

Psychology Health and Wellness App -- Story 1

written by

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CHAPTER ONE

INT. SPACE BETWEEN WORLDS

The Dial whirs to life and your surroundings melt away.

Ancient civilisations zip by as your body slips through the fabric of reality.

The Dial begins to show you your mission.

"You're landing in the kingdom of Fusilladia as a diplomat."

"Fusilladia teeters on the brink of war with the neighboring elven kingdom, Galdrvoll."

"You are going to help stop that war by meeting with the elven regent. You will help save millions of people."

JOY

Have you been able to use these psychological skills yet?

JOY (CONT'D)

This one has even brought billion-dollar corporations down.

JOY (CONT'D)

Confirmation biases can be about:

1) How we assume other people feel about something

JOY (CONT'D)

2) How we think about a topic

JOY (CONT'D)

3) Or whether we believe certain arguments.

JOY (CONT'D)

We can react to confirmation biases by:
1) Challenging them
2) Ignoring them
3) Or strengthening them even more.

JOY (CONT'D)

Your friend is unusually quiet while spending time with you. Something you did... right?

PLAYER

(LESSON choice 1)

They look angry, but they've had a lot going on lately. Better check in with them.

JOY

(LESSON response 1)

You challenged your impression that your friend was angry with you.

JOY (CONT'D)

(LESSON response 1)

Now they're pouring their heart out - they were worried about something else!

JOY (CONT'D)

(LESSON response 1)

You have given your friendship an opportunity to deepen.

PLAYER

(LESSON choice 2)

They do seem angry.... Time to check my messages

JOY

(LESSON response 2)

Oops. Ignoring is almost never the solution.

JOY (CONT'D)

(LESSON response 2)

Challenge yourself and ask your friend what's wrong.

PLAYER

(LESSON choice 3)

They're definitely angry at me, that can be the only reason

JOY

(LESSON response 3)

By giving in to your confirmation bias, you may make the situation worse.

JOY (CONT'D)

(LESSON response 3)

You might respond to your friend as if they really were angry with you.

JOY (CONT'D)
 (LESSON response 3)
 This can add more stress when they
 already have enough on their plate.

JOY (CONT'D)
 (LESSON response 3)
 Keep your confirmation biases in
 mind as you navigate social
 situations.

JOY (CONT'D)
 Looks like you're equipped with a
 new and important skill. Ready to
 get to work?

EXT. FUSILLADIAN CASTLE

You materialise just outside of a massive castle.

You're wearing a fancy and very official outfit. It's a bit
 old-fashioned, but it suits you!

There's hurried movement among soldiers and dignitaries
 alike.

As you step out from the side of the castle gates, a
 statuesque man in military clothes spots you.

SCALANIS
 Ah, you must be the diplomat I'm
 guarding. %PLAYER_NAME%, right?

PLAYER
 Yes, and you are..?

SCALANIS
 General Scalanis of the Fusilladian
 military. Your escort to Galdrvoll.

Scalanis motions toward a carriage on the stone road.

SCALANIS (CONT'D)
 Shall we?

You climb into the carriage with Scalanis. It begins moving
 immediately.

PLAYER
 So what are we about to walk into?

SCALANIS

Well, a recent border skirmish has everyone afraid of all-out war.

SCALANIS (CONT'D)

The previous elven king waged a merciless campaign against us.

PLAYER

So the elves started the war?

SCALANIS

Not on their own.

SCALANIS (CONT'D)

Our king thought a hunting party was spying on our lands.

SCALANIS (CONT'D)

He had them arrested. The elves responded with fire and fury for years.

SCALANIS (CONT'D)

But that changed when the old king died.

SCALANIS (CONT'D)

The current ruler, King Terael, took the throne ten years ago.

SCALANIS (CONT'D)

Since then, he's kept his people in check.

SCALANIS (CONT'D)

But years of bloodshed have left our soldiers on edge.

SCALANIS (CONT'D)

A small border fight may not seem like much, but it could escalate in an instant.

Scalanis sighs.

SCALANIS (CONT'D)

We were supposed to be meeting with the king Terael when we arrive.

SCALANIS (CONT'D)

But I've heard we may be meeting the princess instead.

PLAYER
Is that a bad thing?

SCALANIS
I'm not sure.

SCALANIS (CONT'D)
King Terael is proud, but even-handed and fair.

SCALANIS (CONT'D)
I worry that if he's not meeting with us, peace may be hopeless.

PLAYER
Why do you say that?

SCALANIS
Reports suggest elven extremism is on the rise in Galdrvoll.

SCALANIS (CONT'D)
Sects of elves believe they're superior to humans and that we ought to be wiped out.

Scalanis scowls briefly, lost in thought.

SCALANIS (CONT'D)
I see this happen time and time again. It always leads to war.

SCALANIS (CONT'D)
Tell me, %PLAYER_NAME%, after that skirmish, is peace unrealistic?

PLAYER
(CONSEQUENCE choice 1)
No. Even when something goes wrong, it's our choice to let it spiral.

PLAYER (CONT'D)
(CONSEQUENCE choice 1)
The cycle of war is never inevitable.

PLAYER (CONT'D)
(CONSEQUENCE choice 1)
Someone in power will always have to sign off on war.

PLAYER (CONT'D)
 (CONSEQUENCE choice 1)
 And as long as that person's mind
 isn't totally closed, there's a
 chance for peace.

SCALANIS
 (CONSEQUENCE response 1)
 Yes, I suppose you're right.

SCALANIS (CONT'D)
 (CONSEQUENCE response 1)
 Sometimes I let my biases cloud my
 mind. Thank you.

PLAYER
 (CONSEQUENCE choice 2)
 Nothing we can do except try,
 right?

SCALANIS
 (CONSEQUENCE response 2)
 But what if more people die while
 we play politics?

PLAYER
 (CONSEQUENCE choice 3)
 It does seem that way. I think
 we're wasting our time here.

[NOTE: I changed this psych choice so the player gets the opportunity to challenge or reinforce Scalanis' confirmation bias. This feels more natural than putting an opinion into the player's mouth to have them challenge.]

SCALANIS
 (CONSEQUENCE response 3)
 You're right.

Scalanis knocks on the hole in the front of the carriage to get the driver's attention.

SCALANIS (CONT'D)
 (CONSEQUENCE response 3)
 Take us back to the castle. We must
 fortify our defenses at once.

You've fed Scalanis's confirmation bias and now he's called off the peace summit!

It's important that you challenge biases like that whenever possible.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER
(CONSEQUENCE choice 2.1)
It's possible they do.

PLAYER (CONT'D)
(CONSEQUENCE choice 2.1)
But it would guarantee people die
if we give up now.

PLAYER (CONT'D)
(CONSEQUENCE choice 2.1)
We can't let the chance of a bad
outcome keep us from pushing for
peace.

SCALANIS
(CONSEQUENCE response 2.1)
Yes. Yes, you're absolutely right.

SCALANIS (CONT'D)
(CONSEQUENCE response 2.1)
I have to remember that war isn't
inevitable despite what I've seen.

PLAYER
(CONSEQUENCE choice 2.3)
Honestly, it seems likely to me.

Scalanis knocks on the hole in the front of the carriage to
get the driver's attention.

SCALANIS
(CONSEQUENCE response 3)
Take us back to the castle. This
was a waste of time.

You've fed Scalanis's confirmation bias and now he's called
off the peace summit!

It's important that you challenge biases like that whenever
possible.

[GAME OVER]

[NOTE: Based on previous discussions, I removed the neutral
choice from the list of re-asked questions, so it's just a
positive and a negative choice. This is a bit fiddly on the
back-end, but for players, this should make the consequence
choices feel more sensible and streamlined. However, if you
feel it's not working, I have other options we can discuss.]

The carriage ride concludes uneventfully.

A massive castle stands across a wooden bridge before you.

You and Scalanis get out and are promptly approached by two elven guards.

They both sneer ever so slightly.

GUARD 1
The human peace envoy?

SCALANIS
Yes, general Scalanis and
%PLAYER_NAME%.

GUARD 1
Yes. I'm sure this will be a
fruitful summit.

You're pretty sure that was sarcasm, but the elves are trying not be overtly rude.

GUARD 1 (CONT'D)
You will follow on foot from here.

With the peace summit approaching, you get the sense that tensions are at a boiling point.

The elves don't seem to regard humans very highly. Maybe you can change that..?

