

How to Survive A Pandemic with Process Work

Mapping the Process

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Project Context

Artistic Statement

Process Work Description

Artistic Statement

PROJECT CONTEXT

Atelier III Class brief:

Pandemic 2020 - From increased personal isolation to greater reliance on digital technology to connect, study and work; we are alone together.

- Identify the experiences that have helped us in this environment of heightened anxiety. Consider acts that have helped us build resilience
- Develop and release an interactive experience inspired by your pandemic experiences via browser or downloadable app that provides a future user a meaningful interaction for contemporary times

Recognizing the importance of “Process Work” as a shared approach to generate our pandemic resilience, the project How To Survive a Pandemic explores how the inclusion of communication devices, creative technology and multimedia art making, can further support and deepen process work during these challenging times, especially in regards to decision making and applying values into practice.

What results is a playable interaction that documents and explores the pandemic experience through text, audio and visual narrative approaches, and raises both the makers’ and players self awareness on how choices made contribute or detract from an overall self care practice.

Learning Point

Pandemic Resilience Through
Creative Expression and Process Work

Process Work = Awareness Work

Process Work is a psychoanalytical approach to theory and research originated by Arnold Mindell, an American Jungian analyst.

Process work serves as an awareness procedure that respects all parts of the self (individual diversity) and holds that all viewpoints in the world around us are important.

Process work techniques perceive changing states of consciousness and observe a person's experience as it shifts between different experiential 'channels'; visual, auditory, kinaesthetic, proprioceptive, relationship and world.

Process Work aims to bring marginalized viewpoints into conscious awareness and intentional dialogue.

Conflict is understood to signal at least one viewpoint or experience is not adequately represented.

Process work seeks to build awareness of the bigger picture, develop compassion for all sides in a conflict and expand the idea of democracy to include not only cognitive, rational viewpoints but also emotional experiences and intuition ("deep democracy").

Application and Integration of Process Work and Creative Technology

Development builds on previous versions

Through the various iterations of our project we have:

- identified key areas of life that are important to us
- explored the technological capabilities Twine game engine can offer in support of our process work during this time
- adapted Twine using SugarCube into a tool to facilitate process work and view our pandemic experience

Building on the previous versions, the V4 iteration uses an exercise we designed to guide our process work in order to raise our awareness human systems.

We use Twine to map the system around a specific topic brought for a process work session, while we evaluate different perspectives and consider how they relate to decisions and choices that contribute or detract from overall self care.

V1. App to track and reinforce desired health and lifestyle habits that we found helpful during the pandemic

V2. 2D audio-visual “choose your own adventure” style novel (based-on or inspired by our pandemic experience) which tracks player decisions

V3. An interactive and playable archive that documents, explores and holds the digital artifacts of how we’re surviving the pandemic together

V4. A process work tool to map systems, capture and share aspects of the current moment in a creative, mindful way.

Twine Game Engine

Twine is an interactive fiction (IF) development tool and SugarCube is a JavaScript language for Twine that allows advanced media integration and programming variables.

Beyond the inherent affordances of making interactive fiction, Twine:

