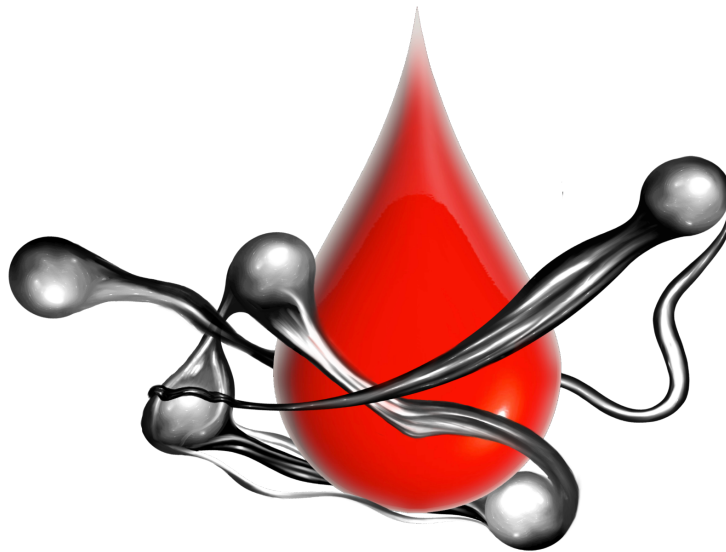


EMOTIONAL FUTURES

The Playbook





1. Introduction

Welcome to IRL Collective's first offering: Emotional Futures (EF), a web-based artwork taking the form of a game. EF addresses the state of existential crisis which prevents humans from fully realizing the value of their relationships. The game operates by plugging into your real-life relationships and augmenting them into online social worlds.

EF connects humans in a network of players called Counterparts. Counterparts are humans that are linked through real-life relationships: friends, lovers, and acquaintances. By playing Activations and accounting for their emotional investments, Counterparts grow their personal Emoxy. The Emoxy is an emotional proxy, an alchemic creature that grows with human's emotional journeys as they feed it with the fluids they extract from themselves through Activations: Blood, Sweat and Tears. By playing EF, you can turn draining encounters into a source of wealth.

Master the rules of this game and win real emotional rewards. Is this just a game, or perhaps the beginning of a new economy?



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2. Getting Started

You will need at least one other human to play with. Ideally you will have a group of humans you can play with. This cuts down waiting time between Activations and will allow you to move quicker towards realizing your Emotional Future. If you need to find more humans, you can join the [EF Discord Channel](#). We recommend you access the game with Google Chrome or Safari.

Emotional Futures is accessed via a browser on your phone, tablet, or computer. If you are playing on your phone you can add a shortcut to your home screen:

To add your EF to an Android home screen, open the Emotional Futures web app with Google Chrome on your smartphone. Tap on the screen's three-dot icon at the top right-hand corner, select "Add to Home screen", and confirm EF Bookmark.

To add your EF to an iPhone home screen, open the Emotional Futures web app with Safari on your smartphone. Tap on the share icon at the center on the bottom of the screen, select "Add to Home screen", and confirm EF Bookmark.

You will need a stable internet connection to play EF.

Choose an environment you are comfortable in. This will help with expressing and processing your emotions.

Start Playing

If you have never played Emotional Futures, go to x.emotionalfutures.com and click "Start New Game". You will be led



through the process of activating your Emotional Operating System (EOS) and begin play.

Secure Your Emoxy

At the very end you will be prompted to secure your Emoxy by giving it a name. Your Emoxy name is crucial for your recognition within the Emotional Futures Network - keep it safe. Additionally, you will need to provide an email address and set a password. This will allow you to access your Emotional Future from any browser or device by clicking “Keep Feeding My Emoxy” instead of starting a new game.



3. Emotional Operating System

To fully realize your Emotional Future, you will need to update your Emotional Operating System (EOS). Humans come pre-installed with an EOS, but it is often taken for granted and not well cared for. The EOS constitutes all mechanisms in a human body that help form and process emotions—from facial expressions and organ-level responses to cognitive memory processes. This automated messaging system allows a human to send and receive their needs and desires to other humans and their environment. The first step towards updating your EOS is to understand the system components of Emotional Futures:

a. Counterparts

- i. Counterparts are based on existing real-life relationships: romances, acquaintances, friendships.
- ii. EF encourages you to make emotional investments by augmenting your real-life relationships with Activations.

b. Activations

- i. Activations are unique tasks asking players to recall memories, discuss feelings, and produce new emotional experiences.
- ii. Activations can take many forms: chatting, vocalizing, sounding, walking to different places, writing, performing, watching, listening, dreaming, role-playing and speculating.
- iii. As you complete Activations from the eight core emotions, your Emoxy will express the emotion just played. You can only perform one Activation at a time, so both you and your Counterpart need to commit to the task in play.



c. Blood, Sweat and Tears

- i. While playing Emotional Futures, the degree to which you give and take from interactions will be measured in three emotional currencies: Blood, Sweat and Tears.
- ii. Sweat, an emotional liquid that captures how much time and attention you give to others.
- iii. Tears, an emotional liquid that captures how much time and attention you take from others.
- iv. To gain more Blood, you will need to balance your Sweat and Tears. This means becoming more aware of what you give and what other people think of you.

d. Eight Core Emotions

- i. A human's EOS is updated by activating all eight core emotions.
- ii. The eight core emotions are based on Plutchik's theory of emotions.
- iii. Each of the eight core emotions is expressed by a unique color and sound.

e. Emoxy

- i. An Emotional Future can be quite abstract and hard to grasp, which is why your EOS has the ability to feed and grow an Emoxy.
- ii. An Emoxy is an emotional proxy, an alchemic creature that grows with human's emotional journey as they feed it with the fluids they extract from themselves through Activations: Blood, Sweat and Tears.
- iii. An Emoxy is what it eats. The more Drops humans collect the more the Emoxy grows. The balance of Drops determines how it crystallizes, changes color and morphs.



f. Relationshapes

- i. Relationshapes are emotional programs that operate in different parts of the human EOS.
- ii. Based on eight models of the human EOS, they are tools which activate the production of emotional currencies.