CHAPTER TWO

INT. SPACE BETWEEN WORLDS

JOY

I'm glad to see you again! Ready to continue?

JOY (CONT'D)

Let me tell you about a skill I struggled with: Action Bias.

JOY (CONT'D)

Action Bias is when we'd rather do something- anything- than wait uncomfortably.

JOY (CONT'D)

This impulse can lead to making bad decisions and adding even more stress.

JOY (CONT'D)

Action biases can be
1 Us going into attack mode
2) Running away from something
3 Or diving into distraction to escape a feeling.

JOY (CONT'D)

We can react to that instinct by:
1) Being patient

JOY (CONT'D)

2) Distracting ourselves with something harmless; or

JOY (CONT'D)

3) Jumping into action despite potential consequences.

JOY (CONT'D)

Say you sent a text to someone which hasn't been answered yet.

JOY (CONT'D)

You know they're glued to their phone 24/7. What do you do?

PLAYER

(LESSON choice 1)

Maybe they don't want to or can't answer yet. I'll keep waiting.

JOY

(LESSON response 1)

That's a great answer. Waiting can be hard, especially if it's important.

JOY (CONT'D)

(LESSON response 1)

But it's best to give people space. Patience is the first step to controlling your emotions.

PLAYER

(LESSON choice 2)

I know plenty of other people online who would love to chat. I'll just distract myself.

JOY

(LESSON response 2)

It's tempting to get the satisfaction of a response from someone else...

JOY (CONT'D)

(LESSON response 2)

However, being distracted doesn't change the fact that inaction is a skill you may need to improve.

JOY (CONT'D)

(LESSON response 2)

Sit on it for a while. Maybe you'll realise why waiting was making you uncomfortable.

PLAYER

(LESSON choice 3)

I'll just spam their phone. If I keep messaging, they can't ignore me!

JOY

(LESSON response 3)

We don't know why someone isn't answering our texts.

JOY (CONT'D)

(LESSON response 3)

Flooding them will only make them feel like you don't respect their space.

JOY (CONT'D)
(LESSON response 3)
Why is waiting so uncomfortable?
What are you afraid of? Think on it
for a while.

JOY (CONT'D)
Last week, you arrived in Galdrvoll
to meet with the regent...

JOY (CONT'D)
Let's hope you have the patience to
ease tensions and restore peace.

INT. ELVEN CASTLE - DAY

The guards take you and General Scalanis into the castle.

As you pass through the castle halls, you spot elven servants
clearly avoiding you.

The guards finally stop to usher you into a small, dingy room
with a few uncomfortable-looking chairs.

GUARD 1
The Regent, Lyndis Carann, will see
you when she is able.

GUARD 1 (CONT'D)
Don't leave this room.

The guards both turn to stand at attention in front of the
doorway, closing it behind you.

Scalanis scowls.

SCALANIS
A cramped room with no
accommodations for visitors.

PLAYER
Is that normal?

SCALANIS
No. Just a petty insult.

PLAYER
(FLAVOR choice 1)
That's completely disrespectful.

PLAYER (CONT'D)
(FLAVOR choice 2)
Perhaps we haven't given them many
reasons to trust us lately.

SCALANIS
No helping it, I suppose.

PLAYER
Have you dealt with the elves
often?

SCALANIS
Not for many years. The last time
we went to war with them, actually.

Scalanis looks absently into the fireplace. You probably
shouldn't pry further.

You struggle to get comfortable, but the chairs are rigid and
the air is tense. The minutes crawl by.

PLAYER
(CONSEQUENCE choice 1)
Keep waiting patiently.

PLAYER (CONT'D)
(CONSEQUENCE choice 2)
Open the door and ask the guards
when the regent will be here.

The guard glares at you.

GUARD 1
(CONSEQUENCE response 2)
Shortly.

The guard closes the door without another word.

PLAYER
(CONSEQUENCE choice 3)
Open the door and demand to be seen
by the regent immediately.

The guard is briefly startled and raises his spear toward
you.

GUARD 1
(CONSEQUENCE response 3)
How dare you march into our kingdom
and make demands?!

The guards push you out of the castle at spearpoint,
demanding that you never return.

It looks like your Action Bias has put the mission in jeopardy. You'll need to be more patient than that.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER
(CONSEQUENCE choice 2.1)
Perhaps it really is better to just wait quietly.

PLAYER (CONT'D)
(CONSEQUENCE choice 2.3)
Kick the door in. You will not be ignored!

GUARD 1
The humans are attacking!

A squadron of nearby guards runs to assist. They apprehend you quickly and throw you in the dungeons.

Your Action Bias has gotten you arrested! Try to think before you act.

[GAME OVER]

After waiting several more minutes, the door finally opens.

The guards wordlessly motion for you to follow them. They lead you into a much nicer meeting room.

The new room has a grand table and many classy chairs.

Three very well-dressed elves almost immediately walk in, each regarding you with an air of dismissiveness.

VAMIR
So these are the humans who've come to broker peace. Hah!

Scalanis bows.

SCALANIS
My name is general Scalanis of the Fusilladian military.

You bow as well.

PLAYER

And I'm %PLAYER_NAME%, a
Fusilladian diplomat.

VAMIR

Mmm, a lost child playing politics
and a toy soldier.

VAMIR (CONT'D)

My name is Vamir. Royal consort to
the princess regent, Lyndis Carann.

PYRRHA

I am second heir to the throne,
Pyrrha Carann.

PYRRHA (CONT'D)

For the record, I don't see the
point in this. War is inevitable
with you... *humans*.

LYNDIS

And I am the acting regent Lyndis
Carann.

LYNDIS (CONT'D)

I agreed to this meeting because
the king asked me to in his stead.

PLAYER

Acting regent? Is something wrong
with the king?

SCALANIS

Our intelligence suggests he's been
ill for some time now.

SCALANIS (CONT'D)

I guess it's accurate.

PYRRHA

The health of our king is of no
concern to your kind.

LYNDIS

The king sees peace with the humans
as necessary.

Lyndis looks you over.

LYNDIS (CONT'D)

I'm not convinced we *need* the
humans. Elves are strong enough on
our own. We always have been.

PYRRHA

Do you think you can convince us
otherwise?

PLAYER

(choice 1)

Yes! I think humans and elves have
a lot to gain from each other!

PLAYER (CONT'D)

(choice 2)

I honestly don't know, but I'll
certainly try.

PLAYER (CONT'D)

(choice 3)

Peace is a good goal, but it does
seem unlikely.

VAMIR

I wish his majesty would just pass
the crown onto you already, Lyn.

VAMIR (CONT'D)

The old man is stuck in the past.
We should just crush the humans.

Vamir gestures toward Lyndis.

VAMIR (CONT'D)

The elves need a ruler with
strength. And legendary beauty to
match.

Lyndis blushes slightly.

LYNDIS

The fact is that our king entrusted
me with these negotiations.

LYNDIS (CONT'D)

So you must prove to *me* that peace
is in our best interest.

You've only been in the elven capital for an hour, but
negotiations are off to a rocky start.

The elves seem to hate humans more than you thought. Though
you sense that the elves have their own problems...

LYNDIS (CONT'D)

So... General. %PLAYER_NAME%. What
do you propose?

CHAPTER THREE

INT. SPACE BETWEEN WORLDS

JOY

Mindfulness helps us achieve inner-peace by focusing on the here and now.

JOY (CONT'D)

Mindfulness is the calm to our storm, releasing us from the things we cannot control.

JOY (CONT'D)

Mindfulness can be achieved by:

1) Meditating regularly
2)
 Embracing a grateful attitude

3) Enjoying your hobbies in the moment.

[NOTE: I changed #3 from breathing exercises to enjoying hobbies, since meditation is a form of breathing exercise and hobbies are mentioned later in the lesson as a method of achieving mindfulness]

JOY (CONT'D)

We can react to life's stresses by:
1) Taking some time to embrace the present peacefully.

JOY (CONT'D)

2) Appreciating the benefits of mindfulness IF life is going to plan and you have a minute.

JOY (CONT'D)

3) Obsessing over things we cannot control and getting lost in our thoughts.

JOY (CONT'D)

Let's say work has been overwhelming and demanding lately. How would you react?

PLAYER

(LESSON choice 1)

Remind myself to turn everything off and let the world buzz by for a few minutes.

JOY

(LESSON response 1)

Well done! It's important to take time to occasionally reconnect with yourself and the present moment.