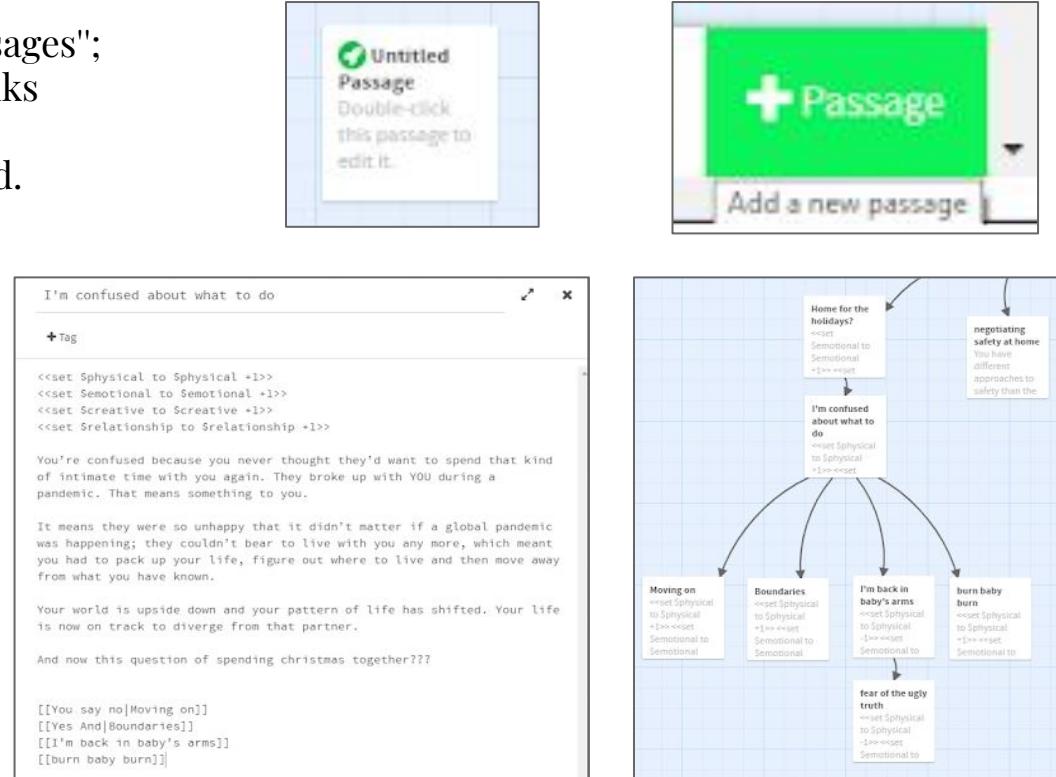
- is a tool to facilitate our process work
- allows us to consciously explore and give intentional space for different perspectives
- inspires us to explore different narrative styles and artistic mediums
- can be used to document and distribute the creative assets we make, that respond to and reflect our pandemic moment

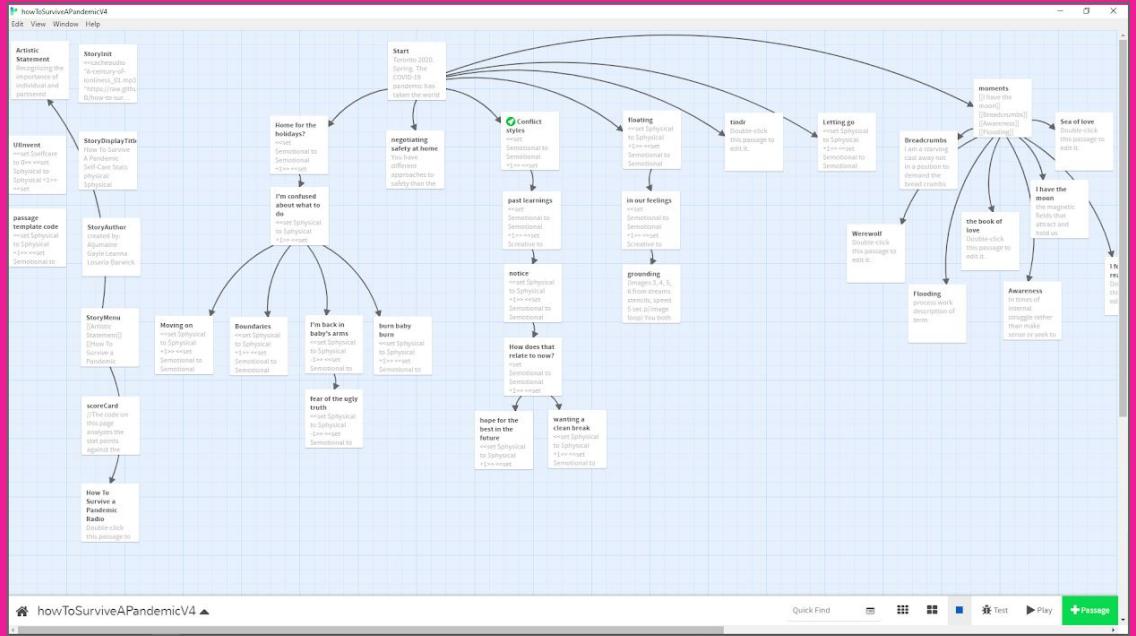
There are a few ways the design capabilities of the chosen technology influenced our process work.

Twine design interface and our process work approach

The Twine design interface creates “passages”; webpages that the end user views and links between as they explore interconnected narrative threads the maker has designed.

- Twine threads explore a specific issue that we look at through a process work lens to raise our own awareness and find clarity where there is conflict, toxic emotions, and confusion.
- We use a deep democracy approach to represent different point of views, emotions, values, concerns, realities, dreams, conflicts and positions related to the issue. Each perspective is contained within a Twine passage.



