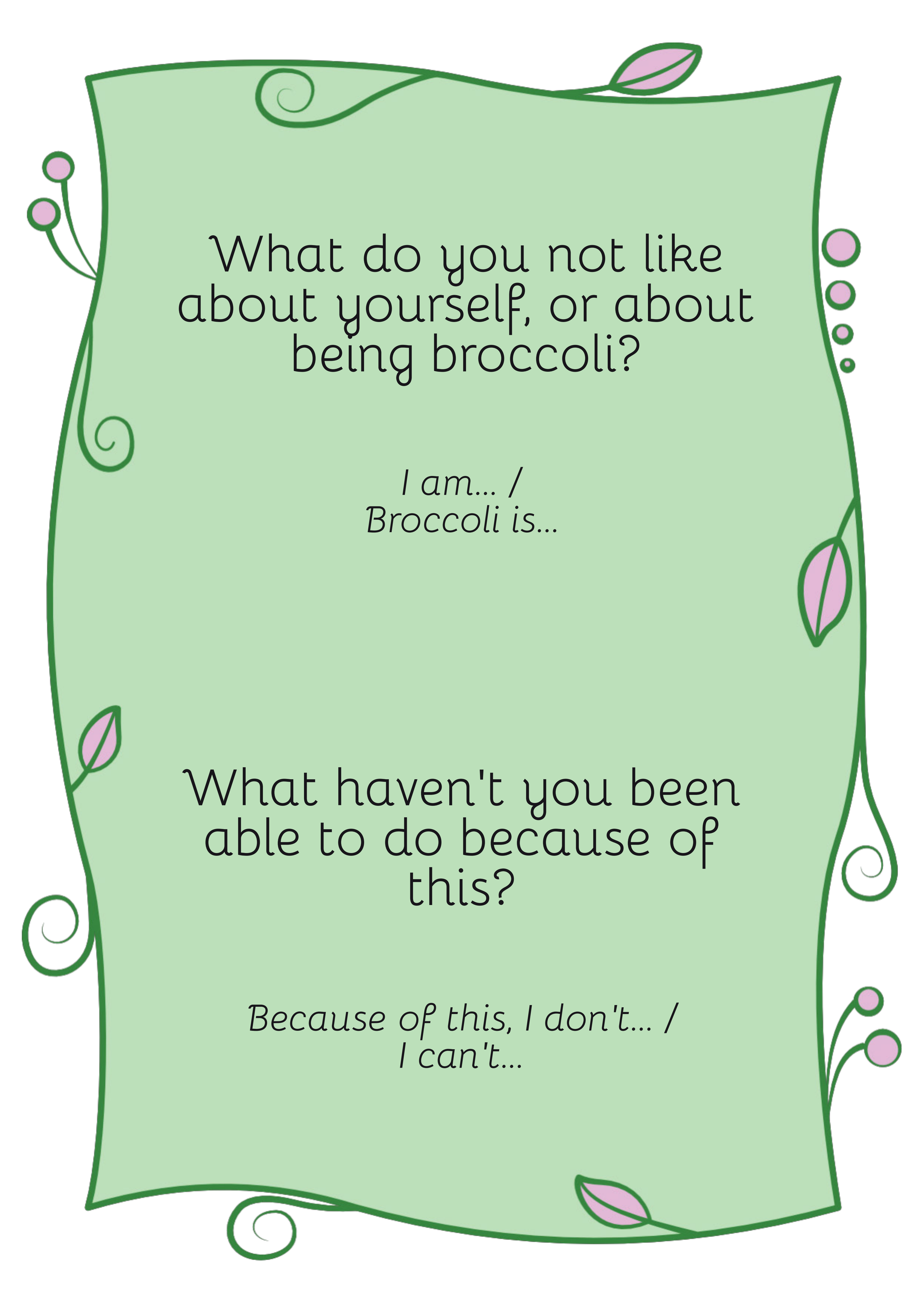
One day, [someone] told me: ...



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How does remembering
that make you feel?

*Thinking about those
words, I feel...*




What do you not like
about yourself, or about
being broccoli?

