

# Soft Focuses

*(Molis Focis)*

*A journaling game about dealing with ADHD*

"People aren't  
just people,

they are people  
surrounded by  
circumstances."

- Terry  
Pratchett

**You are an alternate version of yourself.  
You have ADHD.**

To play the game, you will need a six sided die (d6), some paper and something to write with, or digital equivalents.

## How to Play

This is a journaling game about dealing with ADHD. At the end of every night you write a journal entry about a fictionalized version of yourself. They have attempted the same things you have throughout the day, but usually with very different results.

The first thing you will do is build this alternate version of yourself. This will be by selecting two sets of stats (Social and Executive functions), deciding if you are taking medication (and whether the medication is a stimulant or not), and figuring out what kind of coping skills you have.

Begin each entry by listing out events, actions, and achievements from your day. These can include finishing a project at work, paying your bills, making a nice dinner, calling a family member, etc. Anything remotely notable should go on the list. If you don't want to write these on the top of your entry, a separate piece of paper will do just fine.

Next you will perform the "upkeep" portion. First you will determine what major effect is in occurrence today by making the 'Morning Roll'. Roll a d6 and consult the 'Morning Roll Table' to see what modifiers are applied. This can range from a good day, to a difficult one, to one where you don't remember to take your medication.

Lastly you will determine how much energy is added to the pool for the day. This is done by rolling 2d6 and adjusting by the number listed in the 'Morning Roll Table'.

Now you write the main entry. Starting with the earliest item on your list, roll a d6 and subtract the stat most appropriate for what is happening. Compare the final number with the appropriate event table to see how things are affected. 'Medication' has the effect of adding a bonus for certain rolls and a penalty for others while 'Coping Skills' allow you to off-set penalties in other ways.

Rolls are further modified by any energy you wish to expend. If you roll a 6 on any event you begin to hyperfocus, and must roll on the 'Hyperfocusing Table' to see what the effect is.

Go down the list of events and items, writing about this alternate day as you do. When you are done, compare how this day went compared to your actual day. Ideally you will do this for a week, but feel free to journal for as long or short a time as you wish. The important thing is to ruminate on how different your days would be under these new conditions.

# Stats:

## Social Functions

### Emotional Regulation:

your ability to control emotional reactions, both positive and negative.

### Impulse Control:

your ability to control behaviors and physical actions. Often manifests as "hyperactivity"

### Inattentiveness:

The most well known effect of ADHD, this appears as an inability to focus.

### Delay Aversion:

your preference for smaller but immediate rewards over larger but delayed rewards.

### Forgetfulness:

Frequently forgetting things. Short-term memory issues.

## Executive Functions

### Working Memory:

Your ability to keep information in your mind while using it.

### Organization:

Your aptitude for keeping things organized.

### Time Management:

The ability to actively monitor your usage of time.

### Set Shifting:

Commonly called multitasking, this is the ability to shift between two separate things while working on them.

### Cognitive Flexibility:

This is the ability to hold two contrasting thoughts in your mind at the same time.

## Determine Stats

### Method 1 - Rolling Stats:

Roll 7d6 (or a single d6, 7 times), and remove the highest and lowest rolls from the list. Assign each number rolled to a 'Social Function' stat. Repeat this process for the 'Executive Function' stats.

### Method 2 - Assigning Stats:

Instead of rolling, you may use the following numbers: 5,4,3,3,2.

## Medication

\*This is assuming that the other you has their medication dose properly balanced.

**Stimulant Medication:** Adds a one to the final number of every roll done during the first 8 hours of the day. Every roll after is decreased by one.

**Non-Stimulant Medication:** Adds a one to the final number of the first 8 rolls made for the day. The last 6 rolls of the day are decreased by one.

**No Medication:** No changes to your rolls

## Morning Roll:

Everyday has a different type of challenge. Somedays you might forget your medication, others you exhaust yourself the day before and are working at a deficit, or maybe you have a good day and wake up refreshed and ready for the day. Roll a d6 and consult the Morning Roll Table to see what modifier is applied to your daily energy.

{ For example: Let's say you roll a 2 for your 'Morning Roll', which adds a -4 to your energy. For your energy roll you end up with 6 energy leaving you with only 2 after including the -4 modifier. }

## Coping Skills:

You have learned to cope with your ADHD and can decide to add points to a roll. Pick 4 stats and list them on your character sheet. You may not take a single stat more than once.

When you roll, you may choose to re-roll the die for a stat that has a coping skill associated with it. Once a coping skill has been used, it cannot be used for the rest of the day.

## Energy:

Energy is used to add to an Event Roll to change its result. After the 'Morning Roll', roll 2d6 and include the number from today's 'Morning Roll' modifier. The lowest energy you can start the day with is 1, regardless of how the rolls end up.

## Event Rolls:

Every item on your list is considered an event. To see how it is affected by your ADHD you must determine which stat is best associated with the event. The descriptions of each stat are there to help you determine which is best fit.

Next, roll a d6 and subtract your chosen stat from the number rolled. Add any modifiers (medication, applied energy, etc.) to the final number. If the stat rolled is in the 'Social Functions' portion, check the 'Social Event Table' to see how your event is affected. If you feel an Executive Functions stat is a better choice, consult the 'Executive Event Table'.

