

vian nguyen presents

will i be strong enough for you?

available on
[itch.io!](https://itch.io)

explore your inner
strength **today!**

escape from reality

move 1

2

3

4

5

steps from
where you are

what are you
trying to **run**
away from?

what **support**
do you need?

what **power**
or strength do
you need to
overcome it?

*use your body to
take up as much
space as you can*

*get into a
power pose*

how can you
pretend to be
the **strength**
you need for
yourself?

how do you
already **exemplify**
the strength you
need?

*puff your
chest up*

*list them and post
them up in a space
you occupy*

generational trauma

where do **you** begin and end?

where does
your family?

*with one hand
touch the fingertips
of the other hand.
as slowly as you can
trace up the arm, up
to your heart.*

what responsibility do
you have to **yourself**
and **your history?**

*find a reflective
surface and ask
what you see:*

what reflections can
you make of the way
you were **nurtured?**

how can you **forgive**
the parts of yourself
you **cannot** change?

write these parts on paper

fold them gently

soak in water

savior syndrome

who **motivates** or **inspires** you to help others?

write a list of 5 names

how do you try to **help** people in your life?

refer to the list of names

express your appreciation for them.

were you **unable** to save someone in your life? who?

how do you try to support **yourself**?

wrap your arms around yourself in a hug

For whatever you needed this game to be, I hope you got what you needed.

When I was younger I looked to classic comics like *Batman*, to escape from a lot of hard moments in my life. I know I've been struggling with a lot of these feelings for a while now. Something I needed then was knowing strength can be a lot of things and you may not know it but, *you are strong* and if you're not right now there are people in your life that are willing to be strong for you. You only need to reach out and ask for the help you need.

From **Vian Nguyen**, game designer behind *Grief (as I experience it)*, *Small Talk to Me About the Weather*, *Grow Together*, and others! Their work can be found on jubnuggets.itch.io. Their portfolio can be found at jubnuggets.com.



jubnuggets.itch.io