*I am... /
Broccoli is...*

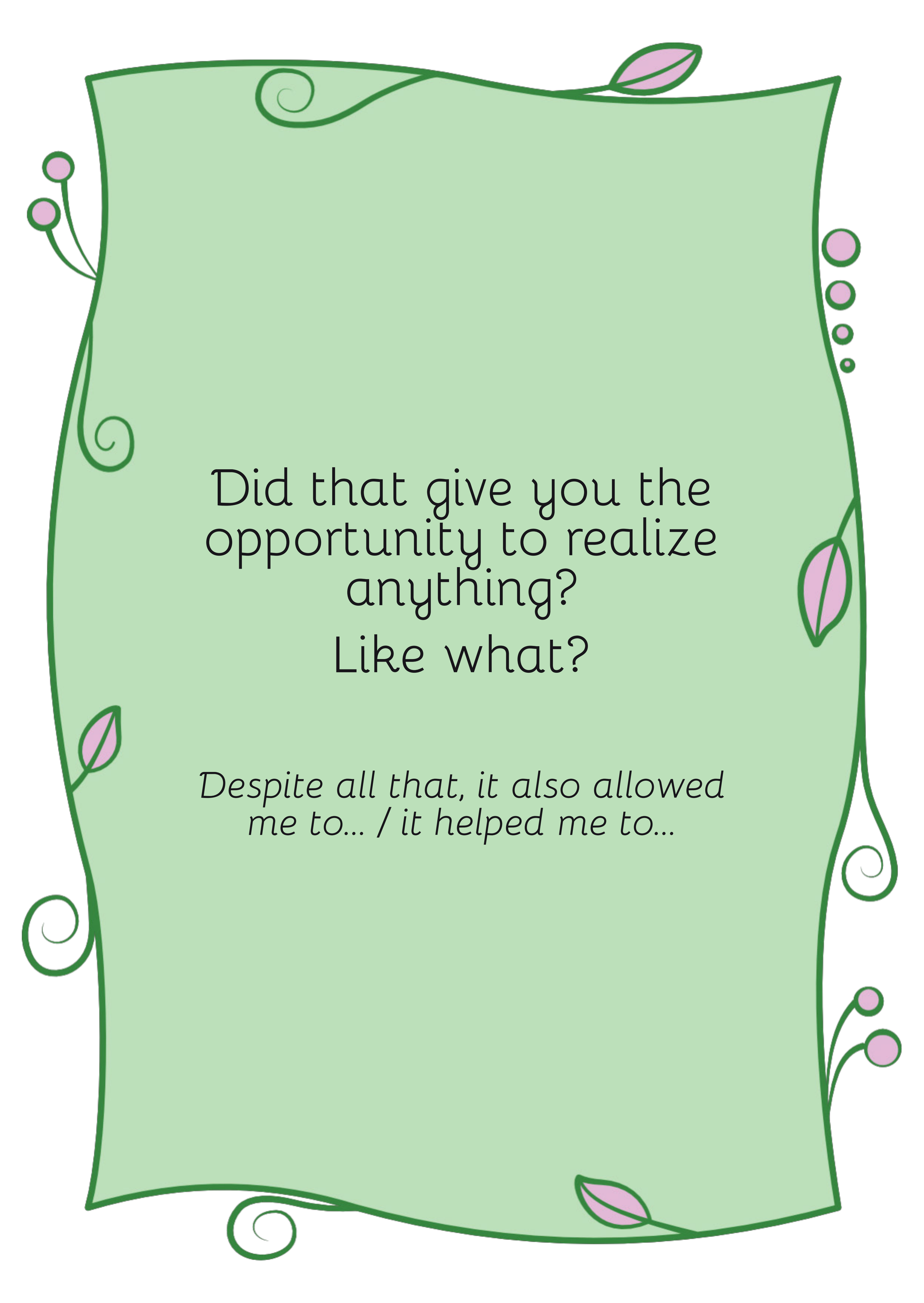
What haven't you been
able to do because of
this?

*Because of this, I don't... /
I can't...*



How do you feel
about this?

I feel...

