Tabletop Games as Improvements of your mind.

It would a terrible assumption that an antisocial person can not become a social person. However, there is a unique tool, per say, that can help take that assumption and prove it false. A Tabletop Role-Playing game (TTRPG).

It is a well-known fact that people are antisocial tend to be more reserved and quieter. It may be just who they are or choose to be or from any number of other things like: they enjoy solitude; they prefer small groups; they are quiet; too much stimulation makes them feel distracted or unfocused; or they are very self-aware. Understandably, this is just how some introverted or extroverted we all have a common goal and need of belonging. It’s what makes us human.

From personal experiences of being an active player of a TTRPGs, it can be confirmed that an introverted person can benefit from playing TTRPGs. It can allow that said person to be in their comfort zone and be the character that they play. The character they play, majority of the time, tends to be a personification of their alter ego. Something that they would like to be or something they wish they could amount to. With this alter ego they can act how they want and say what they want while hiding behind a wall, of sorts, while stilling being themselves.

//Play therapy

Mentally challenged: 3 age: 16-17 Authors found in using a table game “Stacking the Deck” to teach social skills to conduct disordered, mildly retarded boys that when deficient skills were successively trained with game, responding increased up to or beyond the criterion level within 8 sessions or less. All three males showed clear improvements after unit training. Yet, there was no generalization of trained skills to extra-therapy settings with people not involved in training.

58p age 3-6 Authors found that disadvantaged children with developmental delays who

participated in individual and group developmental therapy as well as play

therapy for those who scored below standard on self-concept surpassed

the control group in accomplishing the developmental tasks measured by

the Cooperative Preschool Inventory. The experimental group

demonstrated a significantly higher score on how a child viewed his

mothers’ thoughts about himself as opposed to his own views about

himself. Teachers viewed only fifty percent of the experimental group

children as having improved.

Reading Difficulties

26 p 5 & 6th graders Author found that personally maladjusted, low reading level children who

received an average of 67 sessions of play groups led by a “teachertherapist”

maintaining a child-centered atmosphere made a significant

reading gain of 7/10 of a year in 4 months as measured by Gates Reading

Survey in comparison to a non-intervention control group.

Intelligence

23 p age: 7-15

Author found that after 9 to 13 months of play therapy, the mean IQ of

mentally challenged children increased 9 points while only 2 points for the

non-intervention control group.

Self-concept:

168 p age:10-12

Author found at-risk children who participated in a mean of 4 nondirective

play therapy sessions maintained same level of self-esteem, and internal

locus of control while control group dropped at a statistically significant

level as measured by the Coopersmith Self-Esteem Inventory and

Intellectual Achievement Responsibility Scale-Revised.

Needs met:

Social stereotype:

We stereotypically associate socially awkward “geeks”

with fantasy games like the pen and paper Dungeons

& Dragons and the popular card game Magic. These

same “geeks” in their pop-cultural perception often

share a passion for computers, science and engineering.

Speculation here may suggest a psychological correlation

between adolescence, social awkwardness, escapist

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fantasy, and a dubiously close bond with a non-human

entity that forms this archetypical personality. (Stern,

2002, pp. 259-260)

Main points: starts on bottom of page 7 of needs met through…

Through the study done through facebook. (Needs cited)

The main sections could be separated into: democratic ideologies, friendship maintenance, extraordinary experiences, and good vs evil.

Go in depth about it with citing and mix of 3rd and 1st person

Could be about two pages or so just on this subject

Talk about possible future uses.

Use page 2 of potential benefits….. to explain the background