



**board with sex**

Ride-along Guide  
for Relational  
Cohesion in  
"Consentacle"



# DEEPENING YOUR CONNECTION

SETTING THE STAGE FOR RELATIONAL COHESION WHILE ENGAGING IN THE "CONSENTACLE" GAME

RIDE-ALONG  
GUIDE  
FOR  
"CONSENTACLE"

## 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.

## CONSENTACLE | AN OVERVIEW

Consentacle is designed to promote relational and intimacy cohesion. Through playful interaction and meaningful dialogue, it guides players to express their feelings, share their thoughts, and connect on a deeper emotional level. The game provides a framework for open and honest communication, allowing players to explore their sexual preferences, fantasies, and concerns without judgment. The dynamics of the game encourage empathy, mutual respect, and understanding.

Consentacle is a game specifically designed to foster communication skills and exploration, making it great for exploring kink and pleasure within a relationship. Through its unique gameplay, it guides players to connect on a deeper emotional level, allowing them to explore their sexual preferences and fantasies without judgment, enhancing self-awareness, empathy, and trust. By focusing on consent and open communication, Consentacle serves as a valuable tool for developing more fulfilling relationships built on mutual respect, understanding, and connection.

## SETTING UP THE ENVIRONMENT FOR PLAY

Overall, Consentacle 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 session. Make sure both players are available and free of other distractions during the game. Choose a time when both players are likely to be open to the experience.
- 2. Set the mood:** To allow each player to be mentally and emotionally in-tune with 'Consentacle,' it is important to set the mood. This can include dimming the lights, lighting candles, or playing soft music to encourage a relaxed and intimate atmosphere.
- 3. Read the instructions:** Before starting the game, it is important to read and understand the instructions. Make sure both players are on the same page with the rules and gameplay of 'Consentacle,' as it's designed to promote communication and understanding.
- 4. Select Cards and Tokens:** 'Consentacle' involves players selecting cards and tokens that symbolize trust, communication, and understanding. By coordinating plays without verbal communication, players navigate the nuances of consent, intimacy, and mutual cooperation.
- 5. Explore and Enjoy:** 'Consentacle' is not just a game but a unique opportunity to explore emotional boundaries, preferences, and desires. It offers a playful way to deepen the connection between two players while engaging in a thoughtful and enjoyable experience.



# DEEPENING YOUR CONNECTION

## COMING TOGETHER AFTER THE GAMING EXPERIENCE

### THE IMPORTANCE OF EXPLORING PLEASURE

Exploring intimacy and pleasure within consenting relationships is a fundamental aspect of human connection and personal growth. Within the framework of Sex Therapy, promoting pro-sexual behavior and kink exploration enables couples and individuals to understand their desires, set boundaries, and engage in satisfying experiences. One of the hallmarks of this therapeutic approach is identifying the emotions both we and our partners are experiencing, how these emotions embody us, and how they manifest within our bodies. Understanding how to self-soothe when needed also becomes crucial. These explorations break down barriers, reduce stigma, and foster a sense of empowerment and self-awareness.

They contribute to healthier communication, greater empathy, and more fulfilling sexual relationships. By embracing all facets of sexuality and intimacy, couples can build trust, deepen their emotional bonds, and create a shared language for their unique desires and needs. The path towards sexual self-discovery is a transformative journey that enriches not only our romantic relationships but our understanding of self.

### QUESTIONS FOR POST-PLAY DEBRIEF

It is imperative to come together after the completion of gameplay with your partner and give the relationship a chance to externalize and for individuals to promote self-disclosure and vulnerability, especially considering the mature themes and sex-positive nature of 'Consentacle.' When asking debrief questions after playing this game, 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:

- Be curious, not critical. Approach the conversation with a sense of openness and a desire to learn more, acknowledging the unique aspects of 'Consentacle' and how they resonate with each player.
- Be aware of your tone and body language. Given the mature themes of the game, it's particularly important to convey empathy and understanding.
- Use 'I' statements instead of 'you' statements. This helps to avoid placing blame, reflecting on personal experiences and insights gained during the game.
- 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. Recognize that 'Consentacle' can prompt strong reactions, and handle them with care.
- 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. How do we feel after playing Consentacle, especially in terms of our comfort with intimacy, kink, and pleasure?
2. What new insights or understandings have we gained about our own and each other's desires and boundaries?
3. Were there any unexpected discoveries or reactions related to kink, pleasure, or intimacy during the game? How did they affect our experience?
4. How did our communication and connection change during the game? Did the game's themes facilitate new or deeper conversations about our relationship?
5. What aspects of the game felt most engaging or challenging, particularly in terms of exploring pleasure?
6. How can we apply what we've learned to our relationship or personal growth, especially in the areas of sexual communication and understanding?
7. Were our boundaries respected and our expectations met? How did the game help us negotiate or understand our boundaries around kink and intimacy?
8. What questions or scenarios stood out, and why? Were there specific moments that challenged or enlightened us in our understanding of pleasure, kink, or consent?
9. How can we continue to explore these themes in our relationship? What practices or conversations might we want to incorporate based on our experience with Consentacle?



# 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, credentialed clinical sexologist, 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

The board game Consentacle designed by Naomi Clark, is created as an entertainment product and is not specifically intended for therapeutic purposes. However, as a therapist, I have found that the game can be utilized as a tool for enhancing relational cohesion and intimacy within therapy sessions. It is important to note that the use of Consentacle as a therapeutic tool should be guided by a qualified mental health professional who is trained in the use of games and play therapy techniques.

Furthermore, I want to express my gratitude and respect to Naomi Clark for creating such an engaging and insightful product. The game offers a unique approach to exploring relationships, intimacy, and consent, which can be beneficial for many people. As a therapist and a board game enthusiast, I value the contribution that Consentacle makes to the world of games and entertainment.