



board with sex

Ride-along Guide
for Relational
Cohesion in "Fog
of Love"



DEEPENING YOUR CONNECTION

SETTING THE STAGE FOR RELATIONAL COHESION WHILE ENGAGING IN THE "FOG OF LOVE" GAME

RIDE-ALONG
GUIDE
FOR "FOG OF
LOVE"

WHY GAMING?

Board games have long been enjoyed as a form of entertainment, but they can also be used as a powerful tool for personal growth and self-exploration, particularly in the context of psychotherapy. The use of board games within the therapeutic setting allows individuals to tap into their playful and creative sides, leading to increased emotional expression and exploration. Additionally, board games can provide a structured and safe environment for individuals to engage in interpersonal interactions, promoting the development of communication and problem-solving skills. Moreover, in the context of relationships, the importance of playfulness and novelty cannot be overstated. As relationships evolve and develop, it can be easy to fall into a routine and lose sight of the fun and playful aspects that initially brought individuals together. Board games provide an opportunity for couples to engage in novel and engaging activities together, promoting shared experiences and a sense of connection.

In this way, board games can be effectively used both in and out of therapy sessions to promote growth and development within relationships. Whether used as a tool for introspection and personal growth or as a way to promote playful and novel experiences within a relationship, board games offer a unique and valuable way to enhance the therapeutic process and strengthen relationships.

FOG OF LOVE | AN OVERVIEW

Fog of Love is a unique and innovative board game developed by Floodgate Games that focuses on the ups and downs of romantic relationships. The game is designed for two players and allows individuals to create and control their own characters as they navigate the twists and turns of a romantic relationship.

The game is broken up into multiple vignettes, or episodes, each of which is designed to take approximately 45 minutes to play through. During each episode, players will encounter various challenges and decisions that will impact the trajectory of their relationship. These challenges range from simple communication breakdowns to major life-changing decisions, and each one is designed to test the players' ability to work together and navigate the ups and downs of a romantic relationship.

What sets Fog of Love apart from other board games is its unique focus on character development and storytelling. The game is designed to be highly immersive, with players taking on the roles of their own unique characters and making decisions that will shape their personalities and relationships over time.

SETTING UP THE ENVIRONMENT FOR PLAY

Overall, Fog of Love can be a fun and unique way to support intimacy formation within a relationship. Encourage partners to be open and honest with each other, and to use the experience as an opportunity to learn and grow together. The following can be a delicious way to set the stage for the relationship to thrive in this experience:

- 1. Schedule a date and time:** First, schedule a date and time for the game night. Make sure both partners are available and free of other distractions during the game. Choose a time when partners are likely to be open to the experience.
- 2. Set the mood:** To allow each other to be mentally and emotionally in-tune with the game, it is important to set the mood. This can include dimming the lights, lighting candles, or playing soft music.
- 3. Read the instructions:** Before starting the game, it is important to read and understand the instructions. Make sure both partners are on the same page with the rules and gameplay.
- 4. Create characters:** Each partner should create their own character, which can include choosing a backstory, personality traits, and career. Encourage partners to create characters that are different from their own personalities and explore different traits and behaviors.
- 5. Make choices:** The game involves making choices that can affect the outcome of the game. Encourage partners to make choices based on their character's personality and backstory.
- 6. Reflect and communicate:** After the game is over, take some time to reflect and communicate about the experience. Discuss what was learned about each other and how the game impacted the relationship. Use the reflection and conversation questions provided below in this conversation to help guide the discussion.



DEEPENING YOUR CONNECTION

COMING TOGETHER AFTER THE GAMING EXPERIENCE

THE IMPORTANCE OF COMING TOGETHER

Communication and connection are essential components of any healthy relationship, and board games offer a unique and powerful way to practice and develop these skills. By engaging in a shared activity like board gaming, individuals are given the opportunity to communicate and interact with one another in a structured and safe environment. Furthermore, completing the experience by debriefing together on what took place can help to deepen the connections formed during the game. This process allows all players to externalize their experience and share their thoughts and feelings with one another. While this can initially feel awkward or uncomfortable, it is a normal and universal experience that can lead to greater connection and intimacy.

By practicing communication and connection through board gaming, individuals are able to develop the skills and confidence needed to effectively navigate challenging conversations and situations within their relationships. This can help to build trust, foster understanding, and deepen the emotional bonds between individuals.

In conclusion, board gaming offers a powerful way to practice communication and connection within relationships. By completing the experience through debriefing and externalizing thoughts and feelings, individuals can deepen the connections formed during the game and develop the skills needed to effectively navigate challenging situations in their relationships. Through this process, individuals can foster greater connection and intimacy, leading to stronger and healthier relationships.

