

You: A Solo Role-Playing Game About Hope And Love

Introduction

"You" is a single-player game in a book that lets you create a modern-day character. Your goal will be to develop a personality, fulfill dreams, or maybe even find love. Unlike most traditional RPGs, the game won't carry you to the sprawling dungeons. Instead, it takes place here and now in a world full of wonder we live in.

But it's not only your character who will live and learn through this experience. The real hero of the story is You – the player. Your self-improvement is equally essential. You are given optional quests to complete at the end of each chapter or life episode. You will be doing these tasks in the real world. "You" is also intended as a self-improvement tool to help you understand yourself better and give you insights and motivation to make changes in your life.

Undertaking these hybrid quests is not required. But these ventures can reward you not only with XP for your game character but with the experience and motivation to discover new paths or make essential changes in your own life. Or you can do it just for fun.

In addition to the standard gameplay, you have the option to play the game in a classic solo role-playing mode with a more open structure. No Game Master is needed for this.

The game concludes with the final chapter and score summary.

What do you need to play?

Apart from the book you are holding in your hand (or its digital PDF equivalent on your device), there are only a few things that are required to play:

- Two six-sided dice, called D6, ideally in different colors. D4, or a four-sided die, might also be helpful, but it's not essential.
- Pencil and eraser. If you're playing it in a PDF on a computer, tablet, or smartphone, you can use digital annotation tools.
- Character sheet. You will find it at the end of the book.

Character sheet

You can find the character sheet at the end of the book. You can also download it from mobinetgames.com website and print more copies as needed.

You will fill out the character sheet while creating the player character (also called a PC later on) through the game and by making their story.

①	Name:		Sex:	
	In a relationship with:		Single:	<input type="checkbox"/>
②	Satisfaction	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Assets	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Relationship	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Prestige	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
③	Strengths			
	Artistic	<input type="checkbox"/>	Introverted	<input type="checkbox"/>
	Assertive	<input type="checkbox"/>	Creative	<input type="checkbox"/>
	Rebellious	<input type="checkbox"/>	Purposeful	<input type="checkbox"/>
	Curious	<input type="checkbox"/>	Independent	<input type="checkbox"/>
	Decisive	<input type="checkbox"/>	Protective	<input type="checkbox"/>
	Extraverted	<input type="checkbox"/>	Excited	<input type="checkbox"/>
	Energetic	<input type="checkbox"/>	Helpful	<input type="checkbox"/>
	Cocky	<input type="checkbox"/>	Popular	<input type="checkbox"/>
	Adventurous	<input type="checkbox"/>	Hard-working	<input type="checkbox"/>
	Inspiring	<input type="checkbox"/>	Joyful	<input type="checkbox"/>
		<input type="checkbox"/>	Romantic	<input type="checkbox"/>
		<input type="checkbox"/>	Dreamy	<input type="checkbox"/>
		<input type="checkbox"/>	Calm	<input type="checkbox"/>
		<input type="checkbox"/>	Mysterious	<input type="checkbox"/>
		<input type="checkbox"/>	Orderly	<input type="checkbox"/>
		<input type="checkbox"/>	Attentive	<input type="checkbox"/>
		<input type="checkbox"/>	Sensitive	<input type="checkbox"/>
		<input type="checkbox"/>	Hardy	<input type="checkbox"/>
		<input type="checkbox"/>	Witty	<input type="checkbox"/>
		<input type="checkbox"/>	Organized	<input type="checkbox"/>
④	Weaknesses			
	Predictable	<input type="checkbox"/>	Timid	<input type="checkbox"/>
	Destructive	<input type="checkbox"/>	Unreliable	<input type="checkbox"/>
	Dramatic	<input type="checkbox"/>	Dishonest	<input type="checkbox"/>
	Lazy	<input type="checkbox"/>	Boring	<input type="checkbox"/>
	Vindictive	<input type="checkbox"/>	Judgmental	<input type="checkbox"/>
	Naive	<input type="checkbox"/>	Pessimistic	<input type="checkbox"/>
	Narcissistic	<input type="checkbox"/>	Depends on others	<input type="checkbox"/>
		<input type="checkbox"/>	Grim	<input type="checkbox"/>
		<input type="checkbox"/>	Vain	<input type="checkbox"/>
		<input type="checkbox"/>	Selfish	<input type="checkbox"/>
		<input type="checkbox"/>	Fearful	<input type="checkbox"/>
		<input type="checkbox"/>	Doubtful	<input type="checkbox"/>
		<input type="checkbox"/>	Angry	<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>
⑤	XP:	<input type="text"/>	⑥	Score: <input type="text"/>

Start by filling up the character's name and sex (1).