PLAYER

(LESSON choice 2)

Work through the stress. Hopefully, I'll be able to get a break when it's done.

JOY

(LESSON response 2)

Hmm... You're relying on the world slowing down to feel better.

JOY (CONT'D)

(LESSON response 2)

But, that's not really how mindfulness works, is it? We'll always have stressors.

JOY (CONT'D)

(LESSON response 2)

Sign up to that yoga class or take up pottery. Find ways to bask in the moment every day.

PLAYER

(LESSON choice 3)

Get frustrated that work isn't easier. I'm just so tired and my boss won't listen to me!

JOY

(LESSON response 3)

That certainly won't help your stress!

JOY (CONT'D)

(LESSON response 3)

A positive and open-minded approach is the first step to self-healing.

JOY (CONT'D)

(LESSON response 3)

Meditation isn't for you? Try something that does relax you - perhaps colouring or baking?

JOY (CONT'D)

Avoiding the present moment can promote high levels of stress and anxiety.

JOY (CONT'D)

Even if just for a second, mindfulness has the power to help us heal.

JOY (CONT'D)

It's time to exercise that mindfulness and focus on the next part of the mission!

INT. ELVEN CASTLE

You've been here for hours. The candles on the table have burned to the bottom.

PYRRHA

The last war wasn't easy on us either, you know.

PYRRHA (CONT'D)

You're acting like humans were the only ones who suffered.

Pyrrha touches Lyndis's hand.

LYNDIS

Our mother died in one of the attacks on our city.

PYRRHA

It was just us.

PYRRHA (CONT'D)

Father was so busy trying to play politics.

PYRRHA (CONT'D)

We were left to pick up the pieces without--

Pyrrha looks choked up.

LYNDIS

The war took from everyone.

...

SCALANIS

I had no idea. I'm sorry.

SCALANIS (CONT'D)

We've just been trying to protect ourselves.

PYRRHA

Apologies are cheap. Where's the action to back it up?

VAMIR

They'll never understand what we've had to sacrifice.

VAMIR (CONT'D)

They'll never understand the mercy we've shown them already.

PYRRHA

I agree. This won't bear fruit.

SCALANIS

We can't just let you take what you want from us. Our people need land!

VAMIR

Land you use to build machines of war. That's all humans do.

PLAYER

Is there no way we can come to an agreement on that issue?

PYRRHA

Not so long as the humans remain so eager to fight.

PLAYER

But if they're just defending themselves--

SCALANIS

Let's all calm down for a minute and take a deep breath.

PLAYER

(CONSEQUENCE choice 1)

Yes, perhaps we should meditate a moment and let our emotions cool down.

LYNDIS

That's a wise decision for the moment.

PYRRHA

Yes, I think I need a moment to myself.

PLAYER

(CONSEQUENCE choice 2)

I'd like to, but we should really finish talking before we relax.

LYNDIS

(CONSEQUENCE response 2)

Perhaps it would be better to take a breather.

LYNDIS (CONT'D)

(CONSEQUENCE response 2)

Tempers do seem to be running rather hot.

PLAYER

(CONSEQUENCE choice 3)

They're just unhelpful. Taking a deep breath won't make them be reasonable with us.

VAMIR

(CONSEQUENCE response 3)

How dare you.

Vamir summons the guards. They've kicked you out of the castle!

You need to remember to take some time to relax and be mindful when things get too heated.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER

(CONSEQUENCE choice 2.1)

Yes, you're right. Let's take a minute to calm down.

PLAYER (CONT'D)

(CONSEQUENCE choice 2.3)

There's just no pleasing you elves. Why can't you be more cooperative?

LYNDIS
I see. This is the best we can hope
for from humanity.

LYNDIS (CONT'D)
Guards! Escort the humans back to
Fusilladia. Do not let them return.

Your lack of mindfulness has gotten you kicked out of
Galdrvoll. War is inevitable now.

[GAME OVER]

Even after a short rest, common ground was in short supply
over the night.

[2 HOURS LATER]

LYNDIS (CONT'D)
General. %PLAYER_NAME%. It's time
to retire for the evening.

LYNDIS (CONT'D)
We can pick this back up again in
the morning.

SCALANIS
Yes, it seems my eyes just won't
stay open.

VAMIR
We need beauty sleep to stay at our
best.

LYNDIS
You'll find your chambers down the
hall and on the right.

The three elves file out.

SCALANIS
Until tomorrow, %PLAYER_NAME%.

Scalanis exits.

You gather your documents and head out into the corridor.

The halls are dark enough that you can't see well.

You see your room, but a light at the end of the hall catches
your eye and you hear talking. You creep up to look.

You spot Lyndis and Vamir in front of a large set of doors. They're close together. Very close.

VAMIR
--And I promise you've never felt
anything like it.

LYNDIS
Hehehe! Vamir, stop!

Lyndis leans her head against Vamir.

VAMIR
But we'd be going for a few hours,
so you'll have to send the vermin
home early.

LYNDIS
You know I can't do that.

Lyndis looks up to kiss him.

LYNDIS (CONT'D)
My father expects me to see this
through.

Vamir suddenly pulls back away from Lyndis, causing her to stumble.

VAMIR
Fine. If you want to keep talking
to those animals, you can.

VAMIR (CONT'D)
Good night.

LYNDIS
Vamir, wai--

The door closes in her face. She looks so disheartened. Defeated.

Sad...

You decide to make your way back toward your room before Lyndis spots you.

[AN HOUR LATER]

Just before you can fall asleep, you hear the sound of rushing feet outside your door.

You can just barely hear something in the hall.

GUARD 1
----dead! Quick get to----

GUARD 1 (CONT'D)
----poisoned----

GUARD 1 (CONT'D)
----is responsible! Now!----

Something has happened and the elven guards are panicked.

All you can do for now is try to sleep, but you know this is going to get worse before it gets better...

CHAPTER FOUR

INT. SPACE BETWEEN WORLDS

JOY

Catastrophising is when we think
that something is far worse than it
actually is.

JOY (CONT'D)

We can catastrophise about:
1)
The impact of certain situations

2) The outcome of future events

3) Or about how people feel.

JOY (CONT'D)

We can deal with catastrophising
by:
1) Questioning it and
trying to stay rational.

JOY (CONT'D)

2) By catastrophising but still
going through with our plans
anyway.

JOY (CONT'D)

3) Or by giving in and fearing
the worst.

JOY (CONT'D)

Just imagine you've been asked to
plan a work party.

JOY (CONT'D)

You're worried you'll mess it up,
which will reflect badly on your
job.

PLAYER

(LESSON choice 1)

It may be a challenge, but the
stakes are low and it's supposed to
be fun!

JOY

(LESSON response 1)

Well done. That's a great way to
face a challenge - take it head on
and keep a positive outlook.

PLAYER

(LESSON choice 2)

It's probably going to be a mess.

(MORE)

PLAYER (CONT'D)
People will hate it and leave
early, but what can you do?

JOY
(LESSON response 2)
You're more likely to be stressed
and make mistakes if you give in to
catastrophising thoughts.

JOY (CONT'D)
(LESSON response 2)
Consider taking a more positive
approach when faced with new
challenges!

PLAYER
(LESSON choice 3)
I've never organised something like
this! I'll be fired for sure!

JOY
(LESSON response 3)
With that attitude you might
actually endanger your job.

JOY (CONT'D)
(LESSON response 3)
people value effort, even if it
ends in failure.

JOY (CONT'D)
(LESSON response 3)
Don't let negative thought patterns
run your life for you!

JOY (CONT'D)
Now that we've learned about
catastrophising, let's get back to
the peace summit!

INT. ELVEN CASTLE

You wake up as your door flings open.

Vamir stands in the doorway, flanked by guards.

VAMIR
That's the one.

VAMIR (CONT'D)
Bring him.

The guards grab you, dragging you out of your room.

PLAYER
HEY! What's going on?!

VAMIR
Silence. Murderer.

PLAYER
I demand--

VAMIR
Gag him.

One of the guards shoves a cloth in your mouth.

VAMIR (CONT'D)
You're going to pay for what you've done.

PLAYER
Mphmpmph!

INT. ELVEN ARENA

You're dragged outside to an arena just behind the castle.

A guard had already brought general Scalanis as well.

SCALANIS
%PLAYER_NAME%!

SCALANIS (CONT'D)
Vamir, what is the meaning of this?!

VAMIR
The two of you will stand trial for the assassination of King Terael.