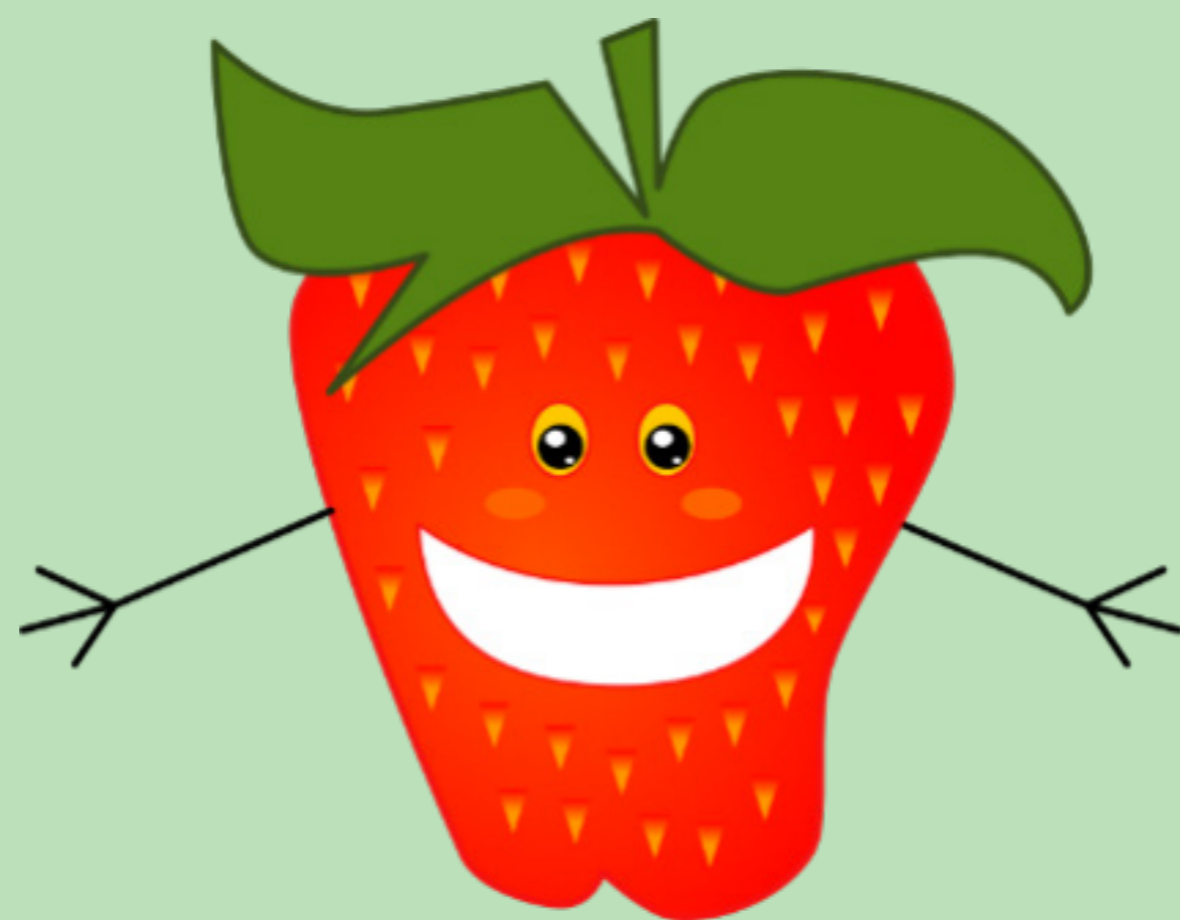
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Did that give you the
opportunity to realize
anything?
Like what?

