

\*Example entries provided on the back. This is a work of serious art get it?  
 DSM books (Wikipedia can also be used)



DSM-IV  
 The Game!

Free\*  
 The Mediacollective.org  
 presents...  
 a Board? Why let's Play... production

Two Sample Disorders from Wikipedia:  
 Attention Deficit Hyperactivity Disorder  
 Inattention: Often does not give close attention to details or makes careless mistakes, often has trouble keeping attention on tasks, often does not seem to listen when spoken to directly, often has trouble organizing activities, is often easily distracted. Hyperactivity and Impulsiveness: Often fidgets, often blurts out answers before questions have been finished, often interrupts or intrudes on others, often talks excessively, is often "on the go" or often acts as if "driven by a motor", often has trouble playing or enjoying leisure activities quietly.

**Generalized Anxiety Disorder**  
 Excessive anxiety and worry (apprehensive expectation), the person finds it difficult to control the worry, the anxiety and worry are associated: restlessness or feeling keyed up or on edge, being easily fatigued, difficulty concentrating or mind going blank, irritability, muscle tension, sleep disturbance (difficulty falling or staying asleep or restless unsatisfying sleep)

## Introduction

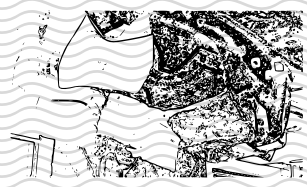
A beautiful way to engage and learn about yourself, family, and friends. An ice breaker at your next holiday gathering.



Hold a mirror to yourself and others.

## Items Needed:

- DSM Access (books or Wikipedia) Or even the back of this zine! →
- One Written English Literate Person
- People for which to analyze. (yourself included)



Played in the same manner as Group Therapy, except one individual is chosen as the focus for the disorder. Bonus: If a player feels another player exemplifies this disorder, the focus of the current session can be switched to them by way of range voting. Continue through the disorder.

**Multi-Player: Psychiatrist(s) and Patient**  
 Go around the circle in a designated order. Verbally discuss each player's exemplification of the current symptom. Give examples of incidents when these were symptomatically displayed. Continue through the disorder.

**Multi-Player: Group Therapy**  
 On a sheet of paper, take notes about how you feel regarding each of the criteria and numeric value for how much you display that symptom. At the end of the disorder, add up your score, divide by the number of criteria you evaluated yourself on. This your disorder index. Continue through the disorder.

## Solo Play: Self-diagnosis

### How to Play:

- 1) Choose a disorder from your DSM source.
- 2) Read the criteria for the selected disorder aloud.
- 3) Depending on which style of play you are using (next page), proceed accordingly.
- 4) Continue through the remaining criteria or until you or the group want to explore another disorder in the DSM.
- 5) The game session ends when one hour has elapsed.