**For Example:** If your event is cleaning the dishes, that would most likely be an 'Executive Function'. Let's use 'Time Management' this time and say we end up with a total of 4 after we adjust our roll. The 'Executive Event Table' says the event is modified by: *"Things take longer than you expect and you need to rush to complete it."* Now you would write the entry with this in mind.

## Hyperfocusing

When you roll a "natural" 6 (a 6 on the die before any modifiers) on any event roll you are hyperfocusing. This is both a blessing and a curse. Roll another d6 and consult the 'Hyperfocusing Table' to see what happens.

# Tables

## Morning Roll

(modifiers in parentheses)

- 6 You wake up refreshed and ready for the day. Add 1 to your energy. (+1)
- 5 You start of the day ok, but it quickly fades. (-1)
- 4 Didn't you set the alarm? You oversleep a little. (-2)
- 3 You couldn't fall asleep last night, and don't get much rest. (-3)
- 2 Yesterday was too much, you still feel like you are catching up the next day. (-4)
- 1 You forget to take your medication. Any effects of your medication are removed. If you do not take medication, you may only use 2 coping skills. (0)

## Social Event

- 5 or more You succeed at what you attempt to accomplish.
- 3-4 The event has a few setbacks. Include a problem based on the stat used.
- 1-2 Several times you felt out of sync with what was going on. Add a few moments using the stat rolled as a base.
- 1-0 The event was extremely awkward and only partially like what happened in real life. What happened?
- 2 or less You don't attempt the event.

## Executive Event

- 5 or more** You succeed at what you attempt to accomplish.
- 3-4** Things take longer than you expect and you need to rush to complete it.
- 1-2** You get to the end of the task and realize you did not complete parts of it. Using the stat rolled, what did you forget and why?
- 1-0** The task is unfinished but partially complete. Based on the stat used, what prevented you from completing the task?
- 2 or less** You don't even begin the task.

## Hyperfocusing

- 5-6** You focus well but have a hard time shifting gears to the next event. Remove 2 Energy
- 3-4** You manage to focus perfectly and complete the event early. Add 1 energy.
- 1-2** You spend too much time focusing on the wrong things. You are delayed starting the next event. Subtract 2 from the next Event roll.

## Example of How to Play:

Alex is putting in an entry into their journal. Their character is not currently medicated, mimicking the state of a friend of theirs. They have the following stats:

### Social Functions:

Emotional Regulation - 5  
Impulse Control - 3  
Inattentiveness - 2  
Delay Aversion - 4  
Forgetfulness - 3

### Executive Functions:

Working Memory - 3  
Organization - 2  
Time Management - 3  
Set Shifting - 5  
Cognitive Flexibility - 4

Alex starts by thinking about what they have done during the day. They write them down in the following list:

- Make breakfast
- Attend the morning meeting
- Call customer about issue from yesterday
- Make lunch
- Finish report
- Check in with team
- Place grocery pickup order
- Order dinner
- Pick-up both orders
- Clean up
- Call family
- Read
- Get ready for bed

## Example of How to Play (cont):

Now, Alex rolls on the 'Morning Roll Table' to start their day. They roll a 3. After consulting the table, they see that they are going to subtract 3 from their energy roll. After rolling a 7 (2 and 5) for their energy roll, they end up with 4 energy for the day.

Alex starts the first entry for the day. They rolled a 5 which when combined with their chosen stat (time management) Results in a total of 2. They add 1 energy to make it a final total of 3. Alex then writes the following entry:

*I managed to wake up on time but just barely. Felt like I was still waking up until I was toasting my bagel and was not looking at the time at all. I almost spit out my coffee as I saw that I needed to leave in 5 minutes. Thankfully, bagels are portable...*

Further down the page, Alex gets to the entry for 'Finish Report', and rolls a 4. They decide that 'Inattentiveness' is the best stat for this.

There is only one remaining energy point, which they don't want to use just yet, and this drops their final number to 2. This is the entry they wrote:

*Sometimes I think a shared office space is a bad idea. The report was due, but I could not get my head in the game! Jeff kept asking me questions, which I was glad to answer, but everytime he did I had to figure out where I was in the report again. I managed to finish it by almost completely ignoring Jeff, but then I felt horrible about it. To make matters worse, I was late getting to the check-in afterwards.*

Alex continues until they have written out the rest of their events and starts again the next day.

## A note from the designer:

This game is about trying to see our daily lives through others' experiences. As such, try to keep an open mind and be as caring for this "other you" as you can be.

This game is also not meant to be a diagnostic or clinical tool of any sort. The designer of this game is not a medical or mental health professional. If you suspect you have ADHD or another condition, please consult your primary medical caregiver or a specialist.

Also of note, as the designer of this game I have dealt with ADHD my entire life and avoided medication until recently. I do not begrudge anyone their medication choices; everyone's experience is different as are their needs. I got to a point where I felt comfortable taking a non-stimulant medication, but know plenty of others that take stimulant meds or none at all. My goal is to be as inclusive and understanding as I can with these sometimes contentious subjects.

And finally, while I am neuro divergent in other ways, ADHD is the thing that I feel has defined me the most over the course of my life. If you are neuro divergent in some way and feel like modifying this system to help others understand what you and others go through, please do so. All I ask is that you be neurodivergent in the way you are addressing. And please let me know if you do, I would love to see what anyone makes.

### Credits:

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