Here I take some sanity loss and beat the game.
Important Info
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Starting there is TW for mental health related topics. This game is a game about disassociation and could be a trigger for some.

The score in the game is your sanity/ self image. You start with 5, and can check it with score. Get too high and something bad may happen. In other words try to get a low score. Another part of the scoring is that you will consistently take damage to your sanity, sometimes even when you do something good you'll be punished because you got another one of those pings... it sucks, I know.

You will need to know a special part of this game, that is the phone. The phone is a room not an object so treat it as such. Throughout the game text will be highlighted... this may mean you can interact with typing it out;)

begiii

I think somethings wrong...

Something is wrong... by Luke Rowe Release 1 / Serial number 230123 / Inform 7 v10.1.2

Phone

You are on your phone, scrolling endlessly with no end in sight.

A water main broke, leaving New Orleans without drinking water, and the flooding here is getting worse after waters from Lake Pontchartrain broke through a levee.

scroll

The Crips & Bloods tried to establish themselves here, and these guys killed them. Simple as that-gone! See you later!

scroll

Music Intro: Steve Lacy I wish I knew you wanted me I wish I knew, I wish I knew you wanted me I wish I knew, I wish I knew you wanted me

Slowly you begin to hear a high pitch sound which you could **listen** to possibly. You start feeling an unease. Maybe you should put the **phone down**.

You could also stay on your phone in your endless lull. **scroll**ing, maybe that feeling of unease could just be random. Go and see whats going on with your phone. **What time was it again?**

I also have **snapchat** I could **examine** it but... there's no point, I don't ever get sent anything.

You start with 5 sanity load

>check time

The time is 12:13, it way to early for this to be happening. Normally it's only at night this happens... what am I doing

[Your score has just gone up by three points.]

>x snapchat

Hey my girlfriend sent me something, it says:

Can I come over tonight? I can drive you to school tomorrow if you'd like :)

That was nice, I wish she could but I feel like shit right now... I gotta get in better shape.

You lose sight of what you are doing. You put your hands up and they look oddly distant. You say: Are these even my hands?

[Your score has just gone down by two points.]

>listen

This sound isn't real, it doesn't exist, its so irritating I can't stand it... why can't it stop.

[Your score has just gone up by three points.]

>scroll

Wamp womp wamp womp... e e e, gir gir tir te..

>scroll

Wamp womp wamp womp... e e e, gir gir tir te..

You lose sight of what you are doing. You put your hands up and they look oddly distant. You say: Are these even my hands?

[Your score has just gone up by three points.]

>scroll

Wamp womp wamp womp... e e e, gir gir tir te..

I'm going insane i can't bare this anymore, please make it stop... I need to lay down, I need to do something. I can't do this, what am I doing. Something is off please let me out.

>score

You have so far scored 12 out of a possible 0, in 7 turns.

>dp

Bedroom

Your bedroom, the walls look kind of silly. Did the walls stucco always slide like that? Your bathroom is south of the Bedroom, the closet is to the east, the door to the outside to the northeast

You can see Bottle (in which is liquid) here.

I can't do this... please stop this

>x bottle

I wonder whats in here?

In Bottle is liquid.

I can't do this... please stop this

>x liquid

Looks like water, smells like nothing... maybe a little bit of metal? It looks off. Did the bottle always feel so heavy?

You look back up at your room there is a big blur and your eyes take time to readjust. You flop back into your bed as if picking up the bottle was too exhausting. You begin to get a headache. Should I **drink** the **liquid**? It still feels wrong.

I can't do this... please stop this

>drink liquid

You take a sip of the liquid. You feel a sense that it doesn't taste right... something isn't right... you start to feel ill.

Hey the headache is subsiding at least, something just doesn't feel right, your field of vision blurs for a second and comes back to

[Your score has just gone down by five points.]

>score

You have so far scored 7 out of a possible 0, in 11 turns.

>east

closet

Kinda running low on clothes... man everything is so outdated, I never get new clothes, I NEVER get anything good for myself, I think I have some things I can wear though...

You gaze at the corner of the closet and stare at how dark it is. Your gaze wanders across the clothing rack, then slowly throughout the rest of it. The felt and fabrics begin to seem like a mirage, fake almost... you get a ping. You snap back to.

You can see a Berserk Hoodie and a Black Joggers here.

>wear bererk hoodie

You can't see any such thing.

>wear berserk hoodie

(first taking the Berserk Hoodie)
[Your score has just gone down by four points.]

>wear joggers

(first taking the Black Joggers)
[Your score has just gone down by four points.]

>score

You have so far scored -1 out of a possible o, in 14 turns.

>west

Bedroom

Your bedroom, the walls look kind of silly. Did the walls stucco always slide like that? Your bathroom is south of the Bedroom, the closet is to the east, the door to the outside to the northeast

You can see Bottle (empty) here.