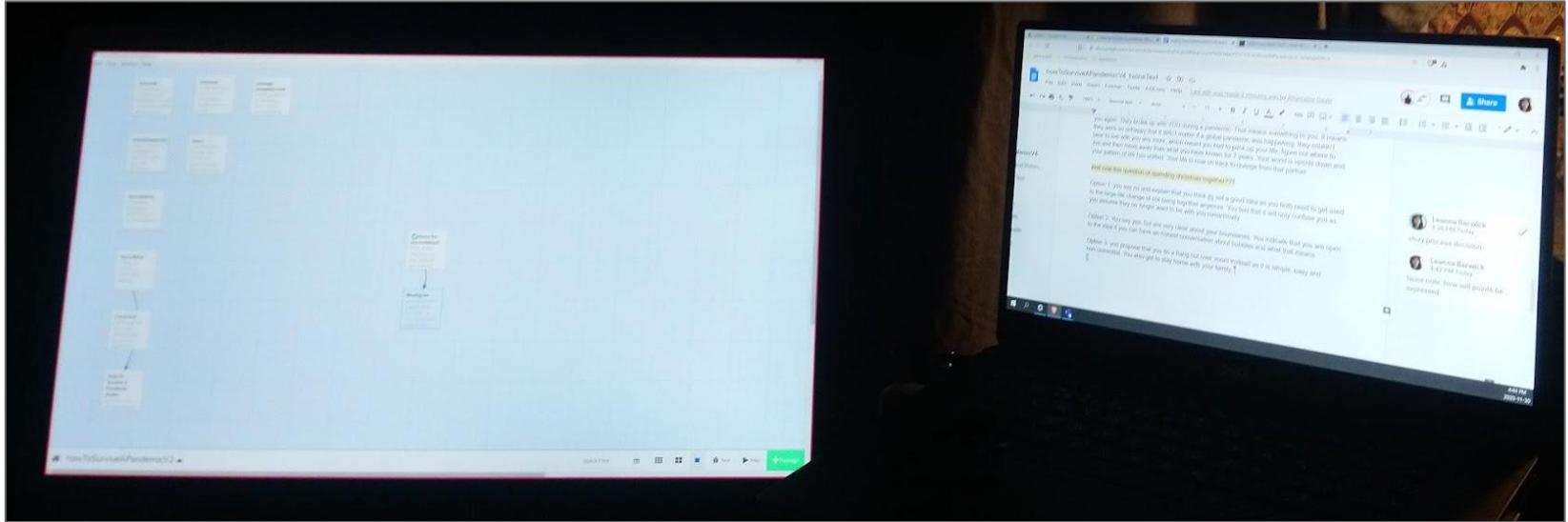


Learning Point

We can use Twine's design interface and the ability to link between passages to map larger human systems, visually representing choices and the interconnecting positions

