

The central concept of my final project revolves around the fictitious truth that life is a grand simulation, almost like a video game. This idea assumes that our experiences, challenges, and relationships are not random occurrences but are orchestrated by an unseen force, much like the mechanics of a simulation game such as *The Sims*. This belief suggests that every decision we make and every encounter we have could be part of a larger design aimed at fostering personal growth and connection. This topic is of significant interest to me. Growing up playing *The Sims*, I found joy in the ability to control various aspects of life, from relationships to careers, creating a world that mirrored real life but allowed me to manipulate outcomes. This gameplay experience fostered a sense of agency and creativity, where I could experiment with different scenarios and see the consequences. It was a space where the ordinary could become extraordinary, and I could explore life's possibilities without real world consequences.

Additionally, I was inspired by the film *Don't Worry Darling*, which presents a narrative where the characters live in a simulation, unaware that their lives are orchestrated as part of a game. This concept resonates with the notion that our lives might also be part of a grand design, prompting us to reflect on the nature of reality and the ways in which we perceive our existence. The intersection of these two influences, my childhood experiences with *The Sims* and the thought provoking narrative of *Don't Worry Darling*, shapes my exploration of this project.

The concept of life as a grand simulation can become a "benevolent untruth" in many ways. First, this narrative can provide emotional resilience to individuals facing challenges. Believing that life's obstacles are part of a larger design can help people approach difficulties with a positive mindset, viewing setbacks as opportunities for growth rather than insurmountable problems. This belief encourages a proactive attitude, inspiring individuals to take risks and explore new avenues in their lives, much like the freedom I experienced in *The Sims*. The idea that unseen forces guide our paths can alleviate anxiety about the unknown. In a world where unpredictability often breeds stress, framing life as a playful game can serve as a psychological cushion, allowing individuals to cope with uncertainty more effectively. By embracing the notion

that life is designed to lead us toward personal fulfillment, people may feel more at ease with life's twists and turns, similar to how characters in a simulation adapt to various challenges.

This benevolent untruth can also foster community connection. By sharing stories of serendipitous encounters and unexpected opportunities, individuals can create a sense of belonging among those who resonate with the narrative. This collective belief can nurture friendships and collaborations, as people support each other in navigating their "game." However, while this benevolent untruth offers comfort and connection, it raises ethical questions about the importance of truth and self agency. Is it right to embrace a comforting narrative if it obscures the complexities of reality?

This tension invites rich discussions about belief, hope, and the nature of existence. Exploring these ethical considerations can provide a balanced perspective, encouraging individuals to engage critically with the idea while recognizing the benefits it can offer. In conclusion, my final project will explore the concept of life as a grand simulation, drawing from my experiences with *The Sims* and the themes presented in *Don't Worry Darling*.