Your PC's happiness is represented by four traits (2). Traits start at 0 and can never exceed 5. Traits will be improved through growth at the end of most chapters. Your PC is represented by the following traits:

- **Satisfaction:** A measure of happiness, well-being, mood, and self-confidence.
- **Relationship:** A measure of trust and affection in a romantic relationship. A successful relationship is inspiring, fills with energy, and sparks joy. Being single isn't wrong by any means, but life is easier to go through when you're together. If you decide to live as a single, this trait represent your friendships.
- **Assets:** Money provides independence, opportunity, and freedom – not to mention a roof under your head. This trait is a general measure of property, earnings, and accumulated capital.
- **Prestige:** This is respect of others, social status, and professional position. It doesn't always correlate with earnings.

Besides these traits, your PC will acquire strengths and weaknesses (3, 4).

- **Strengths:** These are your strong points and beneficial personality features. Strengths in the game are listed in green, for example: **Purposeful**.
- **Weaknesses:** No one is without flaws, and you will acquire some detrimental quirks. All weaknesses are marked in red, for example, **Unassertive**.

XP: Experience points (5). You will receive experience points for completing quests. You can exchange XP for new strengths or use these points to remove weaknesses.

Score: This is calculated at the end of the game and based on traits, strengths, and weaknesses (6).

Creating a Player Character

Start the game by creating a player character. Note the name and follow the instructions in the "Your personality" chapter. Choose four attributes from this chapter, and note down the Strengths and Weaknesses.

Game sequence

Each chapter consists of the following parts:

1. Gameplay
2. Quests
3. Growth
4. Additional information

1. Gameplay

Progress through the chapters and make rolls on each table.

Each table contains information about the roll (1), along with any additional instructions. Most tables require two dice rolls. You can use differently colored dice to designate the first and the second dice or simply roll twice.

Column (2) indicates which roll result you should implement.

As in most RPGs, D6 is the designation for the six-sided dice.

D3 stands for a "three-sided" die, which is a D6 divided by two. So a roll of 1-2 is 1, 3-4 is 2, and 5-6 is 3. Similarly, for a D2, a roll of 1-3 is treated as 1, and 4-6 is treated as 2.

Similarly, for a D2, a roll of 1-3 is treated as 1, and 4-6 is treated as 2.

For a D4 roll, reroll 5s and 6s. Alternatively, you can use an actual D4. If there is a D5 in the table, reroll all 6s.

Some results refer to additional instructions, allowing you to gain extra strengths or weaknesses. Follow the instructions and mark everything accordingly on your character sheet.

Mark the roll result in the right column (3). This doesn't directly impact your end score but will be helpful to players doing quests or playing the classic solo RPG mode.

1**Your interests are:***(D6 + D6)**If you are **Creative**, you can choose instead of rolling on this table. If you're **Energetic**, you have more hobbies: roll twice.***2****3**

D6	D6	Result	✓
1	1	Whimsical watercolors. You paint mostly flowers and animals. It takes some patience.	

Considering the example above, you'll be rolling two D6s. If you roll a 1 on the D6 and a 1 on the D6, read the first result from the table. Additionally, you should check if you're **Creative** or **Energetic** and apply instructions.

Afterward, roll on the following table.

Note any added or removed strengths and weaknesses for each corresponding outcome on the character sheet. In some cases, you will have the option to choose between two or more strengths.

Each strength or weakness can be obtained once. However, if you receive the same strength a second time, add +2 XP. Gaining the same weakness a second time will not yield any additional results.

2. Growth

Growth

Add +1 to Satisfaction if you are **Creative**.

Add +1 to Assets if you are **Curious**.

Add +1 to Prestige if you are **Artistic**.

Growth example.

Every experience in life, whether good or bad, comes with lessons and an opportunity to grow. After all the rolls have been made, gain trait points according to the Growth table.

In the example above, you will add +1 to Satisfaction if you are **Creative**, +1 to Assets if you are **Curious**, and +1 to Prestige if you are **Artistic**.

3. Quests



Start a new hobby! Perhaps it will turn into a passion that will draw you in for years to come. The skills and inspiration you gain can be handy, not to mention the chance to meet new people! Perhaps you will meet someone at cooking classes or painting lessons. +10 XP, or +15 XP if this is your first hobby.



Go to your local library, browse the shelves, and pick up a book. Read it later. +5 XP or +10 XP if this is your first visit to this library, and you must fill out a form to sign up.

Quest example.

At the end of each chapter, you will find a list of quests to complete. These quests are not carried out by your PC but by yourself. You will receive experience points (XP) for completing quests. The quests are optional, so it's up to you whether you want to take on the challenge. You can choose to do a single quest per chapter, as many as possible, or none at all.