4. How to play

Now that you have a thorough understanding of your EOS, you are ready to venture into your Emotional Future.

a. Connect to an Accounterpart

- i. To connect with a new Accounterpart, go to your Accounterparts tab and select the plus icon on the top right corner.
- ii. A search field will pop up asking you to type in your Accounterpart's Emoxy name.
- iii. If you type the correct Emoxy name of your Accounterpart you will be instantly connected, and can start playing Activations.

b. Initiate an Activation

- i. To start a new Activation you need to create an Activation Card. You can initiate it from the Accounterparts page, or by clicking to feed your Emoxy.
- ii. You will follow these steps:
 1. Choose an Accounterpart
 2. Choose an Emotion
 3. Choose a Relationshape
 4. Send Activation Invite
- iii. Once your Accounterpart has accepted the invitation, your task will be revealed.
- iv. You can find all the invitations you have received by clicking to feed your Emoxy, or in the Accounterpart page.
- v. Be aware that you can accumulate many Activation invites, but you can only play one at a time.



c. Play an Activation

- i. Take your time to fully understand and process what the Activation asks of you.
- ii. You can tune into the Activation sonically by clicking on the music icon at the bottom.
- iii. Complete the Activation with intention. Your emotional investment will be rewarded.
- iv. Trust in the process.

d. Account for your Activation

- i. Once you complete an Activation, you will be directed to the Accounting phase where you collect Drops of Blood, Sweat and Tears. These fluids account for the emotional investment you have given to and received from your Accounterpart.
- ii. Each Relationship has a specific set of Accounting steps that must be completed before you can collect your Drops and feed your Emoxy.
- iii. Accounting will synthesize your experiences and guide you through a series of extracting questions to pour yourself into your Emoxy.
- iv. Accounting allows you to extract your mutual emotional investment as Drops that feed your Emoxy's growth:
 - 1. Account for your emotional outpour to earn Sweat Drops.
 - 2. Account for your Accounterpart's emotional outpour to give them Tear Drops.
 - 3. After both Accounterparts have completed Accounting they will be awarded Blood based on the balance of their emotional exchange.
- v. Both you and your Accounterpart will need to complete Accounting before you can feed your Emoxies.



e. Feed and Grow Your Emoxy

- i. Your Activation only comes to an end when both you and your Accounterpart feed your Emoxy.
- ii. Your Emoxy's growth materializes in phases. As you realize your Emotional Future, you are required to accumulate more Drops to continue onto the next phase.
- iii. Your Emoxy will move to a new growth phase based on the total sum of Blood, Sweat, and Tears in your account. Your progress can be followed via a tracker bar representing the remaining quantity of Drops your Emoxy needs to grow.
- iv. Your Emoxy is not merely the embodiment of your Emotional Future. It can help you engage more deeply with your relationship to yourself and to your Accounterparts. Listen to its voice in times you need its support. Your Emoxy can listen to your feelings, but it can't directly speak or write to your Emoxy. The highest form of non-verbal communication is to feed it.

f. "Ending" the Game

There are many ways to realize your Emotional Future. You can satisfyingly update your EOS by playing all Eight Core Emotions, or all Relationshapes once. You can choose to commit to fully exploring the infinite growth of your Emoxy. As it grows it can help you unlock secret missions that are yours and yours alone. There is no limit to your Emotional Future, you will feel when it is ripe. No one knows your Emotional Future better than you do.



5. Play Safely

Emotional Futures is a game that asks you to play with your emotions and real-life relationships. Your EOS is working, and when it is working it can make you emotionally vulnerable. Remember, you are playing a game and you can opt out at any point.

While unique personal backgrounds and relationship dynamics will inform gameplay, here are a few guidelines on safe play:

1. Be aware of your own boundaries and others you play with. No one can force you to talk about a topic that troubles you, or perform an action that you don't feel comfortable doing.
2. You can skip, cheat, make up stories, take a break, or stop the game entirely. No explanation needed.
3. Talk about limits with each other before playing, and check in with each other during play.
4. At the end of play, take a moment to debrief together: How was the game? How did you feel? Did you learn things about each other? What concerns arose during play?

If you need help or support you can reach out to us via e-mail. Reach out to us on our discord channel if you have questions and want to connect with the community.

If you need professional psychological support, please see our Emotional Support Resources. You can find these on the app: Navigate to Menu on the top right corner, select "Safe Play", you'll find a link to "Emotional Support Resources" at the bottom of the page.



6. Need Help?

You can access resources through the menu at the top right corner of your screen. If you need problem-solving by other humans, join IRL's discord channel.

7. Your Data

Your data is stored on a secure server for up to a year. Afterwards all your data will be deleted. You can choose to delete your data at any point by navigating to the menu button on the top right corner of the screen and selecting "Delete All My Data" at the very bottom of the drop down menu.