SCALANIS
Abusrd! We went to our rooms immediately after the meeting!

A guard removes your gag, shoving you into the arena.

VAMIR
Prepare the trial!

You turn to Scalanis, fear in your eyes.

SCALANIS
 %PLAYER_NAME%, hey, are you
 alright? Everything'll be okay.

PLAYER
 (CONSEQUENCE choice 1)
 We're innocent. Truth and justice
 will prevail.

SCALANIS
 (CONSEQUENCE response 1)
 That's right. We didn't do anything
 wrong. Just stay calm.

PLAYER
 (CONSEQUENCE choice 2)
 I don't think they'll listen to us.
 But we have to move forward anyway.

SCALANIS
 (CONSEQUENCE response 2)
 Even if the king really is dead?

PLAYER
 (CONSEQUENCE choice 3)
 We're done for! They're gonna
 execute us for sure.

You panic and reach for your The Dial's emergency failsafe
 switch.

You've abandoned this timeline and all these people to the
 war you could have prevented.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 Yes. The king may be gone, but his
 dreams didn't die with him.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 It's our duty to help realise those
 dreams and save both kingdoms.

SCALANIS
 That's the right attitude. We have
 to do this for our people.

SCALANIS (CONT'D)
Catastrophising will only make this
situation worse. We must remain
calm.

PLAYER
(CONSEQUENCE choice 2.3)
I... hadn't realised. If the king
is gone, there's no way the elves
will allow peace...

You panic and reach for your The Dial's emergency failsafe
switch.

You've abandoned this timeline and all these people to the
war you could have prevented.

[GAME OVER]

VAMIR
Are you done over there? We're
ready for you.

PLAYER
What kind of trial is this?!

VAMIR
Trial by combat, of course.

SCALANIS
Against you? Any time.

Vamir brushes dust off his regal uniform.

VAMIR
No. Against Tralfazz, the reigning
arena champion.

Tralfazz trudges out of the other arena gate.

SCALANIS
A troll?!

PLAYER
That sounds bad.

SCALANIS
World-class fighters. Not very
smart, but they also don't need to
be.

TRALFAZZ

I'm gonna put an axe in your head!

PLAYER

Nope. Nuh-uh. I do not consent.

VAMIR

You don't have a choice here,
murderer.

Before you have a chance to prepare, Tralfazz sprints at Scalanis, axe drawn.

PLAYER

Scalanis, look out!

After a narrow dodge, you and Scalanis back up toward the gate, uncertain you can escape this.

Just as Tralfazz readies for another approach, a sharp whistle pierces the air.

LYNDIS

ENOUGH! What is this farce?

Lyndis has arrived in the gate behind you.

LYNDIS (CONT'D)

Cease this fight!

LYNDIS (CONT'D)

Guards! Retrieve them at once!

PLAYER

Ohhhhh what a relief. Justice prevails. Whew!

LYNDIS

They will be brought to stand before a *real* trial for their crimes.

PLAYER

..... I probably shouldn't have said anything.

The guards rush in and grab the two of you, pulling you back toward the castle.

SCALANIS

As much as I love being carted around your castle...

SCALANIS (CONT'D)
I'd like to remind you that we *did*
nothing wrong.

LYNDIS
We'll see about that.

SCALANIS
And you were about to have us
executed!

Lyndis pauses briefly.

PLAYER
Vamir barged into our rooms and
forced us down to the arena.

LYNDIS
It is not customary for criminals
to participate in trial by combat.

LYNDIS (CONT'D)
I had not ordered that... I
apologise for his actions.

SCALANIS
Well, now that that's out of the
way, will you please--

LYNDIS
Guards, bring them to the
interrogation room.

LYNDIS (CONT'D)
I have a few questions for them
myself.

Your fate in the arena seems to have been spared for now.

But you're still suspected of harming the king! What a mess!

CHAPTER FIVE

INT. SPACE BETWEEN WORLDS

JOY

Gratitude is not simply an attitude. It's a process that changes the way our brain works.

JOY (CONT'D)

Gratitude actively trains us to see and appreciate the good in life!

JOY (CONT'D)

The more we acknowledge the good in life, the happier and healthier we are!

JOY (CONT'D)

You can express daily gratitude by:

1) Verbally counting your blessings to yourself or others.

JOY (CONT'D)

2) Writing down all the things you are thankful for.

JOY (CONT'D)

3) Being religiously or spiritually grateful.

JOY (CONT'D)

You can approach the issue of gratitude by:
1) Regularly practicing gratitude exercises.

JOY (CONT'D)

2) Selectively acknowledging the bigger and shinier things in your life.

JOY (CONT'D)

3) Focusing only on the bad and ignoring the good in your life, complaining habitually.

JOY (CONT'D)

When you wake up every day, are you grateful for anything? It could be the sunrise, your job, your friends/family/pets - anything!

PLAYER
 (LESSON choice 1)
 Yeah! I like to remind myself every
 day of how lucky I am.

JOY
 (LESSON response 1)
 That's great! You're proving that
 even on your worst days being
 grateful can promote positivity.

PLAYER
 (LESSON choice 2)
 I occasionally remember to be
 grateful for the big things in my
 life.

JOY
 (LESSON response 2)
 By choosing to ignore the small
 things, you're missing out on so
 much that make life special.

JOY (CONT'D)
 (LESSON response 2)
 We can't always be on a boat in the
 Bahamas! The small things are just
 as important to a good life.

PLAYER
 (LESSON choice 3)
 Not really. Life is a chore and
 every day kinda sucks.

JOY
 (LESSON response 3)
 By focusing on the bad, you're
 training yourself to ignore what
 makes life worth living!

 JOY (CONT'D)
 Now, let's see if you can find
 something to be thankful for in
 Galdrvoll.

INT. ELVEN CASTLE

Lyndis glares at you for a moment.

Pyrrha taps her feet impatiently.

LYNDIS
Did you kill the king?

PLAYER
Of course not!

SCALANIS
We left the meeting and went to our rooms!

PYRRHA
You should've let Vamir have his fun with them.

LYNDIS
...

PLAYER
What was that about anyway?!

LYNDIS
If I had to guess, he wanted you quickly and publicly executed.

SCALANIS
You can't control him, can you?

SCALANIS (CONT'D)
Not exactly a good look for the next in line to the throne.

Lyndis looks away, trying to maintain composure.

PYRRHA
Quiet! You'll speak when spoken to.

PYRRHA (CONT'D)
Unless you want to go back out and finish that fight.

You and Scalanis share a concerned look.

PYRRHA (CONT'D)
That's what I thought.

LYNDIS
What exactly did you do when you left the negotiations last night?

PLAYER
(FLAVOR choice 1)
I was on my way back and happened to see you talking to Vamir.

PLAYER (CONT'D)
 (FLAVOR choice 2)
 I saw that little argument you had
 with the royal consort.

PLAYER (CONT'D)
 (FLAVOR choice 3)
 Watching Vamir stomp on your heart.

Lyndis looks down, flushed with shame.

PYRRHA
 Wait, what? What happened, Lyn?

LYNDIS
 Nothing. He was just upset.

PYRRHA
 Did you do something?

LYNDIS
 This isn't the time or place,
 Pyrrha.

LYNDIS (CONT'D)
 What about you, general? What did
 you do after the meeting?

SCALANIS
 I went directly to my room.

SCALANIS (CONT'D)
 I spoke with a maid about my
 bedding. Ask her.

LYNDIS
 We've already questioned the staff
 on duty, so we know about that.

LYNDIS (CONT'D)
 The fact remains that you could
 have snuck off afterwards.

SCALANIS
 I did nothing of the sort!

SCALANIS (CONT'D)
 After getting my extra pillow, I
 went straight to sleep.

The door opens. Vamir comes in holding a sheet of paper.

VAMIR
 The physician finished his report.

Lyndis looks it over for a moment.

LYNDIS
This says... No...

LYNDIS (CONT'D)
The king must have died just
minutes after our meeting.

LYNDIS (CONT'D)
You... couldn't have done it...

VAMIR
What? Of course they did it.
They're humans!

LYNDIS
They both have alibis immediately
after our meeting.

VAMIR
They're *lying*, Lyn. That's what
they do.

VAMIR (CONT'D)
Listen to yourself. Have you gone
crazy? You believe *them*?!

LYNDIS
Vamir, %PLAYER_NAME% saw us that
night.

Vamir pauses.