Twine Text Process Work: Description of Our Process Work Using the Exercise

Setup, remote work & communication technology

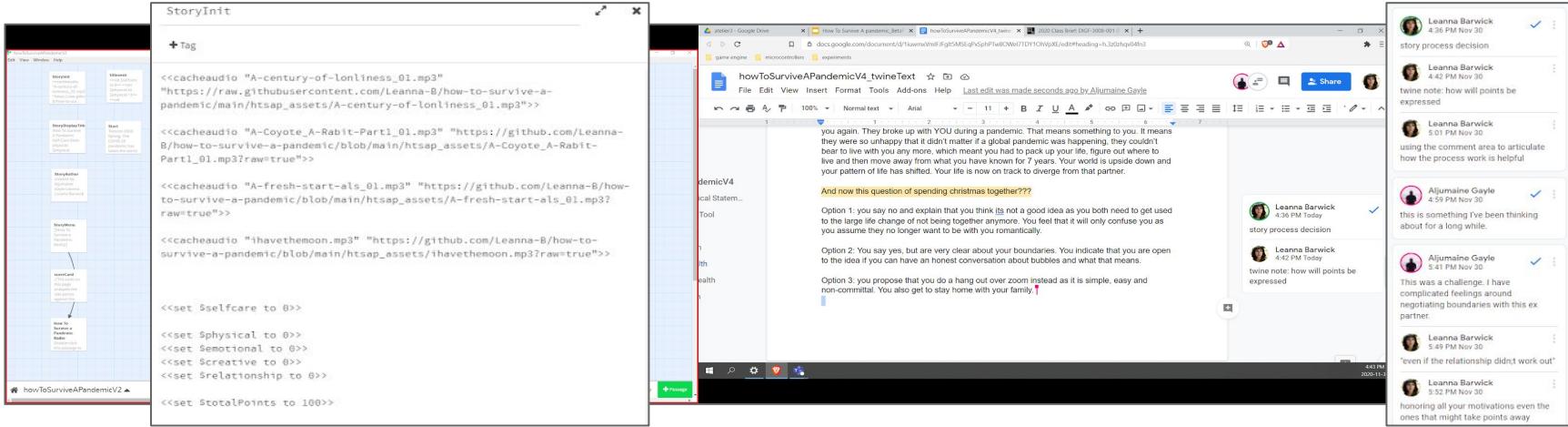


Prior to the exercise, we assign role responsibilities, such as who will do the Twine input and who will do the note capture; who will hold facilitation role and who is bringing the issue to explore.

Working remotely from each other, we both use multiple monitors. The person responsible for Twine input is screen sharing using Microsoft team's video meeting. We each have Twine viewable on one screen and a shared Google doc open on another screen.

Over a voice call, we discuss the chosen topic, while we sort and listen for different perspectives within the issue system we are investigating through process work.

Working in tandem: Twine set up and capturing notes



We begin with our Twine passage drafting view already configured with the passages we pre-designed and coded building on the infrastructure we developed in the previous versions. These passages utilize side menu, initialize the point system that runs in conjunction with the player's twine passage interactions, and caches audio files that will be accessed throughout the game.

As the different points of view surrounding the issue are identified and vocalized, we use the shared Google doc to take notes and capture the multiple perspectives and aspects we are aware live within the issue's system.

We use the ability to add comments to the document in order to track our awareness/impact throughout the process work.

Inputting the Perspectives as Twine Passages

Taking the perspectives we have explored and documented, we create Twine passages to capture the different points of view.

Option 4: [[Back in baby's arms]]

You say yes. You miss those old feelings too. You have a hard time letting go of the past and meaningful relationships. You have a strong desire to please people. You always do the thing that seems to be "the right thing to do" or what appears to be more mature (and that's better because?), and often you do not prioritize your own feelings.

What makes seeing your ex as "the right thing to do" is because you still love them, even if the relationship didn't work out and you have a hard time turning away from people who express they are lonely. You know what it means to be lonely, and what you understand is that it's painful; being with others is better than being alone.

You wake up some days confused and disoriented thinking that you're living your old life, with a partner, and apartment, and dog, and life you shared together. Only to realize it's just a dream. Not your reality any more. And that kills you. It shatters you inside that feeling of missing a part of your life and identity. You say yes because maybe it can be that easy. At least that's the dream.

[[Fear of the ugly truth]]

Here's what's going to happen...

They're single and lonely. You're familiar and safe.

They want to use you to get over their loneliness while they date on the side, up until they enter into a new relationship, and then they will fall off the face of the earth because they fall in love with someone else, toss you aside and forget about you. You won't hear much from them, because you are optional; you will always be there. They call on you when they feel like.

Relationship Health

Approach to conflict in the relationship

I'm back in baby's arms

+ Tag

```
<<set $emotional to $emotional -1>>
<<set $creative to $creative -1>>
<<set $relationship to $relationship +1>>
```

You say yes. You miss those old feelings too. You have a hard time letting go of the past and meaningful relationships. You have a strong desire to please people. You always do the thing that seems to be "the right thing to do" or what appears to be more mature (and that's better because?), and often you do not prioritize your own feelings.

What makes seeing your ex as "the right thing to do" is because you still love them, even if the relationship didn't work out and you have a hard time turning away from people who express they are lonely.

