# "Your sister's drown'd, laertes"

# PLAYBOOK

# 

## "your sister's drown'd, laertes"

## content warning

"your sister's drown'd, laertes" contains themes of suicide, suicidal ideation, substance abuse, gaslighting, emotional neglect, emotional abuse, and the effects they have on mental health.

<u>content warning</u>



#### take a deep breath.

thank you for accepting the role of ophelia tonight.

you are very brave.

the contents of this playbook are for your eyes only.

you deserve them.

this playbook roughly follows the main game.

in your journal, record the answers to the questions on the subsequent pages.

they took your story from you, didn't they? i'm sorry.

you are more than words on a page, you are more than a simple dice roll,

you contain multitudes

it hurts, and i'm so sorry,

because they will never stop.

#### define yourself.

the others have decided what you meant to them.

you decide if they meant a damn to you.

you are the master of your narrative: you do not roll dice.

you simply decide.



## <u>write down every</u> <u>single thing you</u> <u>loved about</u> <u>yourself.</u>

ignore their adjectives. fuck their adjectives.

who were you?

what did you want?

what did you feel?

#### your death

remember: **your death was by suicide.** going forward there will be details surrounding that suicide.

check in with each other using your safety tools.

take a break if needed.

gather yourself, and resume.

## <u>why did you do it,</u> <u>love?</u>



#### sit before all of them.

you may not react to their words, not yet, *but you will.* 

listen.

remember.

YOU ARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ARE LOVED **YOU ARE BEAUTIFUL AND YOU ARE LOVED** YOU ARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ARE LOVE YOU ARE BEAUTIFUL AND YOU ARE LOVED YOUARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ARE LOVED YOU ARE BEAUTIFUL AND YOU ABELOVED YOU ARE BEAUTIFUL AND YOU ARE DEDEALIT



rise, spirit. speak your truth.

did you love them? you can say no.

# RECLAIM YOUR NARRATIVE.

you are strong

you are brave

# YOU MATTER

you are inspiring

#### <u>rest.</u>

thank you for your bravery. your honesty.

rest, spirit.

rest.