

– When friendship deepens –

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Short description

With this scenario we want to explore how to create friendship and how to make it deeper.

Long description

An emotionally intense scenario about creating friendship. You will play two close friends together in the same pair for the whole scenario. You will play a few scenes many times. Between each scene you will get to briefly reflect upon what you did during the scene that affected your friendship. Hopefully you will get better and better at finding the fragile moments when friendship deepens.

Introduction

With this scenario we want to explore how to create friendship and how to make it deeper. You will play two close friends together in the same pair for the whole scenario. It will be an emotional but not a romantic or sexual relationship. To the extent that we will use physical touch, it will be purely platonic. The scenario is played in three acts. Between the first and second act there will be a short break. The three acts are called: When friendship happens, when friendship fades and when friendship deepens.

You will soon pair up. Remember! You should not choose a person based on attraction. The relationship is completely platonic. Please, find someone that you want to explore a friendship with.

Great! Take one moment to say hello to each other before we start the first act.

ACT 1: When friendship happens

In the first act we will explore the fragile moments when friendship happens. In the first act you will play only one scene, but you will play it many times. Between each scene you will get to briefly reflect upon what you did during the scene that brought you closer together. Hopefully you will get better and better at finding the fragile moments when friendship happens.

Now we want to find out who you are. First decide what you work with [20s]. Now decide if you have a relationship and what type of relationship it is [20s]. You now have half a minute each to share information about your work and relationship with your friend. The first person starts to share now! [30s]. Switch! [30s] Thank you! Recently something sad but mundane has happened to you that you want to share with your friend. For example: You didn't get the promotion you were hoping for, you are worried about your pet that is slightly ill, you got negative feedback from a colleague, you had a fight with your partner at home. Decide what has happened to you [30s].

The scene you are going to play takes place in a hotel bar where two old friends meet. Let's create this hotel bar together.

There will be a lot of other people in the hotel bar, but you will only pay attention to each other. Both are a bit disheartened about the sad things that have happened. The point is that you both will have the opportunity to be consoled and to console the other. Taking turns is important.

The scene will go on no longer than the song we will play. It is exactly 4.45 long. This means that you will need to focus on the essentials of the scene. You probably will not find something emotional at the first try. But you will eventually, because after each scene you will get a very short debrief together with your partner, with the question "What brought us closer together?" You do the debrief during a song that is exactly 1.56 long.

The next time you do the scene you can make small alterations to further deepen the fragile moments when friendship happens. Therefore, the repetitions should be similar but not identical

As you might guess, this will be really fast paced. So let's try it out.

Scene 1. Now you will do the scene for the first time. You have met outside and are just entering the hotel bar, and are not in a hurry to find a seat. Find a good starting position. Remember this position. Please begin! [Plays the song]

[When the song ends] Thank you very much. Now please turn to your friend and during two minutes talk about what brought you closer together.

Scene 2. [When two minutes have passed] Thank you! As you have noticed, the scene is really short, so you will need to make the most of the close moments. And the debrief is really short, so you will need to really point out the most important moments.

Now, let us do the same scene again, and make small alterations based on your debrief. You have met outside and are just entering the hotel bar, and are not in a hurry to find a seat. Find your starting position. Please begin! [Play the song]

[When the song ends] Thank you very much. Now please turn to your friend and during two minutes talk about what brought you closer together.

Scene 3. [When two minutes have passed] Thank you!

Now, let us do the same scene again, and make small alterations based on your debrief. This time however, you will get to use fewer words. Where you normally would use a whole sentence you will only use one or two words, and be more candid and to the point. For example, instead of saying “Oh, you know. Things are a bit rough at work, and my colleague is not the most sensitive type.” You might say “Stressed..... Colleague mean.” and let your presence and body language say the rest. Find your starting position. Please begin! [Play the song]

[When the song ends] Thank you very much. Now please turn to your friend and talk about what brought you closer together.

Scene 4. [When two minutes have passed] Thank you!

Now, let us do the same scene again, and make small alterations based on your debrief. This time however, you will not use any words at all. Only communicate with your eyes and body language. Find your starting position. Please begin! [Play the song]

[When the song ends] Thank you very much. Now please turn to your friend and talk about what brought you closer together.

Scene 5. [When two minutes have passed] Thank you!

Now, let us do the same scene for the last time. This time you may use words again, to the extent that you want. Find your starting position. This is the last scene. Please begin! [Play the song]

[When the song ends] Thank you very much. Now please turn to your friend and talk about what brought you closer together.

That was the end of act 1. There will now be a short break. You need to be back here for the second act in 10 minutes. If you for example need to go to the toilet, please do what now.

ACT 2: When friendship fades

In this second act we will explore how friendship can sometimes fade away without anyone intending it to. In some ways it will be similar from the first act, but in some ways it will be different. It will be similar in that you will be the same characters, and you will play one scene more than one time. The act will be different in that you will play the same scene only three times, and the scenes will be framed by a different and shorter song. Hopefully you will get better at finding those vulnerable moments when friendship fades.

Since your meeting in the hotel lobby, you have both been very focused or busy with some aspect of your life. Maybe you have found a new hobby, found a love relation that takes a lot of time and focus, adopted a pet or you have started a new and exciting project at work. The point of it is that it has taken focus from spending time with or thinking much about your friend. Think about this! How could it be noticeable that you are distracted or distanced? How could it be shown during this act? [20 s]. You now have half a minute each to share how you are distracted or absent. The first person starts to share now! [30s]. Switch! [30s] Thank you!

This scene will take place in the middle of a shopping mall, where you have a chance encounter, and you stop to have a hurried chat. Now, let's create this shopping mall!