VAMIR
Saw what? Saw you condescend to me?
And that exonerates them of murder?

PYRRHA
Vamir's right, Lyn. You're letting
your emotions get the better of
you.

LYNDIS
I... don't know what to believe.

Lyndis looks at the ground for a moment.

LYNDIS (CONT'D)
I need a walk to clear my head.

Lyndis points at you.

LYNDIS (CONT'D)
And you're coming with me. I still
want to ask you something.

VAMIR
WHAT?

PYRRHA
Lyn, you're being unreasonable!

LYNDIS
I've made my decision. They're to
be presumed innocent for now.

Lyndis quickly leads you out of the interrogation room.

PLAYER
A-are you sure this is okay?

LYNDIS
I need an unbiased perspective.

LYNDIS (CONT'D)
Not as the heir to the throne. Not
as the regent.

LYNDIS (CONT'D)
Just... as Lyndis.

EXT. ELVEN CASTLE ROAD

Lyndis finally slows down after several minutes.

LYNDIS
... I loved him.

LYNDIS (CONT'D)
My father.

LYNDIS (CONT'D)
He wasn't perfect. He left us to
 fend for ourselves when mum died.

LYNDIS (CONT'D)
But he tried to make amends
 afterwards. He tried so hard.

LYNDIS (CONT'D)
I... never told him I'd forgiven
 him.

LYNDIS (CONT'D)
 Pyrrha didn't. But I understood
 what he was going through.

LYNDIS (CONT'D)
 He was just trying to keep going.

LYNDIS (CONT'D)
 But you could tell, the light in
 him went out when mum died.

LYNDIS (CONT'D)
 %PLAYER_NAME%... Do you ever feel
 like everything in life has gone
 wrong?

LYNDIS (CONT'D)
 It... It all feels wrong.

PLAYER
 (CONSEQUENCE choice 1)
 I get what you mean, but there's
 always something to be grateful
 for.

PLAYER (CONT'D)
 (CONSEQUENCE choice 1)
 Sometimes, life can feel terrible.

PLAYER (CONT'D)
 (CONSEQUENCE choice 1)
 But we can't live if we're only
 focusing on the bad things.

PLAYER (CONT'D)
 (CONSEQUENCE choice 1)
 The good things wouldn't be so
 special if everything was always
 perfect anyway.

PLAYER (CONT'D)
 (CONSEQUENCE choice 1)
 Your happy memories with him are a
 reminder of the love you shared.

PLAYER (CONT'D)
 (consequence choice 1)
 And even if he's gone, his memory
 and lessons remain.

Lyndis stops, holding back a tear.

LYNDIS
 Yes. He would have wanted that.

Lyndis laughs sadly.

LYNDIS (CONT'D)
That even sounds like something
he'd say.

PLAYER
(CONSEQUENCE choice 2)
Every once in a while, things work
out though, right?

LYNDIS
(CONSEQUENCE response 2)
Every once in a while..? Is that
all there is in life?

PLAYER
(CONSEQUENCE choice 3)
All the time. Life is hardship.

PLAYER (CONT'D)
(CONSEQUENCE choice 3)
We work and struggle our whole
lives just to die before our time.

LYNDIS
(CONSEQUENCE response 3)
It makes so much sense. It's just a
life of pain.

Lyndis slowly succumbs to despair, refusing all diplomacy and
visitors.

The kingdom descends into anarchy and war eventually breaks
out once again.

You have to maintain a positive attitude for your own health
as well as those around you.

Practicing gratitude allows you to be a positive force for
others when they need you most.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER
(CONSEQUENCE choice 2.1)
I guess that was a bleak way to put
it.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 Bad things happen. That's a sad
 part of life.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 But we have to be able to see
 everything else too.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 The warm sun. The cool breeze. The
 birds chirping.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 A sweet dessert. A funny joke. The
 comfort of a friend. The things we
 love.

LYNDIS
 (CONSEQUENCE response 2.1)
 I suppose it's easy to lose sight
 of things sometimes, isn't it?

PLAYER
 (CONSEQUENCE choice 2.3)
 Pretty much. We work and toil for
 the occasional win. What else is
 there?

LYNDIS
 (CONSEQUENCE response 2.3)
 Nothing but pain...

Lyndis slowly succumbs to despair, refusing all diplomacy and
 visitors.

The kingdom descends into anarchy and war eventually breaks
 out once again.

You have to maintain a positive attitude for your own health
 as well as those around you.

Practicing gratitude allows you to be a positive force for
 others when they need you most.

[GAME OVER]

LYNDIS (CONT'D)
 Thank you, %PLAYER_NAME%.

LYNDIS (CONT'D)
I believe I understand a bit why
you became a diplomat.

LYNDIS (CONT'D)
You have quite the healthy
perspective on life.

The two of you keep walking for a moment.

LYNDIS (CONT'D)
Can I ask you about Vamir..?

You've narrowly avoided being imprisoned for life.

And you've managed to help Lyndis through a difficult
emotional moment.

However, it seems like the discussion is about to get much
more uncomfortable from here...

CHAPTER SIX

INT. SPACE BETWEEN WORLDS

JOY

Sleep hygiene is about your sleep schedule and the important details that surround it.

JOY (CONT'D)

Good sleep hygiene promotes a healthy physical and mental state of mind.

JOY (CONT'D)

It even helps keep us a little less grumpy throughout the day!

JOY (CONT'D)

Sleep hygiene can be achieved by:

1) Maintaining a healthy and consistent sleep schedule.

JOY (CONT'D)

2) Turning off all phones and electronic devices before bed.

JOY (CONT'D)

3) Exercising regularly - more sweat for more sleep!

JOY (CONT'D)

You can react to your body's need for sleep hygiene by:
1) Committing to a healthy and consistent sleep cycle.

JOY (CONT'D)

2) Tucking yourself into bed early one week and living on espresso shots the next.

JOY (CONT'D)

3) Sleeping a couple of hours a night. If you get around to it.

JOY (CONT'D)

What would you do if you had an important meeting in the morning?

PLAYER
(LESSON choice 1)
I want to feel ready and energised.
Lights off, sleep on!

JOY
(LESSON response 1)
Great choice! Don't underestimate
the importance of sleep for your
mind and body.

JOY (CONT'D)
(LESSON response 1)
It helps you maintain a structured
and healthy lifestyle.

PLAYER
(LESSON choice 2)
I have to prepare for it! I'll just
sleep later.

PLAYER (CONT'D)
(LESSON choice 2)
If I don't get much sleep tonight,
I'll sleep super early tomorrow.

JOY
(LESSON response 2)
With this choice, you are
prioritising work over sleep.

JOY (CONT'D)
(LESSON response 2)
If it's not absolutely urgent - it
can surely wait.

JOY (CONT'D)
(LESSON response 2)
You might surprise yourself with
how productive you can be after a
good night's sleep.

PLAYER
(LESSON choice 3)
I'll just stay up all night, that
way I can't miss the meeting!

JOY
(LESSON response 3)
It may be tempting to try to get
the most out of your night...

JOY (CONT'D)
 (LESSON response 3)
 But are the consequences of a
 sleepless night worth it? Almost
 never.

JOY (CONT'D)
 24 hours a day really feels like so
 little time... and so much to do.

JOY (CONT'D)
 So, is sleep really all that
 important when there is so much to
 get done?

JOY (CONT'D)
 Of course! In fact, without
 sufficient sleep - you probably
 won't get much done anyway!

JOY (CONT'D)
 But, don't doze off just yet - we
 have another exciting chapter to
 get to!

JOY (CONT'D)
 Lyndis just started opening up to
 you. Maybe peace isn't such a long
 shot after all?

EXT. ELVEN CASTLE ROAD

PLAYER
 You... wanted to ask about Vamir?

Lyndis sighs.

LYNDIS
 Things felt like they used to be
 better. Before he got into politics
 and war.

PLAYER
 (FLAVOR choice 1)
 He seems pretty cruel.

PLAYER (CONT'D)
 (FLAVOR choice 2)
 He never used to try to control you
 before?

PLAYER (CONT'D)
(FLAVOR choice 3)
You gotta wake up. He's trouble.

LYNDIS
He was always so sweet...

PLAYER
So he's never slammed the door in
your face when you didn't say what
he wanted?

LYNDIS
...

LYNDIS (CONT'D)
Maybe once or-- I don't know...

PLAYER
Yes you do.

LYNDIS
Maybe I'm just looking at him the
way I always saw him; not how he
actually was.