*Despite all that, it also allowed
me to... / it helped me to...*

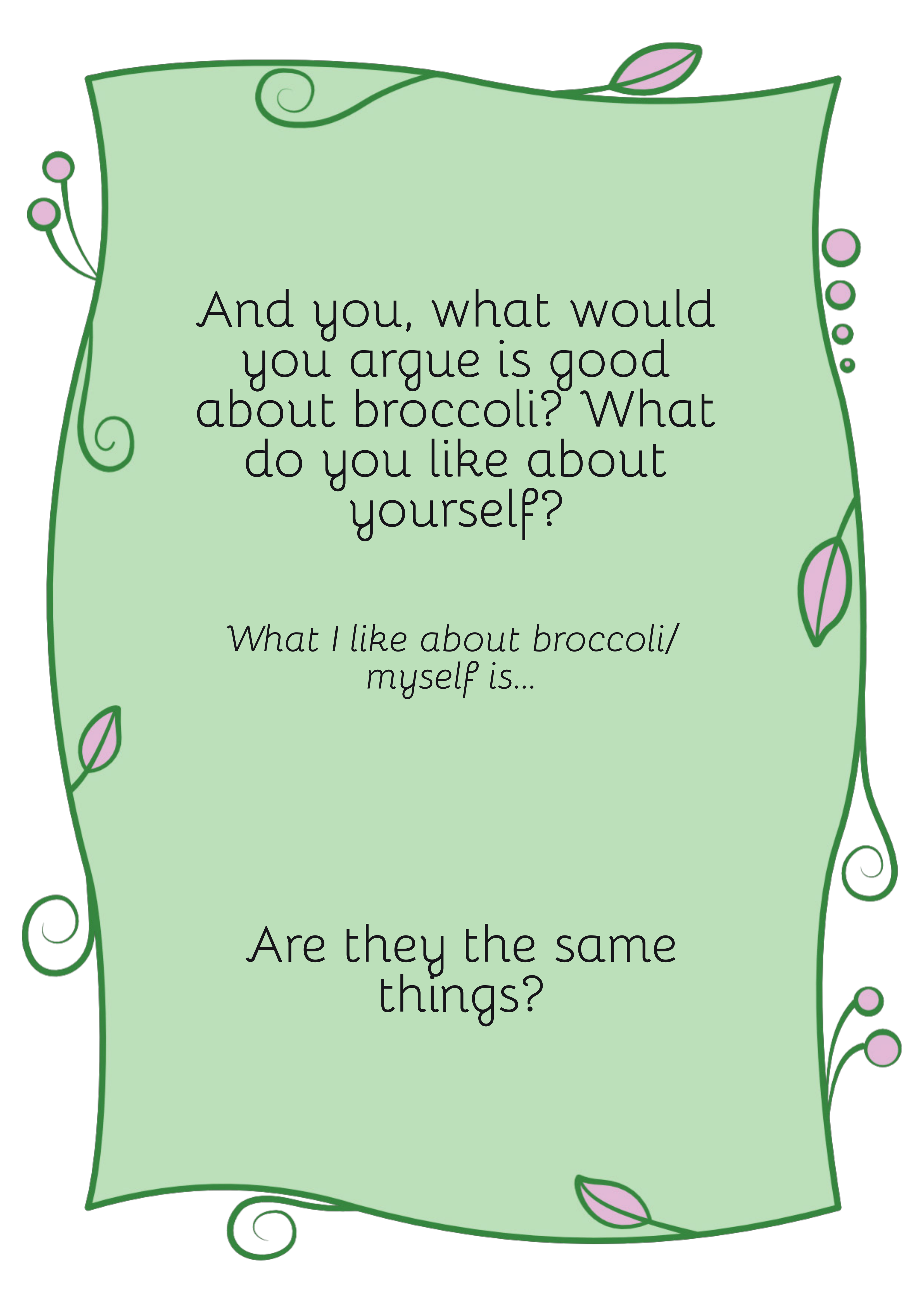
If a(n) were to tell you: "I would have preferred to be broccoli", what do you think their arguments would be?

They might tell me that broccoli is...



How would you feel if they told you that?