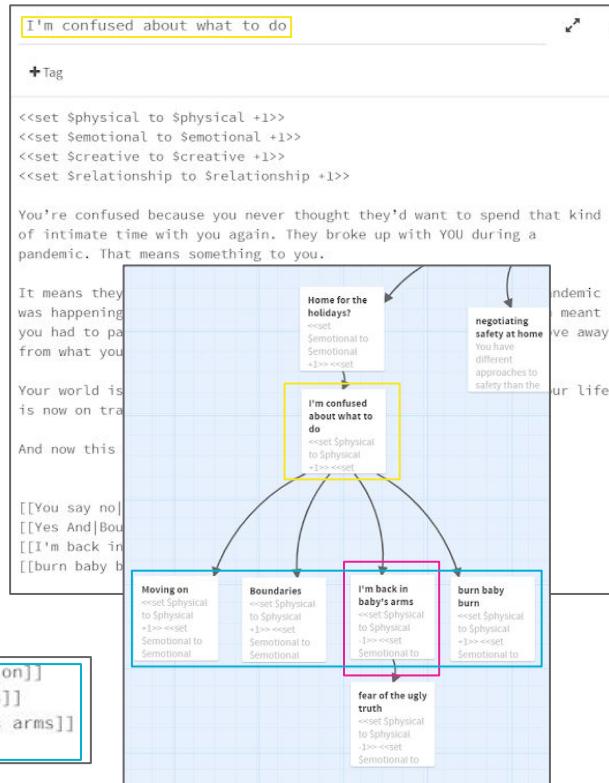
You know what it means to be lonely, and what you understand is that it's painful; being with others is better than being alone.

You wake up some days confused and disoriented thinking that you're living your old life, with a partner, and apartment, and dog, and life you shared together.

Only to realize it's just a dream.

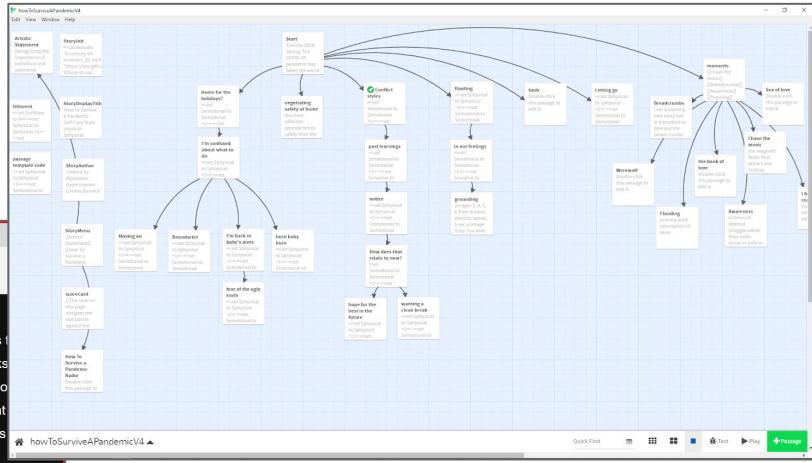
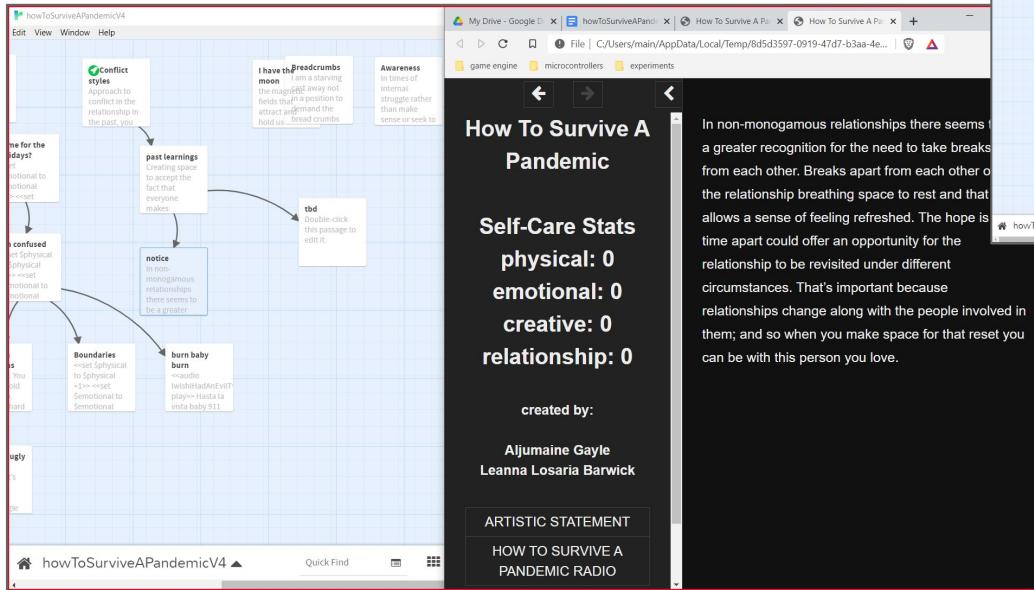
Not your reality any more.