LYNDIS (CONT'D)
He was strong, proud, confident. He
was my hero for years. I wanted to
be just like him.

PLAYER
Just like him?

Lyndis pauses.

LYNDIS
Not completely. He was rude to
people sometimes. Standoffish.

PLAYER
Did he hurt people?

LYNDIS
I... think he was just so focused
on being right that--

PLAYER
That he didn't care if anyone else
got hurt?

LYNDIS
...

PLAYER

And you just didn't want to upset him, so you never brought it up.

Lyndis takes a breath.

LYNDIS

That... sounds about right.

LYNDIS (CONT'D)

Gods, how long has this been going on?

LYNDIS (CONT'D)

I've just been so busy for years now. There's always so much to do.

LYNDIS (CONT'D)

I just kept thinking... "when it slows down. I'll talk to him."

LYNDIS (CONT'D)

I let it get too far. Pyrrha looks up to him now too.

LYNDIS (CONT'D)

She may take his extremism to heart if I don't say something.

PLAYER

I thought you didn't like humans either?

LYNDIS

I'm... I'm sorry for what I've said. Most of the people I've ever known hate humans.

LYNDIS (CONT'D)

All I've ever known of humans was the raid that killed my mother.

LYNDIS (CONT'D)

But you're just like us, aren't you?

PLAYER

There are bad people in the world.

PLAYER (CONT'D)

But most of us are just trying to live our lives.

PLAYER (CONT'D)

Most of us just want to be safe and happy.

LYNDIS

I suppose if we gave everyone a chance, maybe we wouldn't fear each other so much.

PLAYER

That's what I think anyway.

You round the bend and are in sight of the castle again.

LYNDIS

Thank you, %PLAYER_NAME%. I think I know what I'd like to do now.

PLAYER

What's that?

LYNDIS

Hold a feast. In honor of my father. To let some our people get to know you.

LYNDIS (CONT'D)

And after that? Hopefully, our investigation turns up the real killer.

After you return, Lyndis summons for Scalanis and has you both brought to the great hall.

Tables are lined with delicious-looking food.

SCALANIS

Well I'll be. You must have said something right.

PLAYER

Look, even Vamir's here.

VAMIR

If a bit irritated to see you here.

VAMIR (CONT'D)

Our king deserves to be celebrated.

VAMIR (CONT'D)

He was weak, but he wanted what was best for the elves in his own way.

LYNDIS
I asked Pyrrha to come, but I
haven't seen her.

SCALANIS
Perhaps she's still mourning.

LYNDIS
Well, let's begin.

[AN HOUR LATER]

As you sip on a delicious drink with flavors you've never
heard of, Lyndis approaches you.

SCALANIS
That was a beautiful eulogy. Your
father would be proud.

LYNDIS
Thank you. How's the food?

PLAYER
It's so different from what I'm
used to!

LYNDIS
May I join you for a drink?

PLAYER
Please!

SCALANIS
%PLAYER_NAME%, remember to have
restraint.

SCALANIS (CONT'D)
We'll be reconvening tomorrow to
finish negotiations. We'll need our
rest.

PLAYER
(CONSEQUENCE choice 1)
That's a good idea. I'll just have
the one. It's already fairly late.

LYNDIS
(CONSEQUENCE response 1)
That's probably for the best. It's
been a long day.

PLAYER
 (CONSEQUENCE choice 2)
 What's one night? We deserve to
 relax tonight.

SCALANIS
 (CONSEQUENCE response 2)
 Perhaps, but this is too important
 to ruin because of a night of
 partying.

PLAYER
 (CONSEQUENCE choice 3)
 I'll sleep when I've passed out!
 Cheers!

Some hours later at the party, you can feel your heart
 struggling to keep up. Your breathing is labored.

What's happening? Something's... wrong.

You cough up blood. Are you...

Dying?

[GAME OVER]

 [If the player picks CONSEQUENCE choice 2]

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 Yes, you're right of course. I'll
 keep it short.

LYNDIS
 Such is the life of responsibility,
 I'm afraid!

PLAYER
 (CONSEQUENCE choice 2.3)
 Oh you stick in the mud, it'll be
 fine! Let's go wild!

Some hours later at the party, you can feel your heart
 struggling to keep up. Your breathing is labored.

What's happening? Something's... wrong.

You cough up blood. Are you...

Dying?

[GAME OVER]

LYNDIS

Cheers!

You wash down a drink and share a few laughs before finding your way to your room.

On the way, you start to feel a little weak.

PLAYER

Oof, I think I just need to lay
down... for... a bit...

You collapse, barely making it to your bed in time.

Something's not right. You don't feel so good...

What's this mysterious sickness suddenly plaguing you?

Hopefully, it doesn't stand in the way of the peace negotiations!

CHAPTER SEVEN

JOY

Worthiness is a belief that is developed within ourselves.

JOY (CONT'D)

A belief that defines ourselves - both internally *and* externally.

JOY (CONT'D)

Self-worth is believing in our own value as an individual.

JOY (CONT'D)

It is essential in strengthening our identity and sense of self.

JOY (CONT'D)

Worthiness can be:
1) Defining yourself with positivity.

JOY (CONT'D)

2) Embracing all of your qualities - for better or worse.

JOY (CONT'D)

3) And actively setting boundaries for people who undermine your self-worth.

JOY (CONT'D)

We can react to this need by:

1) Welcoming our strengths and our weaknesses with an open mind.

JOY (CONT'D)

2) Appreciating only the good things about ourselves.

JOY (CONT'D)

3) Doubting ourselves and our experiences.

JOY (CONT'D)

Tell me, can you list five strengths and weaknesses about yourself?

PLAYER

(LESSON choice 1)

Easily! I like to think I've got a solid idea of myself - good and bad!

JOY

(LESSON response 1)

That's the spirit! Worthiness isn't just limited to a couple of positive attributes

JOY (CONT'D)

It's a larger construct made up of all of you. All the good, all the bad.

PLAYER

(LESSON choice 2)

Well, I could tell you what I like about myself at least.

JOY

(LESSON response 2)

Recognising your strengths is important. But it's only half the battle.

JOY (CONT'D)

(LESSON response 2)

You are the sum of your parts. Not just the things you like.

JOY (CONT'D)

(LESSON response 2)

And the first step to growing is acknowledging what needs growth!

PLAYER

(LESSON choice 3)

Strengths? I'm pretty sure I'm nothing but flaws.

JOY

(LESSON response 3)

Uh oh. It looks like your self-esteem isn't where it needs to be.

JOY (CONT'D)

(LESSON response 3)

Maybe you're surrounded by people who aren't as supportive as they could be?

JOY (CONT'D)

(LESSON response 3)

Maybe you just haven't taken the time to appreciate who you are?

JOY (CONT'D)
 (LESSON response 3)
 In the meantime, start by finding a couple of things you love about yourself?

JOY (CONT'D)
 (LESSON response 3)
 Then just keep working your way up until you have a more well-rounded perspective.

JOY (CONT'D)
 (LESSON response 3)
 Until you can see yourself for who you really are. Strengths and weaknesses included.

JOY (CONT'D)
 Worthiness acknowledges that - surprise, surprise - nobody is perfect.

JOY (CONT'D)
 Rather, worthiness helps us accept and appreciate the best and worst aspects of ourselves.

JOY (CONT'D)
 So, are you feeling worthy of this next chapter? Let's get to it!

INT. ELVEN CASTLE

Your eyes open in a well-lit room.

You have a splitting headache.

SCALANIS
 %PLAYER_NAME%, you're awake!

PLAYER
 Uuuuugh... what happened?

LYNDIS
 Well, either you had the worst case of indigestion ever...

You cough. Everything hurts.

LYNDIS (CONT'D)
Or you were poisoned.

PLAYER
Poisoned? But--

LYNDIS
I think someone's trying to
sabotage these negotiations.

PLAYER
Well, they sabotaged something,
that's for sure.

SCALANIS
The physician said if you'd tried
to stay awake any longer, you would
have died.

PLAYER
That's closer than I'd like to
think about...

SCALANIS
Our royal friend was worried sick
about you.

LYNDIS
I don't think I'd be able to
forgive myself...

LYNDIS (CONT'D)
If you had died right under my nose
like that.

PLAYER
I wouldn't have been thrilled about
dying.

You try to laugh, but cough instead.

SCALANIS
Take it easy. One of your lungs was
collapsed.