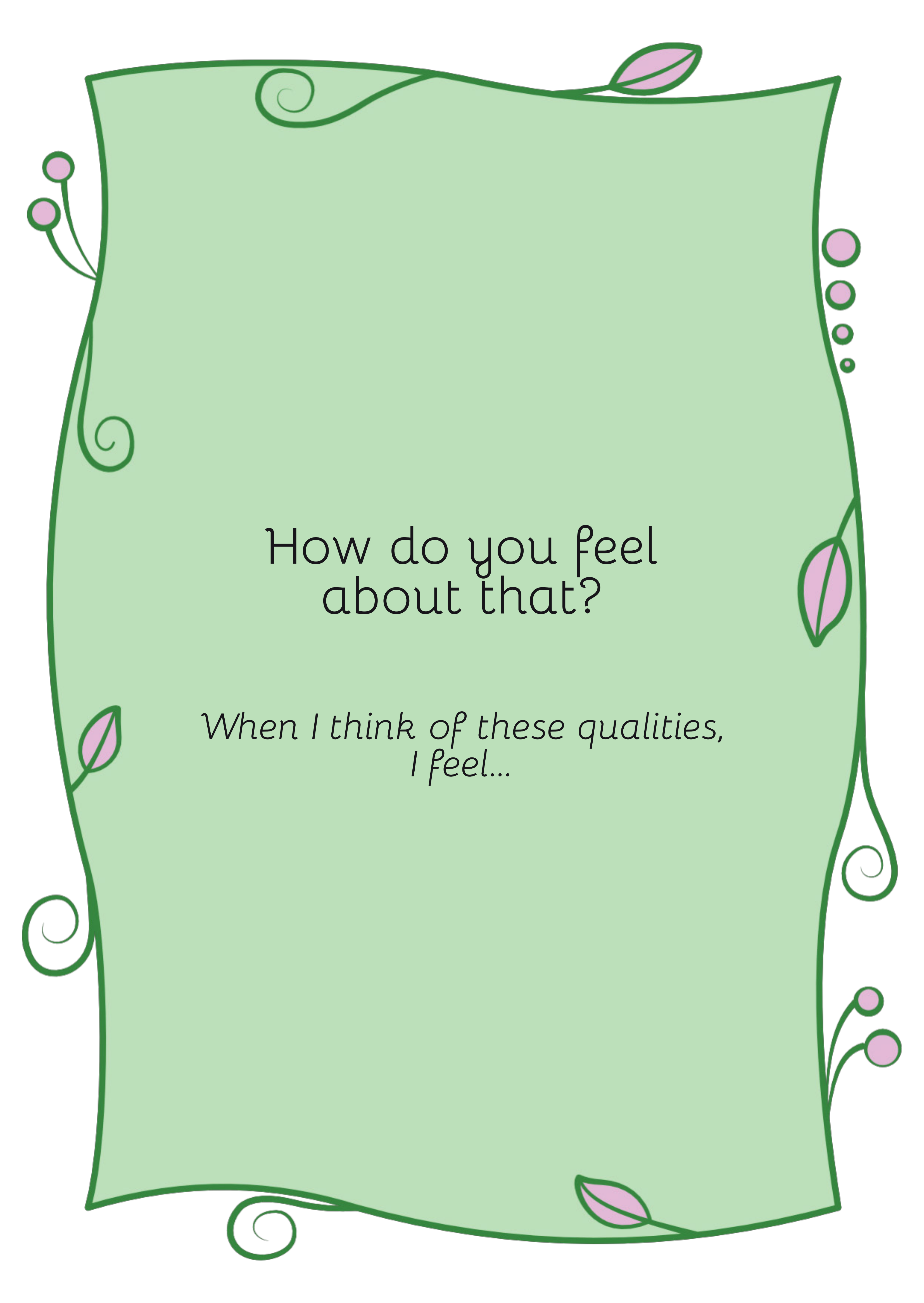
Hearing that, I would feel...



And you, what would
you argue is good
about broccoli? What
do you like about
yourself?

*What I like about broccoli/
myself is...*

Are they the same
things?

