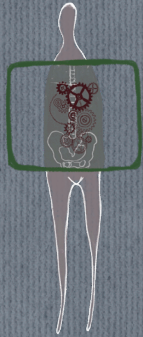
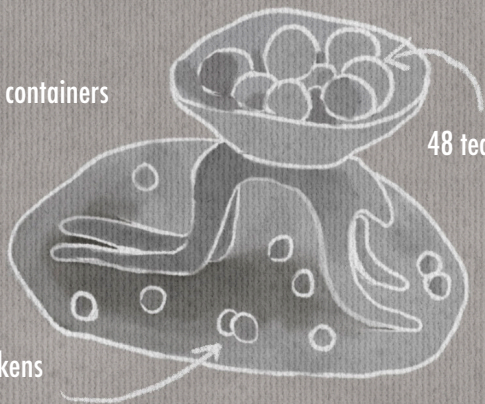


THE
MANAGED
HEART



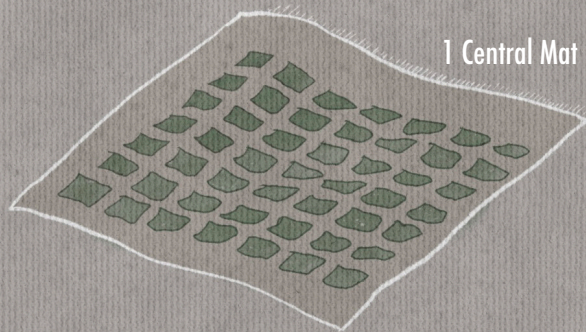
Game Components

4 tear & effort containers



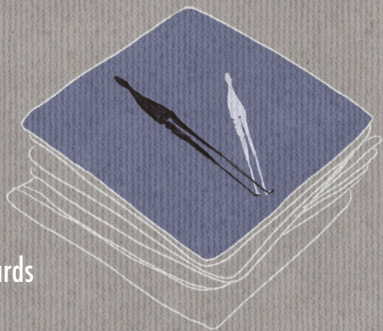
48 tear tokens

80 effort tokens

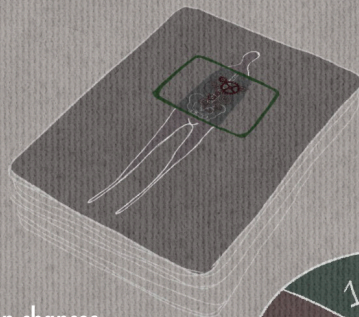


1 Central Mat

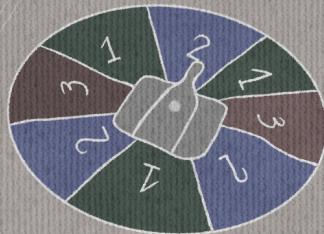
60 event cards



16 promotion chances cards



4 pawns



1 spinning wheel

Game Setup

- > Best with 3-4 players.
- > Each player will take
 - One pawn
 - One tear and effort container
 - One tear token bag with 12 tears inside.
 - 20 effort tokens on the container
- > Place the pawn on the level 1 space on the game mat.
- > Shuffle the event card and place it beside one side of the game mat.
- > Shuffle the promotion chances card place it beside the other side of the game mat.
- > Place the spinning wheel beside the promotion chances card.

How To Play

> The goal of the game is to get as higher rank as possible in the workplace before either your effort tokens are used up (aka too exhausted to work anymore), or your tear containers are full (aka emotional breakdown).

The oldest player goes first; turn moves clockwise.

Make Emotional Management Choices

> At the beginning of each turn, each player draw one card from the event card pile. According to the card, players will make their decisions, either express emotions, or restrain emotions. See Event Card section for more information.

Get a Promotion

> After everyone draws event cards and makes decision, all players draw 1 promotion chances card. Based on this round's event card choices, players will need to pay different amount of efforts for a promotion. See Promotion Chances Card section for more information.