There's an uneasy moment of silence as you shift to get up.

LYNDIS
Hey, %PLAYER_NAME%...

LYNDIS (CONT'D)
How did you feel when you first
came here?

LYNDIS (CONT'D)
Like the weight of the world was
suddenly on your shoulders?

PLAYER
Well...

LYNDIS
We didn't ask to shoulder so much
burden, did we?

LYNDIS (CONT'D)
The fate of two entire
civilisations weighing us down.

LYNDIS (CONT'D)
I didn't do anything to deserve
this responsibility...

LYNDIS (CONT'D)
Am I worthy of representing the
whole of elvenkind?

LYNDIS (CONT'D)
Is *anyone* worthy of representing
their whole species?

PLAYER
(CONSEQUENCE choice 1)
All we can do is try to rise to the
task. We're as worthy as we make
ourselves.

PLAYER (CONT'D)
(CONSEQUENCE choice 1)
And our worth is in who we are as
people; not just our fancy titles
or roles.

PLAYER (CONT'D)
(CONSEQUENCE choice 1)
You'll be a great queen if you know
who you are and always try to be
learning and growing.

LYNDIS
(CONSEQUENCE response 1)
You know... You really do sound
like my father sometimes.

PLAYER
(CONSEQUENCE choice 2)
Of course! the strongest of us are
worthy of ruling.

LYNDIS
 (CONSEQUENCE response 2)
 Just the strongest? I don't feel
 all that strong.

PLAYER
 (CONSEQUENCE choice 3)
 I know I'm not worthy at least.

PLAYER (CONT'D)
 (CONSEQUENCE choice 3)
 I'm so bad at diplomacy, I almost
 got killed twice in two days.

LYNDIS
 (CONSEQUENCE response 3)
 We really have no idea what we're
 doing, do we?

LYNDIS (CONT'D)
 (CONSEQUENCE response 3)
 I think I should give up the
 throne. I'm just not cut out for
 it.

With Lyndis's decision made, you've lost control over the
 peace negotiations.

It's important to be confident in ourselves. To take pride in
 who we are. Good or bad.

[GAME OVER]

[If the player picked CONSEQUENCE choice 2]

PLAYER
 (CONSEQUENCE choice 2.1)
 "Strong" was the wrong word.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 What I mean is that people with
 strongest grasp on themselves
 should lead.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 People who know themselves inside
 and out. Who know what they excel
 at...

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 And people who aren't afraid to be
 imperfect or to keep growing.

PLAYER (CONT'D)
 (CONSEQUENCE choice 2.1)
 After all, we never really stop
 growing, do we?

LYNDIS
 (CONSEQUENCE response 2.1)
 I had never thought of strength
 that way before...

LYNDIS (CONT'D)
 (CONSEQUENCE response 2.1)
 That does make me feel better,
 thank you.

PLAYER
 (CONSEQUENCE choice 2.3)
 Frankly, Vamir has a point. If
 we're not strong, how can we lead
 anyone?

LYNDIS
 (CONSEQUENCE response 2.3)
 I... thought I had a better
 understanding of leadership.

LYNDIS (CONT'D)
 (CONSEQUENCE response 2.3)
 If Vamir is right... perhaps he
should lead the elves...

Oops! You uh... accidentally convinced Lyndis to give power
 to Vamir.

And even if you helped him get power, he probably still won't
 want peace with humans...

[GAME OVER]

LYNDIS (CONT'D)
 Then we should commit here and now
 to being the best people we can be.

LYNDIS (CONT'D)
 To do right by our people. No
 matter what.

LYNDIS (CONT'D)
To move forward.

PLAYER
That sounds good to me.

PLAYER (CONT'D)
Well, I won't be moving much right
this second, but I get the idea.

Vamir walks in, irritation written on his face.

VAMIR
You're *still* here?

VAMIR (CONT'D)
You're doting on this wounded puppy
entirely too much.

LYNDIS
He almost died, Vamir!

VAMIR
So? He's a human. In 48 hours,
you've bought into their filth.

VAMIR (CONT'D)
You're becoming your father.

VAMIR (CONT'D)
Weak.

LYNDIS
Leave. Now.

VAMIR
I will do no--

LYNDIS
Or I will have you *thrown* out.

Vamir starts to protest, but glares around the room instead.

Vamir turns on his heel and walks out.

Lyndis takes a deep breath.

LYNDIS (CONT'D)
I didn't want to think it. But...

LYNDIS (CONT'D)
Guard. Accompany me to Vamir's
quarters. I need to check
something.

Lyndis leaves with a guard in tow.

SCALANIS

Not to put my nose where it doesn't belong, but that relationship doesn't seem healthy.

PLAYER

(FLAVOR choice 1)

We talked about it on our walk.
It's been a problem for years.

PLAYER (CONT'D)

(FLAVOR choice 2)

You could say that. Sounds like Vamir's been a monster all along.

PLAYER (CONT'D)

(FLAVOR choice 3)

About as healthy as I am after being poisoned.

Scalanis sighs.

SCALANIS

I was afraid of that. I hope she can get away from him.

PLAYER

What do you think of Vamir?

SCALANIS

My late wife was like him.

SCALANIS (CONT'D)

Controlling. Manipulative.
Demanding. Paranoid... Violent.

SCALANIS (CONT'D)

I'd always thought it was my fault.
For not being understanding enough.

SCALANIS (CONT'D)

For not loving her enough. For not anticipating her needs.

Scalanis shakes his head.

SCALANIS (CONT'D)

The reality is that those kinds of people can't be pleased.

SCALANIS (CONT'D)
Nothing is ever enough. They want
more from you until you have
nothing left to give.

SCALANIS (CONT'D)
They're parasites.

PLAYER
I'm sorry you went through that. It
sounds awful.

SCALANIS
Such is life sometimes. I only have
one regret though.

PLAYER
What is it?

SCALANIS
That I waited. That I kept giving
her the benefit of the doubt.

SCALANIS (CONT'D)
She undermined who I was - who I
am. And I didn't fight back for so
long...

Scalanis looks tired for the first time since you met him.

SCALANIS (CONT'D)
Never let anyone tell you that you
don't deserve to be happy.

SCALANIS (CONT'D)
And if someone takes and takes and
never adds to your life...

SCALANIS (CONT'D)
You have the right to push them out
of your life.

Scalanis has given you a lot to think about.

The peace summit will be ending soon.

But before that, you suspect you'll bear witness to one more
confrontation between Lyndis and Vamir.

CHAPTER EIGHT

INT. SPACE BETWEEN WORLDS

[NOTE: I couldn't find supporting articles or documentation using the phrase "physical detection." Several health/medical articles used the phrase "Mind-body connection" to describe this phenomenon. @Silja, Is there more reading that you know of I can look at? Alternatively, should we phrase this in a more common way?]

JOY

Physical detection tackles the relationship between our mind and body.

JOY (CONT'D)

Physical detection helps us understand the connection between physical symptoms and internal sensations.

JOY (CONT'D)

That's right, physical and mental health go hand-in-hand! When one hurts the other usually does too.

JOY (CONT'D)

Fascinating, isn't it?

JOY (CONT'D)

Physical detection is when when:

1) We realise that some physical symptoms are linked to mental states like sweaty palms when we're nervous.

JOY (CONT'D)

2) We recognise that our mental well-being can be influenced by our physical well-being - see chronic pain.

JOY (CONT'D)

3) We are conscious of our physical and mental environment and perceive them as connected.

JOY (CONT'D)

Our response to physical detection can be:
1) Respecting - and responding to - both internal and physical distress

JOY (CONT'D)

2) Understanding our mind-body connection but, just treating the symptoms instead of underlying problems.

JOY (CONT'D)

3) Refusing to treat your physical and mental health as being linked together at all.

JOY (CONT'D)

What would you do if you suddenly started having severe fatigue every day?

PLAYER

(LESSON choice 1)

Talk to a doctor, reflect on my workload, and re-examine my sleep schedule.

PLAYER (CONT'D)

(LESSON choice 1)

I'm not sure which one is the problem, but I'll check everything!

JOY

(LESSON response 1)

Well done! With this choice, you're proactively responding to your body's reaction to stress!

PLAYER

(LESSON choice 2)

I know I'm stressed, but I'll take a nap, then drink an energy drink. It'll be fine.

JOY

(LESSON response 2)

You acknowledged that your symptoms are linked to your stress...

JOY (CONT'D)

(LESSON response 2)

But instead of addressing the stress, you just aid the symptoms.