However, completing these quests can help you acquire new skills, develop yourself or gain motivation to act in real life. These quests may require a little drive and effort, but as you will find out, they're not that difficult!

You don't have to complete the quests right away. Some quests require more time to fulfill. If you want to dedicate yourself to any quests, mark the quest you want to do later and try to complete it within the next few days. Award yourself the XP for these planned quests immediately.

3.1 Experience Points

For each completed quest, you receive experience points (XP). Write down the amount received on your character sheet. Use 10 experience points to gain one strength or to remove weakness. Experience points can be exchanged at the end of each chapter.

4. Additional information

You will find additional information and valuable findings at the end of each chapter. If you want to read more, references to the research articles can be found in the bibliography.

Then proceed to the next chapter unless instructed otherwise.

A few words about pronouns

Pronouns are a hot topic today. However, we are not delving into gender discourse here but into linguistics. The construction of most languages requires specifying gender.

Most chapters are written with the masculine gender in mind, but if your character is a woman, assume they are aimed at women. For example, if the result of a roll is "You've met her at work," assume it is "You've met him at work" if that fits better to your story.

Ending

Add up your accumulated points:

- +5 points for each trait level (Happiness, Assets, Relationship, Prestige). If you are single, do not count Relationship Points. Instead, add 12 points to your total score.
- +2 points per each Strength
- -3 points per each Weakness

Note the score on the character sheet. Don't forget to complete quests if you have marked any to finish in the future. If you scored more than 60 points, well done!

In addition, you have achieved the following sense of well-being and fulfillment:

Satisfaction

- 0-1: You feel downcast and overwhelmed by reality, at least for now. However, you believe things will get better soon. The wind always blows the clouds away.

- 2-3: You can say that you are happy. You have some problems, but who doesn't? You look at the world with hope and look forward to tomorrow.
- 4-5: You experience deep contentment and require little else. You have attained a unique tranquility rare in a world where everyone is rushing.

Relationship

- 0-1: You're in an unfulfilling relationship. Maybe it's your fault, or maybe it just happened that way. Perhaps time will bring the change, or you need to part ways now.
- 2-3: Your relationship thrives and works like a well-oiled machine. Little friction happens to every couple. Without little quarrels, the relationship wouldn't feel real.
- 4-5: You have discovered your perfect match; every moment you share is brimming with intense emotions. Each day brings a renewed sense of falling in love, and you couldn't possibly ask for anything better.

Assets

- 0-1: Money has never stuck with you long, and earning is a challenge. You may have made some bad financial decisions in the future. But you're working on fixing this out.
- 2-3: You have an above-average income. You reward yourself for the work you put in. But you know you can't become complacent because your self-reliance and courage will pay you in the future again.
- 4-5: You've made a lot of cash, not without effort. You know money's value best and does not fall from the sky. And that's just the start, as you possess the knowledge and ability to invest your wealth wisely and continue growing your capital.

Prestige

- 0-1: You haven't achieved your goals yet or haven't had that much ambition. You can achieve more in the future. All you need is some energy.
- 2-3: You have accomplished a great deal, yet your appetite for success remains unsatiated. You possess the unwavering belief that you can attain even greater heights, and from this juncture onward, the path to success will become smoother.
- 4-5: You have achieved a position and respect that others aspire to attain. You're happy with a well-done job and want to leverage it for even more significant achievements.

What's next?

Play it again and see how small choices can change your life. Take on extra quests that you haven't done yet. Challenge yourself to create an entirely different PC.

If you have gained motivation or learned something from your previous playthrough, now is the time to implement it. Embracing change is always beneficial and can encourage personal growth and the exploration of new directions.

Finally, you can try playing a bit more complex optional classic solo role-playing game mode, presented below. The inspiration and depth you can derive from delving further into your character might prove to be valuable and insightful.

Optional: Classic solo role-playing experience

Solo RPGs rely on your imagination, putting you in the role of game master and the player simultaneously. Playing solo RPG exercises creativity, writing skills, and imaginative play. But it's also a reflection that can help you understand yourself better and maybe even give you insights and motivation to act.

The following rules are an optional additional game mode in a classic solo RPG style.

Approach the game as you would in a standard playthrough, but after completing each chapter, take a moment to write a few sentences based on your results. Ask yourself what you would do if you were in this situation. How would you feel experiencing it? Express your thoughts and emotions in a way that resonates with you, such as:

- Describe what you think as a **short story in the first-person**,
- Or write a **diary-form narrative**,
- Or maybe **imagine the adventures**, reliving them as a form of self-reflection,
- Or **start a blog** where you'll tell the story of your character. You can set up a blog on services such as Blogspot or WordPress within minutes. If you haven't tried this before, it presents an opportunity to learn something new. It's easier than you think.