And that kills you. It shatters you inside, that feeling of missing a



Test playing the system for accuracy while we map it

When it feels like an adequate representation of the various perspectives that live within this topic system, we examine the issue deeper by running and playing the game, and interacting with the linking views we have constellated in Twine.



As we experience our system in this new way, again we check if there are missing perspectives, if points of view are adequately represented, if the passages are connected in a way that reflects what we are experiencing. We also look for where any media that was created in response to the moment, might be part of a perspective.

Creating a “Human Values” Point System with SugarCube

SugarCube can be used to implement a point system in the Twine passages which track player's choices as they progress through a story.

After the perspectives have been captured in passages and the system is mapped, the decision of how points should be awarded or subtracted in regards to the various perspectives available to choose from, is the next phase of the Twine process work exercise and requires deeper reflection of personal values.

In the gameplay we have designed, players are awarded or subtracted a point depending on how a particular passage choice they make contributes or detracts from an area of life:

- Physical health
- Emotional health
- Creative health
- Relationship health

```
<<set $physical to $physical -1>>
<<set $emotional to $emotional -1>>
<<set $creative to $creative -1>>
<<set $relationship to $relationship +1>>
```

```
StoryInit
<<set $selfcare to 0>><<set
$physical to 0>>
<<set
$emotional to 0>>
<<set
$creative to 0>>
<<set
$relationship to 0>>
<<set
$totalPoints to 100>>
```

```
StoryDisplayTitle
How To Survive
A Pandemic
Self-Care Stats
physical: $physical
emotional: $emotional
creative: $creative
relationship: $relationship
```

```
StoryInit
+ Tag
<<set $selfcare to 0>>
<<set $physical to 0>>
<<set $emotional to 0>>
<<set $creative to 0>>
<<set $relationship to 0>>
<<set $totalPoints to 100>>
```

```
StoryDisplayTitle
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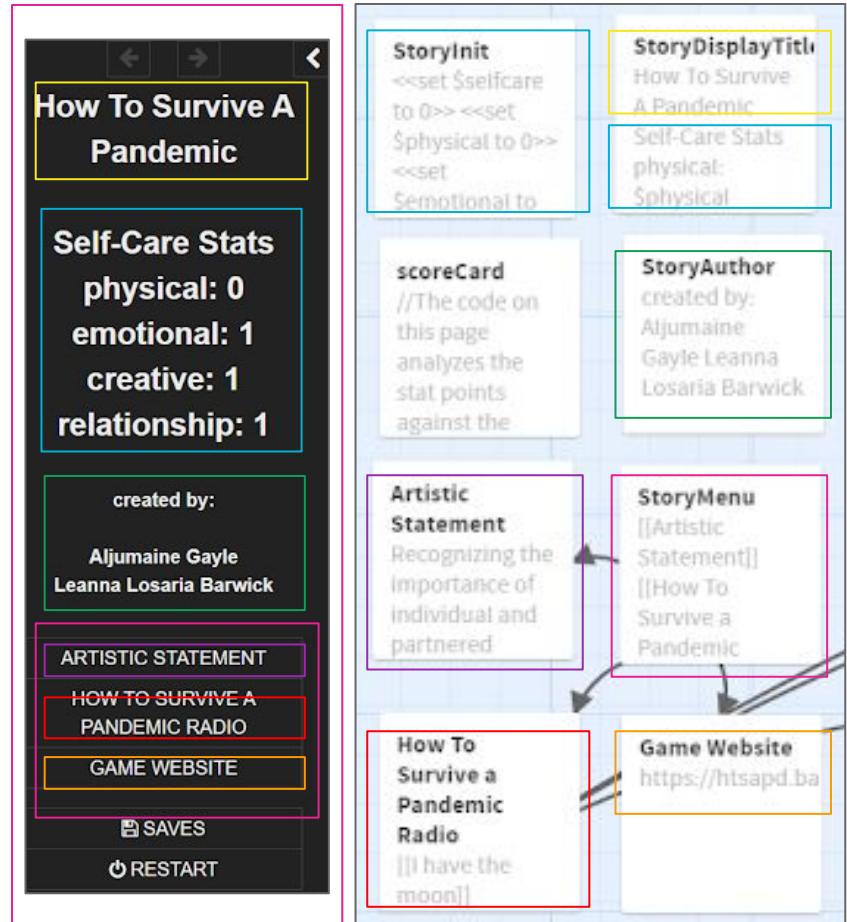
Utilizing SugarCube affordances

An affordance of SugarCube is the addition of a side menu throughout the gameplay.

While there are coding hacks to hide this, we chose to use it as a static area of the game interface, where players can view and track the point system that we also used SugarCube to create. The intention is to enable the player to see directly when their decisions made in the game impact those particular areas of life.

In addition to track points, we also used the side menu to:

- display the game title
- credit the authors
- link to artistic statement
- link to music files
- link game deployment website



SugarCube coding to create a point system

In this phase of the process work exercise we reflect on how choosing various perspectives might contribute towards or detract from the health of the areas we are measuring.

We use this practice in our process work to reveal the bigger picture of our moment and raise our awareness of impact around values and decision-making.

Home for the holidays?

+ Tag