QUESTIONS FOR POST-PLAY DEBRIEF

It is imperative to come together after the completion of game play with your partner and give the relationship a chance to externalize and for individuals to promote self-disclosure and vulnerability. When asking debrief questions after playing Fog of Love, it is important to approach the conversation in a way that is respectful and non-judgmental. Here are some guiding thoughts to help ensure that the conversation is productive and positive:

1. Be curious, not critical. Approach the conversation with a sense of openness and a desire to learn more.
2. Be aware of your tone and body language.
3. Use "I" statements instead of "you" statements. This helps to avoid placing blame.
4. Be mindful of your partner's feelings. Pay attention to their body language and verbal cues, and be willing to take a break or change the subject if things start to feel tense.
5. Take responsibility for your own feelings. If something your partner says or does during the conversation triggers a strong emotional response, take a step back and reflect on why you are feeling that way. Try to communicate your feelings in a non-blaming way.

Questions to pose to the self or each other after game play:

1. What surprised you the most during this episode of Fog of Love?
2. How did your character's actions and decisions reflect your own personal values and beliefs?
3. What aspects of your relationship were highlighted during this episode, and how did they impact the story?
4. What challenges did you encounter during this episode, and how did you work together to overcome them?
5. What emotions did you experience while playing this episode, and how did they impact your decision-making?
6. What insights did you gain about your partner through their character's actions and decisions during this episode?
7. How did your character's goals and desires align or conflict with your partner's during this episode?
8. What aspects of the game mechanics or rules impacted your experience of the episode?
9. How might the events of this episode impact the trajectory of your characters' relationship in future episodes?
10. What did you learn about yourself or your relationship through playing this episode of Fog of Love?



ABOUT THE 'BOARD WITH SEX' PROJECT

LEARNING MORE ABOUT THE WORK OF PSYCHOTHERAPY IN RELATIONSHIPS

BOARD WITH SEX

The 'Board with Sex' project is a novel initiative aimed at exploring the therapeutic potential of board games for promoting sexual health and wellness. Led by psychotherapist and gaming enthusiast Joshua Littleton, the project seeks to bridge the gap between gaming and sexual health by creating a series of custom-designed board games that are specifically tailored to promote self-exploration, intimacy, and communication around issues of sexuality.

Through a combination of research, collaboration with other experts in the field, and extensive playtesting with a diverse range of individuals and couples, the 'Board with Sex' project aims to develop a series of innovative, engaging, and effective board games that can be used both in and out of therapy sessions to promote sexual health and wellness. Key themes that the project explores include sexual communication, boundaries, consent, desire, and pleasure, with an emphasis on promoting healthy and positive attitudes towards sexuality.

Ultimately, the 'Board with Sex' project represents an exciting new frontier in the field of sexual health and wellness, offering a unique and innovative approach to promoting greater self-awareness, relational cohesion, and sexual fulfillment for individuals and couples alike.

ABOUT THE PSYCHOTHERAPIST

Joshua Littleton is a licensed psychotherapist, researcher, and avid gamer based in Tampa, Florida. With over a decade of experience in the mental health field, Joshua is passionate about exploring the intersection between gaming and therapy to promote greater self-exploration and improved relational cohesion and intimacy within relationships.

Joshua's interest in the therapeutic potential of gaming began early in his career, when he noticed the profound impact that playfulness and novelty could have on his clients' emotional states and ability to engage in therapy. He began experimenting with integrating games and other playful activities into his sessions, and soon discovered that they could be powerful tools for promoting growth, insight, and connection.

Today, Joshua is recognized as a leading expert in the field of gaming and therapy, and has published numerous articles and research papers on the topic. He is also a sought-after speaker and presenter, and has presented at conferences and events around the world on the therapeutic potential of gaming and the importance of play in promoting emotional wellness.

In addition to his work in the mental health field, Joshua is also an avid gamer and collector of board games, card games, and video games. He believes that games have the power to bring people together, foster meaningful connections, and provide a safe and supportive space for self-exploration and growth.

Through his innovative work in bridging therapy and gaming together, Joshua is helping to transform the field of mental health and promote greater emotional wellness and relational cohesion for individuals, couples, and families alike.

DISCLAIMER

It is important to note that the board game Fog of Love was not specifically designed for therapeutic purposes, and any use of the game for therapeutic purposes should be done with caution and under the guidance of a licensed therapist. The creators of Fog of Love have not endorsed or recommended the use of their game for therapeutic purposes.

We would like to give our utmost respect and gratitude to the developers of Fog of Love for creating such a thought-provoking and engaging game that explores the complexities of romantic relationships. As therapists, we have found that the game can be a valuable tool in helping clients to explore their own relationships and gain insight into the dynamics at play. However, it is important to note that the game is designed for entertainment purposes, and any therapeutic benefits that may arise from playing the game should be considered a secondary effect. Therapists should use their professional judgment when incorporating the game into therapy sessions and should take care to ensure that the game is being used in a safe and ethical manner.

In summary, while Fog of Love can be a useful tool in therapy sessions, it should be used with caution and always under the guidance of a licensed therapist. We give our respect and thanks to the developers of the game for creating such a unique and thought-provoking experience.