Add +20 XP if you opted for this optional classic solo RPG experience.

Oracles

When making decisions during the game, you can use the oracle. It's a solo role-playing game mechanic that uses dice rolls to answer questions or aid in storytelling.

If you are faced with a choice that requires answering questions, roll a D6.

Oracle: The answer to the question	
D6	Roll result
1	Yes, but...
2	No, but...
3	Yes.
4	No.
5	No, and...
6	No, and...

For example, if you are wondering whether you should end the relationship and part ways, use this oracle. By rolling a 1, you get the answer **yes, but...** there are complications. For example:

- *You broke up, but you can't move out right away,*
- *You broke up, but affection holds you tight*
- *You broke up, but you don't stay single for long.*

If, on the other hand, you are looking for a general idea that fits the chapter, you can use this table by rolling D6 + D6.

Oracle: Idea

D6	D6	Roll Result	D6	D6	Roll Result
1	1	Past	4	1	Beginning
1	2	Friendship	4	2	Night
1	3	Work	4	3	Delay
1	4	Freedom	4	4	Profits
1	5	Money	4	5	Plan
1	6	Activity	4	6	Balance
2	1	Others	5	1	Adversity
2	2	Fun	5	2	Bad Luck
2	3	Enemy	5	3	Offer
2	4	Stress	5	4	Help
2	5	Adventure	5	5	Trust
2	6	Feelings	5	6	Betrayal
3	1	Love	6	1	Luck
3	2	Reason	6	2	Violence
3	3	Future	6	3	Agreement
3	4	Failure	6	4	Fame
3	5	Change	6	5	Loss
3	6	Success	6	6	Hope

Continuing with the example above, use the Oracle if you've decided to break up but are wondering why. For example, if you rolled a 1 and a 3, **work** may have been the cause. You can interpret it as:

- *You broke up because you met someone at work who seduced you.*
- *You have transferred stress from work to relationships; you failed to keep it.*
- *You are promoted, but you must move out to another state. She didn't want to do it. You parted.*

The last type of oracle answers the question: How? Roll D6+D6 if you want a description of a manner, mood, situation, or any other adjective or adverb you wish to generate for your description.

Oracle: How?						
D6	D6	Roll Result		D6	D6	Roll Result
1	1	Boldly		4	1	Lavishly
1	2	Grim		4	2	Meaningfully
1	3	Calmly		4	3	Healthily
1	4	Safely		4	4	Interestingly
1	5	Carelessly		4	5	Annoyingly
1	6	Merrily		4	6	Passionately
2	1	Coldly		5	1	Loyally
2	2	Madly		5	2	Quickly
2	3	Relentlessly		5	3	Mysteriously
2	4	Dangerously		5	4	Naturally
2	5	Effectively		5	5	Nicely
2	6	Wonderfully		5	6	Strangely
3	1	Enthusiastically		6	1	Officially
3	2	Emotionally		6	2	Partially

3	3	Fully
3	4	Kindly
3	5	Luckily
3	6	Excitingly

6	3	Positively
6	4	Defiantly
6	5	Loudly
6	6	Slowly

So, if you have decided to break up and already know the reason but want to see how the breakup went, use the *Oracle: How*. Here are some examples:

You rolled a 1+3: You parted **calmly**. You've been talking all night. You've arranged the details of her moving out. You help her pack her things. You will remain friends.

(4+6). You parted **passionately**. You've been arguing all day. And when you said goodbye, you made love all night long. You took your things in the morning. You wonder to this day if other couples break up like this too.

(6+1). You parted **officially**. There was no drama. You said goodbye, and then she went to work. You left her key under the doormat. You didn't show up again. Maybe you didn't have much in common after all.

When to use the Oracles?

You can use the Oracle to get an answer to a question, to move the plot forward, to generate a situation, or to give yourself a hint. Use Oracles as often or as rarely as you like. It's your game.

Ending the game session

You can engage in a classic RPG experience in a single session or across multiple sessions. Once you reach the end of the final session, take a moment to read the story aloud, immersing yourself in the narrative you've crafted.

Reflect on the experience by answering a few questions. What conclusions can you draw from the story? Can you draw parallels between yourself and your PC? Are there aspects where you believe you could surpass your PC's choices? What valuable lessons can you extract from the gameplay? Can you identify with your PC or develop a sense of sympathy towards them?

To bring your story to a satisfying close, add an epilogue. This final chapter should provide a sense of closure and resolution, wrapping up your PC's journey and offering a glimpse into their – and your – future.