```
<<set $emotional to $emotional +1>>
<<set $relationship to $relationship +1>>
```

Your ex has reached out and asked if you want to spend the christmas holidays together and expressed fond memories of past holidays and missing you.

In fact, they are asking if you want to be in their bubble. This sticks out to you, it reminds you of the past you are leaving behind. Language is important to you. They did not ask you to "share" a bubble, which for you would indicate the kind of negotiation you desire to feel safe and respected. What they asked felt like you have to play by their rules (again) and there was no space for your needs (AGAIN). This is the kind of relationship dynamic you want to end.

[[I'm confused about what to do]]

Moving on

+ Tag

```
<<set $physical to $physical +1>>
<<set $emotional to $emotional +1>>
<<set $relationship to $relationship +1>>
```

You tell them that it may be best if we spend the holidays apart. You want for both of you to move on and be happy separately with the decisions you've already made to break up.

You don't want to have to prioritize someone that no longer wants to prioritize you and your relationship.

That also means if social circles can only be a limited number of people you don't want to choose them, nor do you want to risk your physical health or the health of those in your bubble.

Social health precautions exist for a reason.

I'm confused about what to do

+ Tag

```
<<set $physical to $physical +1>>
<<set $emotional to $emotional +1>>
<<set $creative to $creative +1>>
<<set $relationship to $relationship +1>>
```

You're confused because you never thought they'd want to spend that kind of intimate time with you again. They broke up with YOU during a pandemic. That means something to you.

It means they were so unhappy that it didn't matter if a global pandemic was happening; they couldn't bear to live with you any more, which meant you had to pack up your life, figure out where to live and then move away from what you have known.

Your world is upside down and your pattern of life has shifted. Your life

Boundaries

+ Tag

