

Autotherapeutic Containment Protocol

Use self care to fight demons



A lyric solo game by Nat Knight

You've attracted the attention of a demon, an immaterial being of pure spite and malice.

Symptoms of demonic attention can include:

- pain
- fear
- emotional volatility
- impatience
- joylessness
- lost time

The effects might be direct and unmistakeable, or they might be subtle, damaging your quality of life while you wonder if they're even real.

Above all, demons are changeable: if you think you understand a demon you are mistaken.

Demons aren't well understood. They always try to spread misery and discord, but their influence is limited to the feelings, behaviours, and thoughts of human beings.

Demonic attention is chronic: there's no reliable way to get rid of a demon (though it's sometimes worth trying).

This pamphlet describes a spell that you can do for yourself to lessen the effects of demonic attention and improve your quality of life.

Choose a Ritual

Choose an act of care you can do for yourself. It doesn't need to be something you do every day, but it should be something you do at least once a week.

This will be your **ritual**.

By repeating your ritual you will maintain and strengthen the spell that keeps your demon away.

Your ritual might be:

- *Practicing yoga*
- *Meditating*
- *Going to the gym*
- *Keeping a journal*
- *Drinking a glass of cold water*
- *Talking to a friend*
- *Being in nature*
- *Gardening*
- *Caring for a pet*

Or anything else that's meaningful to you.

Choose a Focus

Choose a short phrase you can say before you perform your ritual. It should remind you that you that you are contending with a cunning immortal being but you are not powerless.

This is your **focus**.

For example:

- *Facing eternal evil I act for today*
- *Behind my efforts let there be found my efforts*
- *Contra te, volo*
- *Alright you <expletive>*
- *Pour tous les lendemains, j'agis aujourd'hui*
- *You think I'm trapped in here with you*

Or anything else that focuses your attention on the demon.

Choose a Binding

Choose a short phrase you can say after you perform your ritual. It should remind you of your intention, acknowledge your effort, and funnel it into the sealing spell.

This is your **binding**.

For example:

- *By my actions be sealed and sealed again*
- *And from my effort let my efforts flow*
- *Factum est*
- *See ya next time, <expletive>*
- *Pour tous les hiers, je me remercie*
- *You're trapped in here with me*

Or anything else that reinforces your intention to continue.

It's more important to be **consistent** and **intentional** than it is to have exactly the right spell. Don't let nerves, inexperience, or uncertainty prevent you from starting.

Most spells are sturdy enough that missing a ritual or two won't seriously harm them. Keeping the spell up **long term** matters more than completing any particular ritual.

You should freely revise a ritual or focus that isn't working but resist the temptation to tinker. A spell will become more effective as it becomes more familiar, and you can't benefit from that dynamic if your spell is always changing.

A favourite tactic of demons is to make you think that it's not worth starting until your results will be perfect, that a single lapse makes prior work meaningless, or that a solution is useless if it only solves part of a problem.

Do not fall for these lies.

Play until your demon changes, you find a better focus, your demon moves on, or for the rest of your life.

My Ritual

My Focus

My Binding

Notes

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This game was made by a person, not an AI.



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