>ne

*** You made it outside... things start to feel right, you see your friend and talk with them. Your phone stops being so cryptic and you see a message from your girlfriend. You feel relief and you continue your day ***

In that game you scored $\ -1$ out of a possible $\ 0$, in 15 turns.

Would you like to RESTART, RESTORE a saved game, QUIT or UNDO the last command?

Here I do some good things but not fast enough and I take lose too much of my sanity.

-----Begin-----

I think somethings wrong...

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Phone

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Music Intro: Steve Lacy I wish I knew you wanted me I wish I knew, I wish I knew you wanted me I wish I knew, I wish I knew you wanted me

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You start with 5 sanity load

>scroll

Bwhahabbsahs. SCHHKKK... (catchy music) sssssssssssssss...

>scroll

EEEEER, EEEER, STOP STOP, GSCH GSCH. Waaaackrrr ssshhhh... NOOOOO WHY WHY, WHY WHY

I'm starting to not feel so good.

I'm going insane i can't bare this anymore, please make it stop... I need to lay down, I need to do something. I can't do this, what am I doing. Something is off please let me out.

[Your score has just gone up by eight points.]

>dp

Bedroom

Your bedroom, the walls look kind of silly. Did the walls stucco always slide like that? Your bathroom is south of the Bedroom, the closet is to the east, the door to the outside to the northeast

You can see Bottle (in which is liquid) here.

I can't do this... please stop this

>score

You have so far scored 13 out of a possible 0, in 4 turns.

>east

closet

Kinda running low on clothes... man everything is so outdated, I never get new clothes, I NEVER get anything good for myself, I think I have some things I can wear though...

You gaze at the corner of the closet and stare at how dark it is. Your gaze wanders across the clothing rack, then slowly throughout the rest of it. The felt and fabrics begin to seem like a mirage, fake almost... you get a ping. You snap back to.

You can see a Berserk Hoodie and a Black Joggers here.

Let me out please let me out. I'm done with this... make it stop.

>west

Bedroom

Your bedroom, the walls look kind of silly. Did the walls stucco always slide like that? Your bathroom is south of the Bedroom, the closet is to the east, the door to the outside to the northeast

You can see Bottle (in which is liquid) here.

Let me out please let me out. I'm done with this... make it stop.

>south

The Bathroom

Your bathroom, it seems kind of small. The corners of the room seem to be swaying inward. Other than that its a normal bathroom with a shower and a mirror that's refracting some weird looking objects. I probably look like shit.

Self is a man sitting in your head, but your thoughts are jumbled.

I can't do this... please stop this

>talk to self

(Self)

What am I doing right now, why is everything so weird. Am I okay? What is happening?

1. Things don't always seem wrong. Somethings just up right now. **2**. Everything is going to be okay. **3**. I should try to do some things that will make me feel better.

I can't do this... please stop this

>1

Your right... just go with the flow.

[Your score has just gone down by four points.]

>2

No it's not, it never is, this always happens... I always come back to this... Why me, why is this happening right now I can't escape.

I can't do this... please stop this [Your score has just gone up by three points.]

>3

Just focus on doing something productive, the less I think about this the better [Your score has just gone down by four points.]

>score

You have so far scored 8 out of a possible 0, in 11 turns.

>x mirror

Man I look horrible... why does my face look like that? I haven't taken a shower all day... I look like shit, I look like shit. There's something wrong with the perspective... I can't seem to make myself look right

I can't do this... please stop this

[Your score has just gone up by ten points.]

>score

You have so far scored 18 out of a possible 0, in 12 turns.

>shower

I feel much better after that. Things are starting to feel right again.

I can't do this... please stop this [Your score has just gone down by seven points.]

>score

You have so far scored 11 out of a possible 0, in 13 turns.

>north

Bedroom

Your bedroom, the walls look kind of silly. Did the walls stucco always slide like that? Your bathroom is south of the Bedroom, the closet is to the east, the door to the outside to the northeast

You can see Bottle (in which is liquid) here.

Let me out please let me out. I'm done with this... make it stop.

You lose sight of what you are doing. You put your hands up and they look oddly distant. You say: Are these even my hands?

[Your score has just gone up by three points.]

>phone up

Phone

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You lose sight of what you are doing. You put your hands up and they look oddly distant. You say: Are these even my hands?

[Your score has just gone up by three points.]

>listen

This sound isn't real, it doesn't exist, its so irritating I can't stand it... why can't it stop.

I can't do this... please stop this

*** You took too long, you did the things you knew would make you worse off. You succumb. You stare at the walls around you and you fade. You get pulled in, you don't come back. You are now stuck. You never will experience anything else but this hell. You can't move, you can't think ***

In that game you scored 20 out of a possible 0, in 15 turns.

Would you like to RESTART, RESTORE a saved game, QUIT or UNDO the last command?