

# Atlas of feelings

## FAMILY/PARTY VERSION

This version is simpler than the strategy one, based on the dice approach and the storytelling, acting and describing elements, rather than placements and mapping strategically.

There are cards with mixed feelings/qualities, as you have described. There is a 6-sided dice as well.

You draw a card and roll the dice. Choose 1 quality/feeling and describe it to the players, depending on the dice roll. You have 2 minutes to do so. Players try to guess your chosen word. If a player finds your word, they score 1 point and you score 1 point as well. Then you must describe how the chosen word fits or doesn't fit in your personality. Then you place a marker on it. If you think it fits you as a personality, it remains there, or you can challenge it and find any matching (balanced on the opposite segment quality) qualities that can heal it or balance it or even worsen it (you can also move a white to the opposite red or grey). If so, you must explain and move your marker on the quality that heals/balances/worsens your chosen word.

### Dice results:

- 1 – Pantomime: silent, without words (mimicking and gestures)
- 2 – Description: talking but without use of communion words
- 3 – Narrative: telling a story, riddle, fable, myth, phrase, quotation, aphorism, book
- 4 – Personas: naming famous people, celebrities, book or movie heroes or living prototypes
- 5 – Singing: Sing or name songs, lyrics, musicians
- 6 – Drawing: draw anything that can help, even words, but not the word itself

After 6-12 rounds, depending on the desired length, the game ends. Players count their won points and look at their map.

In a more complex version, players can score for each set of 4 different colors they have on the map. So 1 red + 1 grey + 1 white + 1 yellow = 4 points. Another way would be to score in a sequence (total markers) for each color: 1 marker = 1 point, 2=2, 3=4, 4=6, 5=9, 6 or more=12.

They can also score for seasons: 1 season = 1 point, 2 seasons = 3 points, 3 seasons = 6 points, 4 seasons = 10 points.

Other scoring systems can be applied as well, depending on the map of each player, the balance on the map.

## **SIMPLE PERSONALITY VERSION**

Players start from the 1<sup>st</sup> segment and secretly choose the best matching quality for them, and write it on a paper. Once all players have chosen, they reveal and explain why they chose this quality and not the other ones. They place a marker on the chosen cell.

Then they go to 13<sup>th</sup> segment and choose one of the following, depending on their marker on the 1<sup>st</sup> segment: If their marker is on red or grey, they must choose one of the white or yellow, and vice versa.

They follow the same process of writing their answers down secretly on a paper and reveal it after wards. After the process is finished (24<sup>th</sup> segment is complete), players evaluate their maps.

Game end can have different results:

- 1) The game is appropriate for personal analysis and/or for the entire family, when members collectively analyze each other's characteristics. The result can be registered on paper by issuing the Feeling Atlas and marked with a pencil or felt. The resulting "spectrum of character" can be put up on the wall, so one can constantly think of his or her individual development.
- 2) Players can think of ways of transcending to the center of the circle, and can use the map for healing and personal improvement as a guide.

### **Alternatives / Other ideas**

- a) Same as above, but following a symmetrical placement without choice when placing markers on the opposite segments (13 after 1 for example).

## **GUESSING PERSONALITY VERSION**

Players start from the 1<sup>st</sup> segment and secretly choose the best matching quality for them, and write it on a paper (maybe a printed paper with spots for 24 segments can help). Once all players have chosen, they take turns: when your turn comes, the other players must guess what you have written down on your paper. They write down an answer and your name, and then you reveal your answer and they reveal their guesses. For each correct guess from other players, you get 3 points and they get 2 points. If there is at least 1 correct answer, you place a marker on the chosen spot/cell. Then the next player's turn comes (clockwise) and all others guess, then they reveal, score etc. Then they go to the next segment, until 24 segments have been completed. In the game end, you count all your won points.

### **Alternatives / Other ideas**

In a more complex version, players can score for each set of 4 different colors they have on the map. So 1 red + 1 grey + 1 white + 1 yellow = 4 points.

They can also score for seasons: 1 season = 1 point, 2 seasons = 3 points, 3 seasons = 6 points, 4 seasons = 10 points.

Other scoring systems can be applied as well, depending on the map of each player, the balance on the map.