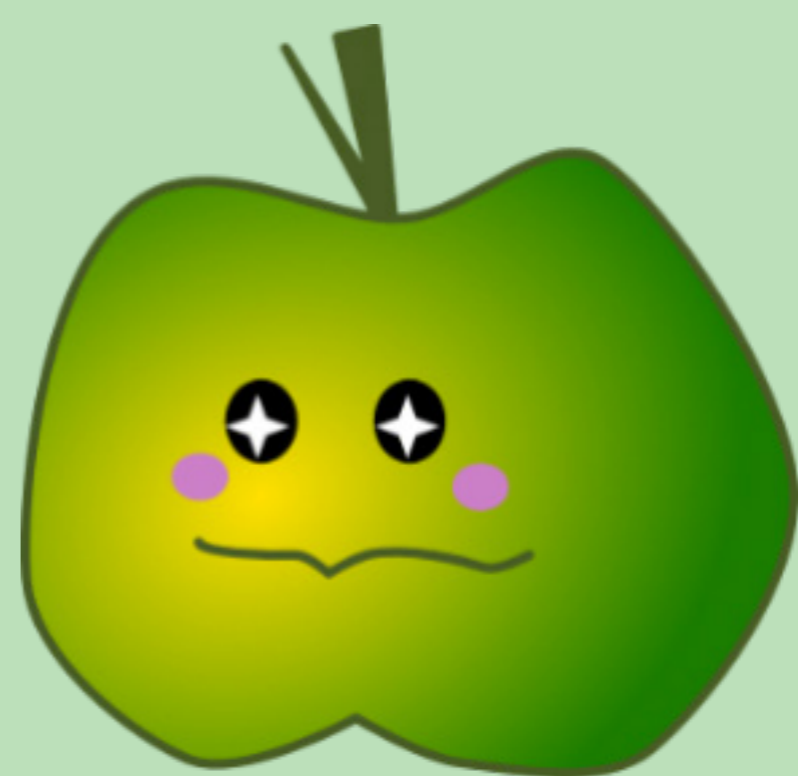
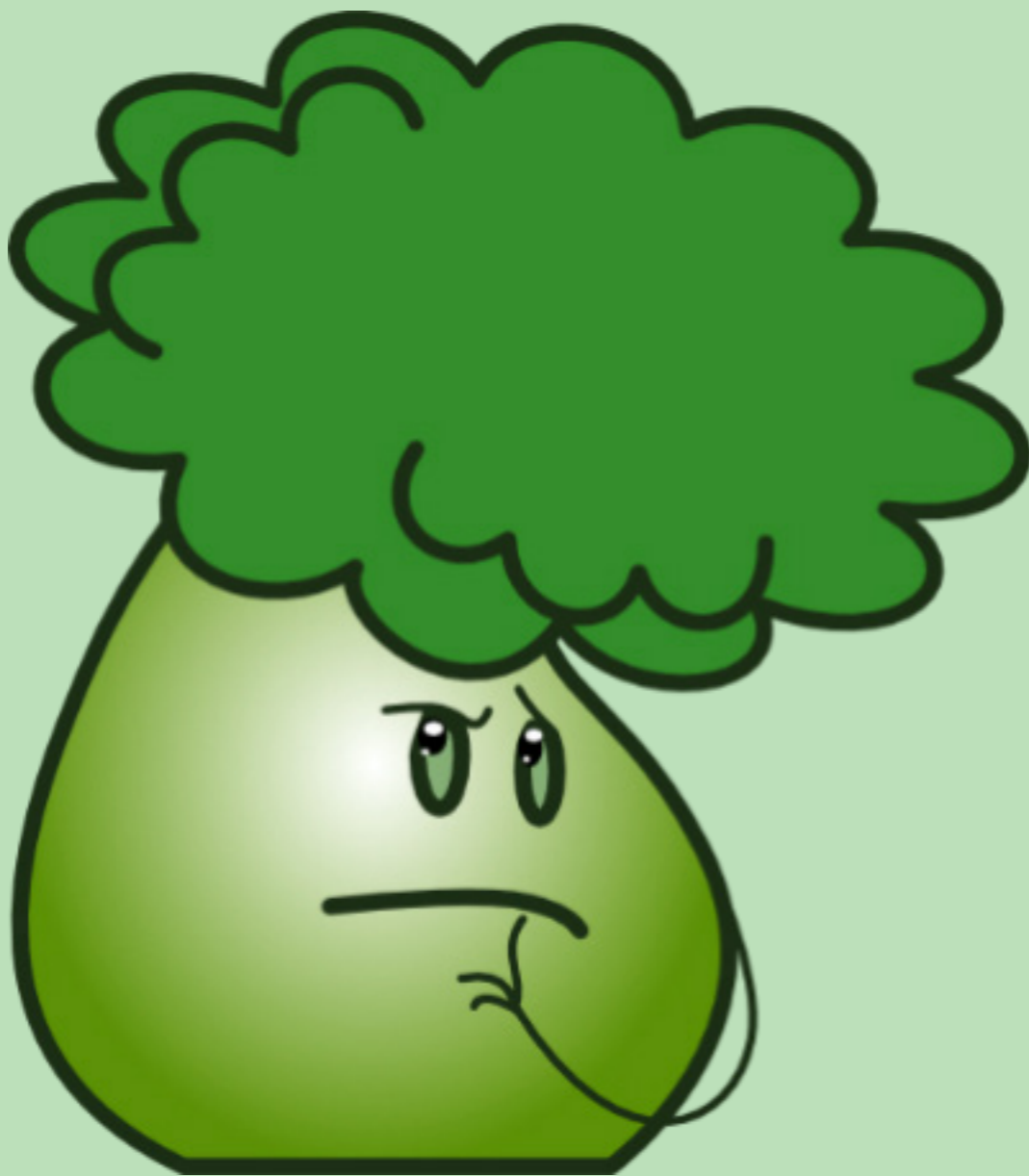


How do you feel
about that?

*When I think of these qualities,
I feel...*

What have these qualities
(which others might say
or which you have just
acknowledged) allowed
you to do so far?

