

# ConSense™

## Rulebook

(16+)

2–8

30–150+

version 1.0

# What Makes ConSense Different?

**ConSense** is not about competition.

It's about connection — with yourself and with others.

What makes you feel **truly seen**?

What helps you **soften** your shyness?

What makes it safe enough to **explore** beyond your comfort zone?

Let's find out — together.

Let's discover it with **ConSense**.

*We recommend playing while **sober** to ensure clear communication and informed decisions.*

## SET UP

1. Shuffle each deck. Place the **Ice Breaker deck** 1 first, then the **Core decks** 2 in this specific order:

**Platonic Talk** → **Platonic Action** → **Sensual Talk** → **Sensual Action**

2. Place the **matching Locker Card** 3 on top of each Core deck.
3. Give each player a colored **Hint Card** 4 and return any unused ones to the box.
4. Give the **First Player Card** 5 to the person **whose birthday is coming up next**.

*For 3+ player games only:*

5. Place one **Player Token** 6 of the matching color for each player into the **Shuffle Bag** 7. Return any unused tokens to the box.



# CONSENT IS KEY

|   |   |  |
|---|---|--|
| <p><b>Negotiate clearly</b><br/>"Yes" means yes.<br/>"Maybe" or silence means no.</p>               | <p><b>You can stop at any moment</b><br/>You're allowed to change your mind – even in the middle.</p> | <p><b>Be real, not impressive</b><br/>You don't need to go deeper.<br/>Just be honest.</p>   |
| <p><b>Accept any answer</b><br/>Saying "no" takes courage.<br/>Say "thank you" for their trust.</p> | <p><b>Adjust if needed</b><br/>Change the card or switch decks to keep it safer for everyone.</p>     | <p><b>Start with your own desire</b><br/>What do you want?<br/>Take a moment to feel it.</p> |
| <p><b>Ask, don't assume</b><br/>Let others speak for themselves.</p>                                | <p><b>Touch is always optional</b><br/>Many cards involve no touch – and any task can be adapted.</p> | <p><b>You can stay where you are</b><br/>Comfort is a valid choice too.</p>                  |

## HOW TO START

- Play **3 Ice Breaker cards** as a group, one by one. (You can add a few more if the group wishes.)
- Once the Ice Breakers phase is complete, **unlock the Platonic Talk deck** and start the first round.

If you want to skip your turn, avoid answering a question, or take a break – flip your Hint Card to the **Skip Side**.

**How to Take Turns**  
(comes in full size every step – details in the rulebook)

1. Get a Teammate
2. Choose a Deck
3. Select a Card
4. Reshape If Needed
5. Complete the Task
6. Pass the Turn

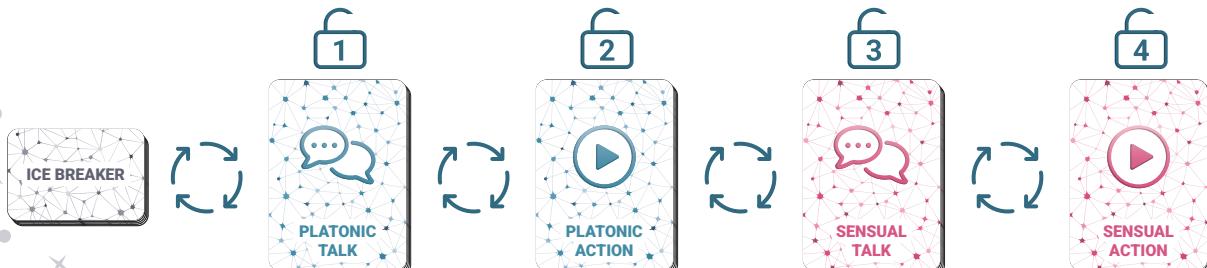
Flip To Skip

I want to  
**SKIP**  
my turn

## UNLOCKING DECKS

After each **full round** (when every player has taken a turn), the **first player** unlocks the next deck.

You can leave some decks out – like playing only the Talk decks. But for your first game, we recommend using all decks to experience the full journey.



# HOW TO TAKE TURNS

## 1. Get a Teammate

(skip for 2-player game)

Draw a token from the shuffle bag to reveal your teammate — **match** the color and/or symbol with their Hint Card.

**Return** the token to the bag right away.

*If you draw **your own token**, choose a teammate yourself or draw again.*

*If you've teamed up with the same person too many times and **wish** to play with someone else, draw again.*

## 3. Select a Card

Draw **as many cards as needed** until you find one that resonates.

Place skipped or used cards in a discard pile next to the deck.

- Once you find a suitable card, ask your teammate for consent.
- Choose something that **works for both of you** — or even switch the deck if needed.
- Feel free to adjust the task together.

*Optional, if written on a card:*

## 4. Invite More Players

Ensure everyone's consent before continuing.

*"I would like to invite **Player X**. Is it okay for you?"*

*"I prefer to do this task with just the **two of us**."*

## 2. Choose a Deck

Connect with **your own desires** and choose any unlocked deck (no need to pick the newly unlocked one). Ask your teammate for consent and switch decks if needed to find one that **suits you both**.

*"Would you like to do a **Platonic Action** with me?"*

*"I would prefer to do a **Platonic Talk** instead."*

*"Would you like to do **this task** with me?"*

*"Yes, but I would like to hide under a blanket."*

*With Talk cards you can also answer the question **on your own**, allowing your teammate to skip.*

*If any deck runs out, shuffle the discard pile and create the new deck.*

## 5. Complete the Task

### Action:

Do the task for as long as you feel comfortable. Most tasks take 1–3 minutes.

*Prefer not to be watched? Invite the rest of the group to play one or a few **Ice Breakers** while you complete your task.*

### Talk:

Answer the question yourself, then invite your teammate to answer too.

**Done? Pass the turn clockwise.**

# ENDING THE GAME

Players can decide themselves **how many rounds** they want to play. As soon as players decide to stop playing and the last player takes their turn, they can start the Reflection Phase.

## REFLECTION PHASE

Each player may share something they learned, enjoyed, or found challenging during the game – whether it's a specific task, a question, or simply a feeling.

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### Credits

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