There will be other people here, while you try to focus on each other, it is ok to briefly be distracted by other people passing by. You meet by accident in the shopping mall, and while you are happy to see each other and want to connect like you used to, you will be too focused on other parts of life to succeed. Maybe you are too busy talking about your own life and forget to listen to the other? Or maybe you only ask questions about things that are not important to the other one?

The scene in act 2 will be exactly 2:49 long. After that you have a debrief that follows the same song as before, that is exactly 1.56 long. In the debrief we want you to focus on the question. "What made our friendship fade? What chances did we miss to make your friendship happen" Every time you play the scene try to make small alterations to let your friendship fade.

Scene 1 Now you will do the scene for the first time. You have just met by chance in the middle of the shopping mall, and none of you are sure if you have a seat or to have the conversation standing. Find a good starting position. Remember this position. Please begin!
[Plays the song]

[When the song ends] Thank you very much. Now please turn to your friend and during two minutes talk about what made our friendship fade?

Scene 2 Now you will do the scene for the first time. You have just met by chance in the middle of the shopping mall, and none of you are sure if you have a seat or to have the conversation standing. This time however, you will not use any words at all. Only

communicate with your eyes and body language. Find your starting position. Please begin!

[Plays the song]

[When the song ends] Thank you very much. Now please turn to your friend and during two minutes talk about what made our friendship fade?

Scene 3 Now, let us do the same scene again, and make small alterations based on your debrief. You may speak in whole sentences and use body language, just like in the last scene. You have just met by chance in the middle of the shopping mall, and none of you are sure if you have a seat or to have the conversation standing. Find your starting position. Please begin! [Plays the song]

[When the song ends] Thank you very much. Now please turn to your friend and during two minutes talk about what made our friendship fade?

That was the end of act 2.

ACT 3: When friendship deepens

Now we will begin the third act - when friendship deepens. In this act we will explore how to reconnect and then deepen your friendship. Use your experiences from the first and second acts. It will be similar to the first act as you will play one scene five times. Even the music is the same as in the first act. Hopefully you will get better and better at finding the fragile moments when friendship deepens.

After your last meeting in the shopping center you have not seen each other in a long time. This is actually the longest time you have not heard from each other ever. Think about this! Do you have any fantasies about why your friend has not contacted you [20s]. You now have half a minute each to share your fantasies about why your friend has not contacted you. The first person starts to share now! [30s]. Switch! [30s] Thank you!

You have not seen each other but you really miss your friend! Think about what you miss the most with your friend. And what you need from your friend [20s]. You now have half a minute each to share what you miss with your friend and what you need from your friend [1m]. The first person starts to share now! [30s]. Switch! [30s] Thank you!

This scene will take place in the city's most cozy café. Let's create this cozy café together.

There will be other people here, but you will only pay attention to each other. You don't even remember which one of you that called. You both wanted to see each other and had thought about it for some time. Remember that you may need to heal the distance between you that was created in the last scene. Remember to take turns and listen to each other.

Like in act 1 the scene will be exactly 4.45 long. After that you have a debrief that is exactly 1.56 long. In the debrief we want you to focus on the question. "What made our friendship deeper?" Every time you play the scene try to make small alterations to further deepen your friendship.

Scene 1. Now you will do the scene for the first time. You have met outside and are just entering the cozy café, and are not in a hurry to find a seat. You need to heal your friendship and make it deeper. Find a good starting position for this scene. Please begin! [Play the song] [When the song ends] Thank you very much. What made our friendship deeper?

Scene 2. [When two minutes have passed] Thank you! Now, let us do the same scene again. Make small alterations based on your debrief. You have met outside and are just entering the cozy café, and are not in a hurry to find a seat. Find your starting position. Please begin! [Play the song] [When the song ends] Thank you. What made our friendship deeper?

Scene 3. [When two minutes have passed] Thank you!

Now, let us do the same scene again, and make small alterations based on your debrief. This time once again, you will get to use fewer words. Where you normally would use a whole sentence you will only use one or two words. Find your starting position. Please begin! [Play the song]

[When the song ends] Thank you. What made our friendship deeper?

Scene 4. [When two minutes have passed] Thank you!

Now, let us do the same scene again, and make small alterations based on your debrief. This time however, you will not use any words at all. Only communicate with your eyes and body language. Find your starting position. Please begin! [Play the song]

[When the song ends] Thank you. What made our friendship deeper?

Scene 5. [When two minutes have passed] Thank you!

Now, let us do the same scene for the last time. This time you may use words again, to the extent that you want. Find your starting position. This is the last scene. Please begin! [Play the song]

[When the song ends] Thank you. What made our friendship deeper?

That was the end of act 3. Now the epilog starts.

Epilogue

You have now played the scenario: When friendship deepens. Can each pair find another pair so you are in groups of four. [If there is one pair left you can come speak with us]. Break up the original pair and make two new pairs but stay together all four of you. Decide which pair that starts. The other pair will watch as an audience. The first pair are strangers that met at a party. It is getting late and you have been talking about friendship. You decide to tell each other of a good friend. Take turns and describe your friend that you have played this scenario with.

The first pair may begin now, remember to take turns to both talk and to listen. [2 min]. Thank you! Now it is the second pair's turn. Remember to both talk and to listen! [2 min] Thank you! Go back to your original pairs. Find a nice spot in the room. You will now have a five minute free debrief in your pair. Please speak freely to each other about your experience in the scenario. [5min] Thank you!

The scenario when friendship deepens is now over! Thank you for playing!

We will come around with an evaluation. We would be happy if you fill it out. When you are finished you can leave it to us and we will stay here to answer whatever questions you may have.