The idea behind "Orthodoxy" is the combination of detection evasion discussed in 1984 with the immersive, demonstrative quality of a video game. In 1984, Winston attempts to avoid revealing his true thoughts to the Thought Police by following the motions and routines expected of party members, yet this becomes much harder (for numerous reasons, impossible) to achieve as Winston allows himself to debate the propaganda he encounters. His downfall as a protagonist ultimately begins with doubtful analysis of information the Party provides. As we see towards the end of the novel, the only way to "survive" with the Party is to unconditionally accept whatever information is provided, and in doing so focus solely on following the expected behavior.

The goal of "Orthodoxy" is to take this idea and demonstrate it. The player continuously presses the key desired in rapid succession until he does not press the right key in time. To make the matter more difficult, the player is only able to provide one input pet "tick", so pressing the wrong input at any time means the player loses the game. By the nature of the game and the positioning of the input displays, the player is forced to focus on hitting the correct key in time. As a result, the player becomes oblivious to the notes that pass in front of him on the screen, notes that provide thought-provoking distractions from the task. The game, by these means, emulates the scenario in 1984; one must focus on doing what is expected, and doing so means needing to accept the propaganda encountered without a second thought. Failing to accomplish this means being detected by the Thought Police and being sent to Room 101.

A subtle yet important piece of the game is the sound effects used. All sound effects are taken from the song "Counting Bodies Like Sheep to the Rhythm of the War Drums" by A Perfect Circle, a song that effectively (and slightly disturbingly) highlights the dystopia that follows from government power and propaganda. In conversation with the game, the song not only provides rhythm for the player to keep time to but also reminds any player familiar with the song of the system they are falling victim to.