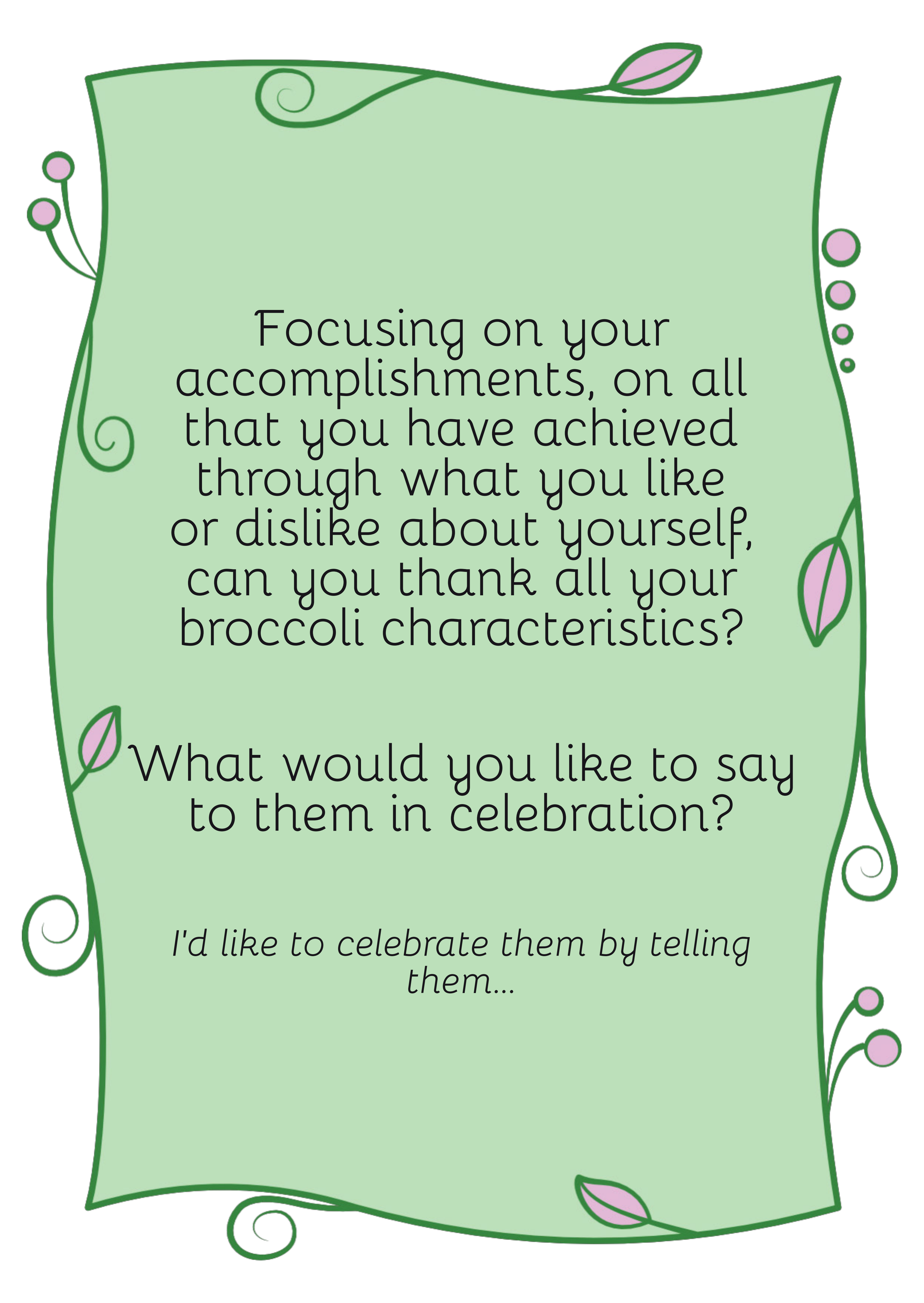
*Thanks to these qualities, I was
able to... / I managed to...*



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How do you feel about these achievements?


When I think of these successes and positives, I feel...



Focusing on your accomplishments, on all that you have achieved through what you like or dislike about yourself, can you thank all your broccoli characteristics?

What would you like to say to them in celebration?

I'd like to celebrate them by telling them...