```
<<set $physical to $physical +1>>
<<set $emotional to $emotional +1>>
<<set $creative to $creative +1>>
<<set $relationship to $relationship +1>>
```

You say yes, AND are very clear about your boundaries. You indicate that you are open to the idea of sharing a social bubble if you can have an honest conversation about what that means in terms of safety, numbers, lifestyle, and intimacy.

One less committal option could be to hang out over zoom video call instead of meeting in person, which is simple and easy. With that choice, you also get to stay home safe with your family and know you are keeping them safe. Boundaries allow you to explore the relationship in a different, more controlled way, that isn't going back into the same dynamics as before.

Learning Point

The Twine passage design interface forced clarity in the process work dialogue and our desire to adequately represent different perspectives, even challenging ones, and offer those positions a space where the voice could be explored and expressed.

Learning Point

Implementing SugarCube code to award points for choices that contribute to or detract from health in important areas of life raises awareness about the relationships between options, decisions and the values we connect to when we make a choice. When we are connected to this awareness, we feel more empowered to make positive choices for ourselves, including self love and acceptance of the moment.

Creative Artwork Process: Making Twine Assets

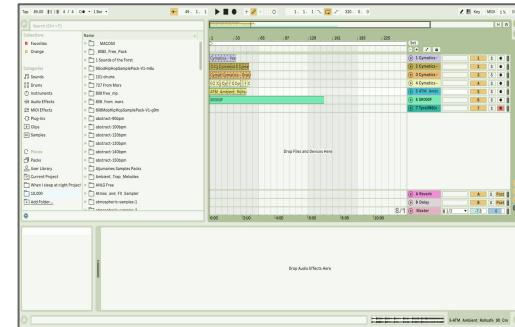
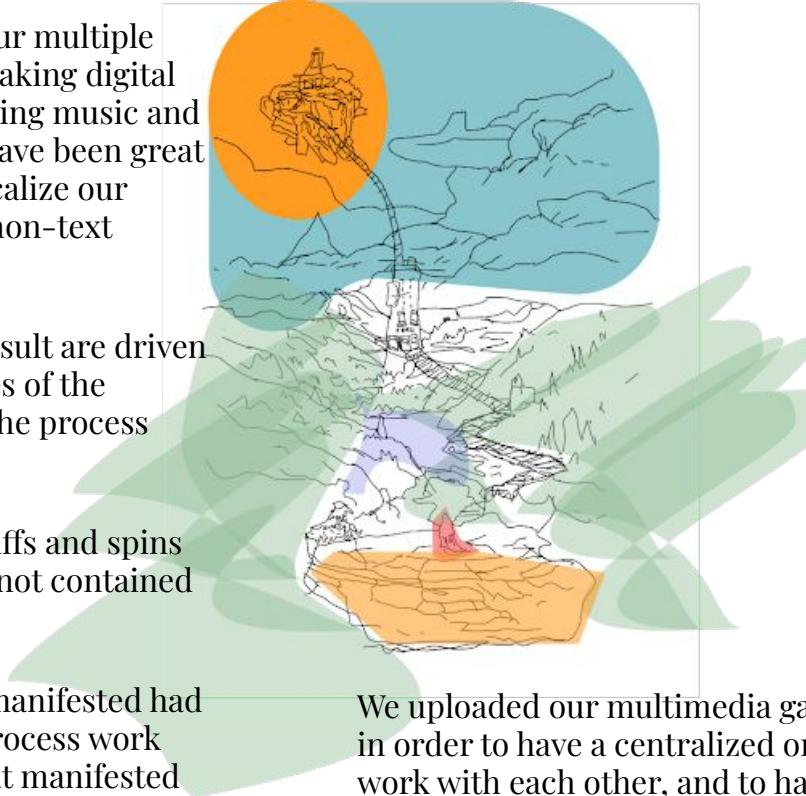
Multimedia system voices on GitHub cloud

Throughout the pandemic our multiple creative interests, such as making digital visual and sonic art, composing music and live acoustic performance, have been great sources of resilience and vocalize our experiences in non-verbal, non-text forms.

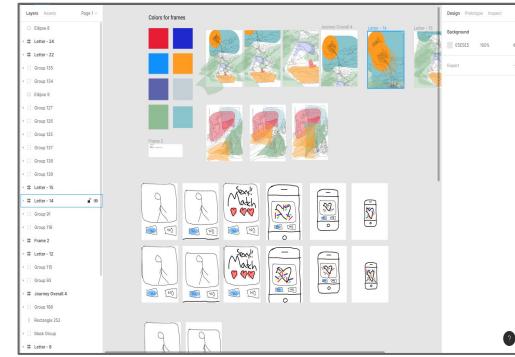
The manifestations which result are driven by our individual experiences of the moment and influenced by the process work dialogue between us.

As such, our creative work riffs and spins off each other in way that is not contained to a medium.

Sometimes creatively what manifested had a natural home within the process work threads, and sometimes what manifested had its own passage created to house it.



Editing music in [Ableton Live](#)



Editing visual art in [Figma](#)

We uploaded our multimedia game files to a [GitHub](#) repository in order to have a centralized online space where we share our work with each other, and to have free online cloud storage that our Twine game could access our assets from.

Learning Point

Our creative expression helps us explore and express aspects of the moment, while also being in dialogue with the perspectives that come up throughout the Twine process work exercise.

Twine Process Work Exercise

Twine Process Work Exercise

Considering the context of our moment reflect on each of these areas of life and what it feels like to have those areas in good health:

- physical health (safety, nutrition/exercise)
- emotional health (feeling ok)
- relationship health (intimacy; romance, friendship)
- creative health (learning, artwork)

We will explore in dialogue (and capture this conversation in the text document during the exercise process) what narratives, themes, concerns, strategies, choices, decisions came up for us. Eg. Physical health and the need to negotiate our own social bubbles.

Based on the captured dialogue, we will create a narrative thread using [Twine](#) and the point system we have created using SugarCube, and incorporating the multimedia content we've produced as a reflection of the COVID-19 pandemic.

Each narrative thread will have multiple passages that express our experience during this time. We will do this through sharing the choices and perspectives we've faced and the creative artwork that has been made in response to the moment.

We will use real time document editing and screen sharing technology to have a collaborative work process.

Learning Point

Writing and revising an exercise that we use to help guide our process offered us a structure and a reason to reflect on the larger process and whether the outcomes serve us.