JOY (CONT'D)

(LESSON response 2)

If we don't treat the underlying problem, those symptoms will never go away!

PLAYER
 (LESSON choice 3)
 Well, the doctor said I wasn't
 sick, so... nothing?

JOY
 (LESSON response 3)
 You aren't considering that your
 problems may be caused by your
 mental state.

JOY (CONT'D)
 (LESSON response 3)
 Stress, anxiety, depression,
 loneliness, burnout...

JOY (CONT'D)
 (LESSON response 3)
 Any number of psychological
 problems can cause fatigue.

JOY (CONT'D)
 (LESSON response 3)
 Try to keep an open mind about how
 your body impacts your mind and
 vice versa.

 JOY (CONT'D)
 By appreciating the importance of
 the mental and physical loop of
 life...

JOY (CONT'D)
 You're already one giant step
 toward being a healthy, well-
 rounded person!

JOY (CONT'D)
 It's time to bring this story to a
 close with the final chapter!

INT. ELVEN CASTLE

After several tests, the physician determines that the poison
 has fully left your body.

You and Scalanis start making your way back to your rooms.

SCALANIS
 How are you feeling now that you're
 up and about?

PLAYER
A little less like death, thanks.

SCALANIS
Are you ready to finish these talks
and get home?

PLAYER
(FLAVOR choice 1)
You have no idea.

PLAYER (CONT'D)
(FLAVOR choice 2)
Yes, but I'll miss Lyndis. I think
we were becoming friends.

PLAYER (CONT'D)
(FLAVOR choice 3)
I'd almost like to stay. The elven
people are so interesting!

SCALANIS
I understand.

SCALANIS (CONT'D)
I'm just excited not to look over
my shoulder every five minutes.

SCALANIS (CONT'D)
I may be a soldier, but I don't
relish the idea of people hating
me.

As you approach the hall with your rooms, you hear shouting.
You rush ahead.

Vamir, Lyndis, Pyrrha, and two guards are all outside Vamir's
room.

VAMIR
I have absolutely no idea what
you're talking about!

LYNDIS
Don't lie! We just found *this* in
your bedchambers!

Lyndis holds out a book.

PYRRHA
I--

VAMIR
You rifled through my things- my
room?

Vamir takes it. It's a book of poisons with several pages
flagged.

LYNDIS
One of the pages marked has the
exact poison used on the king *and*
%PLAYER_NAME%!

PYRRHA
He's--

LYNDIS
It's even full of handwritten notes
about the process.

VAMIR
I wouldn't sully my hands with
poison. It's a dirty tactic for
cowards.

Vamir looks closer at the dusty pages.

VAMIR (CONT'D)
Besides, this isn't even my
handwriting!

LYNDIS
Unbelievable.

LYNDIS (CONT'D)
Guards! Take him--

PYRRHA
STOP!

The shout stops all movement. Everyone looks startled.

PYRRHA (CONT'D)
They're mine.

LYNDIS
What..?

PYRRHA
The notes. I wrote them...

PYRRHA (CONT'D)
Vamir didn't do it.

VAMIR

Pyrrha..?

LYNDIS

What are you saying..?

PYRRHA

I wanted you to be queen. The elves need to be united in strength.

PYRRHA (CONT'D)

Vamir was right. And he was right about the humans.

PYRRHA (CONT'D)

You're too soft on them. They're just going to bring trouble.

LYNDIS

...

LYNDIS (CONT'D)

You... killed him?

LYNDIS (CONT'D)

You killed *dad*?

Pyrrha chokes up, but steels her gaze.

PYRRHA

He was no father to us. I did what had to be done.

PYRRHA (CONT'D)

I wanted to be strong like Vamir.

VAMIR

Not what I would have done, but I certainly applaud your--

Lyndis points at Vamir.

LYNDIS

DON'T YOU DARE. Not. Another. Word.

LYNDIS (CONT'D)

Pyrrha... how could you..?

PYRRHA

He didn't love us, Lyn. He just wanted to bow to the humans.

PYRRHA (CONT'D)

The same humans who killed our mum!

Lyndis holds back tears.

LYNDIS
You killed him for that? Because he
wasn't the perfect father?

LYNDIS (CONT'D)
Because he wanted an end to the
bloodshed?

PYRRHA
BECAUSE HE WOULDN'T AVENGE MUM!

The hall is silent.

PYRRHA (CONT'D)
Because... he broke. And he wasn't
there... to keep us from
breaking...

LYNDIS
Pyrrha... Revenge didn't help me
when I couldn't sleep.

LYNDIS (CONT'D)
Revenge didn't make me laugh when I
spent all day crying.

LYNDIS (CONT'D)
Revenge didn't show me compassion
when I couldn't love myself...

LYNDIS (CONT'D)
You did.

PYRRHA
Why can't you see I did this *for*
you?

LYNDIS
You did this for you. And for
Vamir. You destroyed everything...

LYNDIS (CONT'D)
Just because you couldn't let go of
your hatred for dad...

PYRRHA
Lyn, I--

Lyndis pulls Pyrrha into a deep hug.

LYNDIS
 No. For the murder of King Terael,
 you will spend the rest of your
 days in a cell.

Pyrrha starts crying. Lyndis lets go of her.

PYRRHA
 Lyn, no, please. I just wanted you
 to be happy.

The guard walks Pyrrha out of the hallway.

PYRRHA (CONT'D)
 LYN! PLEASE!

Lyndis looks away, tears streaming down her face.

LYNDIS
 (to herself)
 I'm... sorry...

**[Note: Any way we can make the text smaller for this line to
 indicate it's a whisper?]**

Lyndis takes a deep breath.

VAMIR
 Well, I don't think any of us
 expected that.

LYNDIS
 Vamir, while you may not be guilty,
 you are the sickness that infected
 my sister.

VAMIR
 I beg your par--

LYNDIS
 For that, you are hereby banished
 from Galdrvoll.

LYNDIS (CONT'D)
 You are never to return. You've
 done too much damage to stay.

LYNDIS (CONT'D)
 Guard, see him out of the castle.

The guard pushes Vamir forward through the hall.

[A FEW DAYS LATER]

LYNDIS (CONT'D)
And with that, the peace treaty is
official.

Lyndis reaches her hand forward.

You shake it, smiling broadly.

SCALANIS
Well done. The two of you have
prevented a grim future indeed.

SCALANIS (CONT'D)
History will smile kindly on this
day and on you both.

LYNDIS
Let's hope so. But I think that's
enough emotional turmoil for me for
a while.

PLAYER
And I've had one too many near-
death experiences lately.

SCALANIS
On that note, I think you may have
earned yourself a nice break, yes?

SCALANIS (CONT'D)
You look a little under the weather
still.

PLAYER
(CONSEQUENCE choice 1)
That's probably for the best. I
don't want stress to ruin my body.

SCALANIS
(CONSEQUENCE response 1)
Yes. Let's get you back home, shall
we?

PLAYER
(CONSEQUENCE choice 2)
I might be a bit sick. I'll take
something for my headache and then
get back to work.

SCALANIS
(CONSEQUENCE response 2)
Are you sure that's wise?

PLAYER
 (CONSEQUENCE choice 3)
 There's too much to do. It's just a
 little exhaustion.

SCALANIS
 (CONSEQUENCE response 3)
 If you don't stop to treat your
 mind, your body will decay.

As predicted, you kept going too much and passed out.

[NOTE: The mission is a success at this point. Should we consider allowing the game to be a bit cheeky and telling you if you picked the wrong answer, but instead of giving you a game over, it just chastises you a bit for it?]

 [If the player picked CONSEQUENCE choice 2]

PLAYER
 (CONSEQUENCE choice 2.1)
 No... I do feel sick. I should take
 a few days off.

SCALANIS
 (CONSEQUENCE response 2.1)
 Good choice. Let's get you home.

PLAYER
 (CONSEQUENCE choice 2.3)
 Yes! I can't rest until I've
 achieved all my missions!

As predicted, you kept going too much and passed out.

 With Galdrvoll behind your carriage, you reflect on the
 lessons you learned watching the elves.

You reflect on your own life. Your own relationships.

Most of all, you reflect on yourself and the good you've done
 here.

You smile as The Dial starts beeping.

Scalanis looks at you with a puzzled expression.

You shrug and wave as you press The Dial's center button.

You phase in and out of reality, pulled back to The Space
Between Worlds.