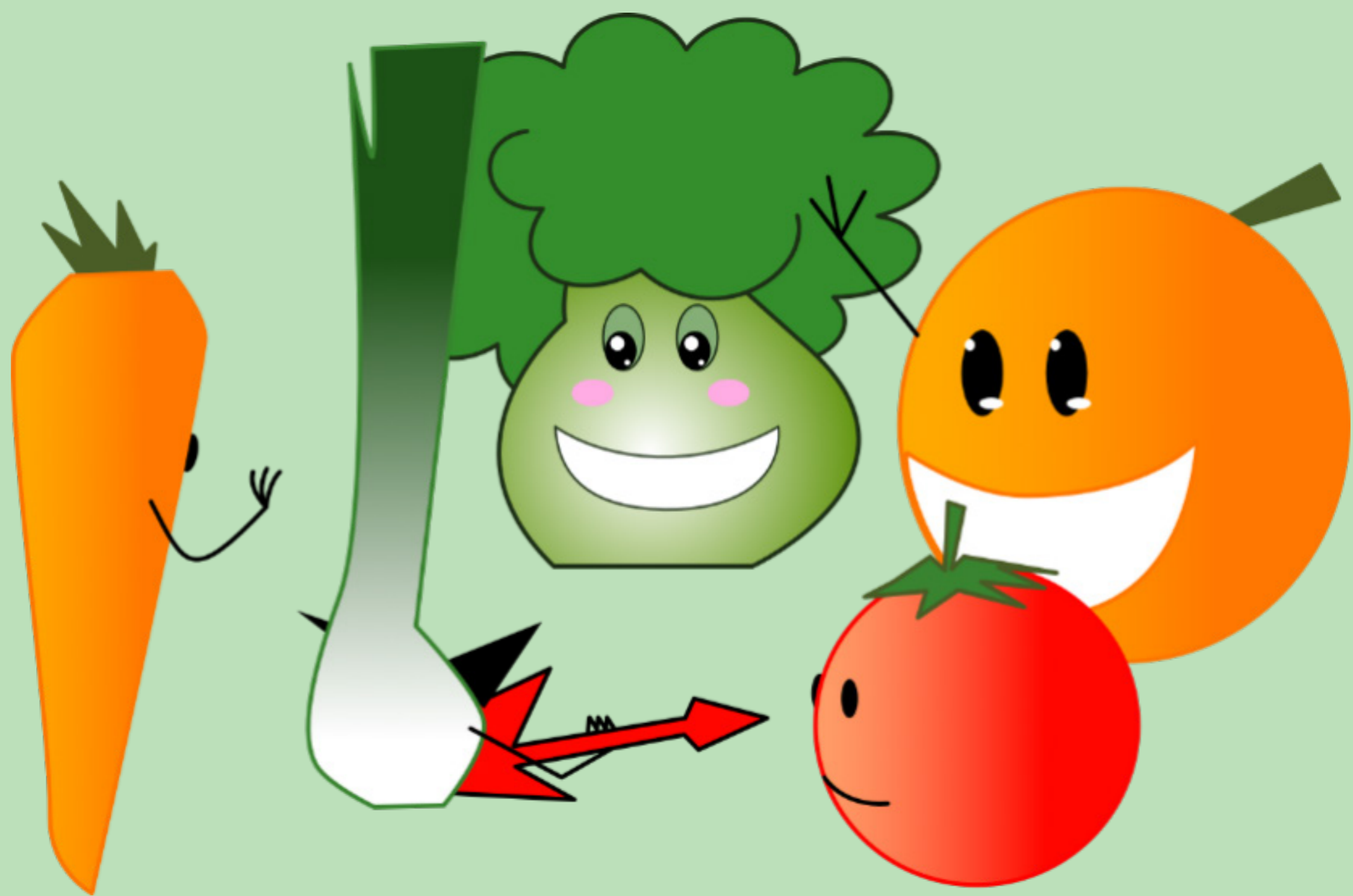
A decorative green scroll with pink leaves and swirls. The scroll is light green with a dark green outline. It features several pink leaves and swirls along its edges. The text is centered on the scroll.

And now, how do you
feel after all this?

After this celebration, I feel...

What do you think you
can do from now on?

From now on, I will...



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Will your little broccoli succeed in freeing itself from its complex by taking the time to reconnect with its feelings?

The Broccoli Complex is an introspective mini-RPG by Erell, with mechanics inspired by the practice of Marshall Rosenberg's Nonviolent Communication.

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