Spin the wheel to see how big is the promotion

> After each players pay the amount of effort accordingly, players will take turn to spin the wheel. This will determines how big your promotion is. Move forward your pawn according to the number you got. This indicate how high is your rank now. See the Wheel section for more information..

Special chance of expressing emotions to other players.

> You will have one chance to express emotions to one other player by choices. This will gives you a chance to give out tear to other player, and player who receives tear will have get one extra promotion of two level.

> To use this chance, after drawing the event card of the round, and decide which player will be your listener. Ask the player if they would like to hear your experience. The chosen player has the right to say YES or NO.

> If the player says YES, then you can show the card to them, and they will accumulated the amount tears accordingly for you. In turn, they can receive 2 extra level of promotion this round.

> If the player says NO, then you keep the card to yourself, and accumulate double amount of tears accordingly.

> Either way, you will be considered as restraining emotions this round, and when getting promotion, pay the amount of effort token based on the restraining emotion players' requirement.

End of Game

> You will have two ways to end the game:

> your 20 effort token is up, meaning that you are too exhausted to do any work in your life.

> your 12 tears token are all accumulated in the tear container, meaning that due to longterm of emotional restrain, you are finally burnout emotionally.

> After all players end the game, the player with the highest rank wins the game.

Event Card

> Restrain emotions.

> If you choose to restrain emotions, you will keep the card to yourself. There will be certain amount of tear accumulated in your tear container.

> Express emotions.

> If you choose to express emotions, you will show everyone the card and tell other players what happened according to the card. There will not be tear accumulated in the tear container, yet, in this round's promotion chance, you will need to pay extra effort for a promotion. (See promotion chances card section for more info)



For example: The situation "You find out that your best friend are gossiping behind you." If you choose to restrain emotion, you need to put 2 tear in the tear container. If you choose to express emotion, you do not need to put tear in the container, but in this round's promotion chance, you will have to pay 2 extra effort plus the original effort needed.

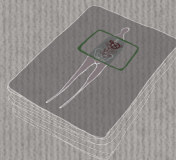
Promotion Chances Card

> According to the decision you make at this rounds' event card turn, you will have different efforts need for a promotion.

> If you chose to restrain emotion and accumulate tear this round: Because of your suppression of emotion, you are easier to get a promotion. You only need to pay the amount suggested on the card.

> If you chose to express emotion and did not accumulate tear this round: Because of your down spirit and swing mood, it will be harder to get a promotion. You will need to pay the normal amount plus the amount suggested on your emotion card in this round for a promotion.

> Special chances: As you getting higher rank in the workplace, you will need less effort for promotion. As suggested on the card, you will get some deduction of effort.

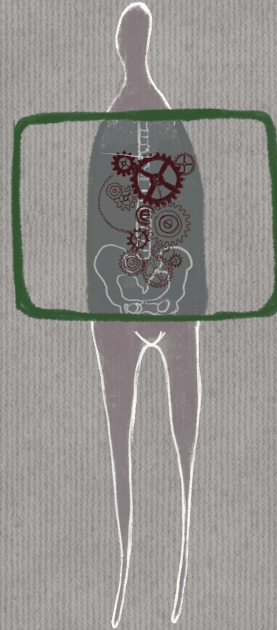


For example, if you restrain emotion this round, you pay the amount of effort tokens suggested on the card, let's say 3. However, if you express emotion this round, you will need to pay 3 plus the extra 2 suggested on the emotion card.

Polemical Point of the Game

> The intention of the game is present how emotion management and emotion restraint are a required thing in the modern society. Out-bursting emotions can have negative effect under many situations, while suppress the emotions can be harmful and lethal to oneself.

> The game is based on Arlie Russel Hochschild's theory of emotional management and emotional work in contemporary society. Hochschild examines the modern society and argues that the society requires one, especially women and middle-class workers to manage their emotions according to the situation in order to succeed in surviving. Sometimes they need to evoke sentiments, sometimes they need to suppress, purely depends on the request from the society. Emotion management would finally turn into one's internalized problem and would reach its limit someday.



Hope every of you all have a beautiful
yesterday, today, tomorrow.

GAME BY LALA LUO