# Shadow Work Gaming Series - Weekly Post Topics

## \*\*Week 1: The Consent Pause\*\*

\*"When the Game Gets Too Real: Navigating Triggers at the Table"\*

- Safety tools as self-care

- Recognizing when fiction hits too close to home

- How to pause without shame

- Creating brave spaces vs. safe spaces

## \*\*Week 2: The Villain's Mirror\*\*

\*"What Your BBEG Says About Your Inner Demons"\*

- Why we create the antagonists we do

- Facing our shadow through our enemies

- The difference between projection and recognition

- When the villain becomes the teacher

## \*\*Week 3: Found Family Alchemy\*\*

\*"Building Trust One Session at a Time"\*

- How gaming friendships differ from other relationships

- Practicing vulnerability in low-stakes environments

- The magic of chosen family dynamics

- When your party becomes your healing circle

## \*\*Week 4: The Death That Teaches\*\*

\*"Character Death as Grief Practice"\*

- Processing loss through fictional mourning

- What we learn from letting go

- The difference between tragic and meaningless endings

- How character death can heal real grief

## \*\*Week 5: Moral Alignment as Self-Discovery\*\*

\*"Beyond Good and Evil: Finding Your True North"\*

- Why alignment arguments matter more than we think

- Discovering your actual values through play

- The growth from lawful to chaotic (and back)

- When your character's morality challenges your own

## \*\*Week 6: The Mask We Wear\*\*

\*"Playing Against Type: Becoming Who You're Not (Yet)"\*

- Trying on different personalities safely

- The introvert playing the bard

- The people-pleaser playing the selfish rogue

- How role-play expands our emotional range

## \*\*Week 7: Trauma Bonds vs. Chosen Connection\*\*

\*"The Difference Between Surviving Together and Healing Together"\*

- Recognizing trauma bonding in party dynamics

- Building healthy interdependence

- When shared struggle becomes shared strength

- The party as a model for healthy relationships

## \*\*Week 8: The Power Fantasy Problem\*\*

\*"When Escapism Becomes Avoidance"\*

- Healthy escapism vs. harmful avoidance

- Using power fantasies for empowerment vs. ego

- The difference between healing and spiritual bypassing

- Bringing lessons back to reality

## \*\*Week 9: The Stumble and Rise\*\*

\*"Failure as Character Development (In Game and Life)"\*

- Why critical fails can be more important than nat 20s

- Learning resilience through character setbacks

- The beauty of imperfect heroes

- How gaming teaches us to try again

## \*\*Week 10: The Session Zero of Self\*\*

\*"Setting Boundaries with Yourself"\*

- Internal consent and self-advocacy

- Recognizing your own triggers and limits

- The difference between challenging yourself and harming yourself

- Creating your own safety tools for life

## \*\*Week 11: Multiclassing the Soul\*\*

\*"When Your Character Grows Beyond Their Original Class"\*

- Identity evolution through mechanical changes

- The courage to respec your life

- Honoring who you were while becoming who you are

- Why growth sometimes means starting over

## \*\*Week 12: The Campaign That Never Ends\*\*

\*"Integration: Taking Your Character Growth Into the World"\*

- Translating fictional courage into real courage

- Maintaining character lessons between sessions

- The ongoing campaign of becoming yourself

- How the table prepares us for the world

## \*\*Bonus Topics for Later:\*\*

- \*\*The Empty Chair\*\*: Gaming through grief and loss

- \*\*Cross-Platform Hearts\*\*: Online vs. in-person intimacy

- \*\*The Reluctant Hero\*\*: Overcoming imposter syndrome through play

- \*\*Between Sessions\*\*: Maintaining growth momentum

- \*\*The Final Boss\*\*: Confronting your deepest fears through roleplay