

# Get into his/her head

2-4 participants.

By Elina Andersson & Elli Garperian

It's Ben and Diana's birthday party but she's the one ending up with all the work. He will decide, she will agree, then you switch characters. A short scenario about norms, power and the things that they never said. An opportunity to experience the stereotypical, heterosexual couple's fight by replaying the same scene as both characters.

## Tool Box - mandatory

- **Switch characters**

In this game we want you to switch characters between each scene so you get to play both sides of the game. Don't be afraid to play stereotypes, that's what the game is all about.

Please remember that you will play both characters regardless of your off game gender. If you're more than two players you will be able to switch the characters between all of you. You can switch characters randomly and don't have to stay in specific constellations.

- **Clips**

Use the blue and red clips to mark the characters Ben and Diana. Make sure it's easy to switch, this will be your way to remember who you're playing right now.

- **Repeat scene**

During or after a scene anyone can request a replay of that scene. When this happens change characters if possible and play the scene again.

- **The woman never wins**

Diana never wins an argument in the end but has all the possibilities to protest, martyr and cry on her way to defeat.

- **Inner monologue**

To voice your character's inner thoughts and only letting the player(s) know, lay your hand over your heart and say them out loud. Example: She says: *"I love your shirt, is it new?"* She puts her hand over her heart and says *"I wish you would wear the shirt I got you for today."* And then the scene continues just as normal, Ben didn't hear her inner thoughts. Please keep the monologues short!

- **Timer**

To make sure the game is high paced, we ask you to put a timer (3 minutes) on your phone for each scene. When it goes off, wrap it up and move on. Play every scene at least twice.

## Tool Box - extra's

- **Quotes**

Each scene has a suggestion for a quote by Ben and Diana. This is voluntary but we encourage you to try them out.

- **Shadows** (*if you are more than two players*)

The ones that aren't active as the characters Ben and Diana during a specific scene can be Shadows and play out Ben and Diana's inner thoughts with the players.

Example: Ben says *"The game is on, I'm grabbing a beer."* A Shadow tells Diana *"But he said he was gonna help you this time?"*. Diana says to Ben *"Oh, I'll make the dinner myself then"* Diana turns to the Shadow *"Again."*

- **Extra scenes**

If you have time after having played all scenes more than twice, take turns and replay your favourite scenes again.

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### Characters

- **Diana.** She's a martyr but a loving one and she loves him. In fact, she loves Ben more than she loves herself. She works at the mall, dreams of having kids and has started to save up for the perfect wedding. Dare to be a martyr!
- **Ben.** He loves football and loves to win, in fact, he loves it more than he loves Diana. He dreams of coaching a team, advancing at his office work and one day teach a son of his own the game he loves so much. Dare to be a douche!

### Scenes

The following three scenes takes place in the kitchen during the same night in which the characters are celebrating their birthdays. You can play the scenes in any order. Remember that it is not important to finish the story, but rather to allow yourselves to try again. All scenes have a Positive and Negative side to them to give the players inspiration. The scenes end when anyone says cut or the timer goes off. After each scene answer the question "How do you feel right now?" One sentence each.

- **Scene 1: Cooking dinner and cleaning up**

The couple are cleaning up the house and cooking dinner for his parents whom will arrive shortly.

The Positive: He is happy that his parents are coming over and the game he's watching is going good.

The Negative: She isn't getting any help with cooking dinner and her parents couldn't make it.

Ben: *"WOOOHOOOO! Goal! We're on the winning team, hun. Give us another beer?!"*

Diana: *"It would be nice if you could help out too, honey?"*

- **Scene 2: Lighting the candles (right before dinner)**

Just before his parents ring the doorbell, he comments on her looks.

The Positive: She's really pleased about the roast and hopes to impress his parents.

The Negative: He thinks she looks awful in that dress and questions her taste.

Ben: *"Is that what you're wearing?!"*

Diana: *"Did you forget to put away your stuff in the living room?"*

- **Scene 3: Late at the party**

3 AM, she's tired and wants them to go to bed together but he wants to keep partying with his friends. (Extra players might play Ben's friends urging him to come back to the TV or bring more beer)

The Positive: She would love to cuddle up with her man and give him their own private birthday gift.

The Negative: He wants to hang out with his gang and is pissed off that they ran out of beer.

Ben: *"Grab us another beer, hun, would you?"*

Diana: *"I was thinking we could have some time alone, just you and me. It's already really late."*

**Cheat sheet -**  
before each scene

1. Ask how everyone is
2. Switch characters
3. Read the scene
4. Play the scene