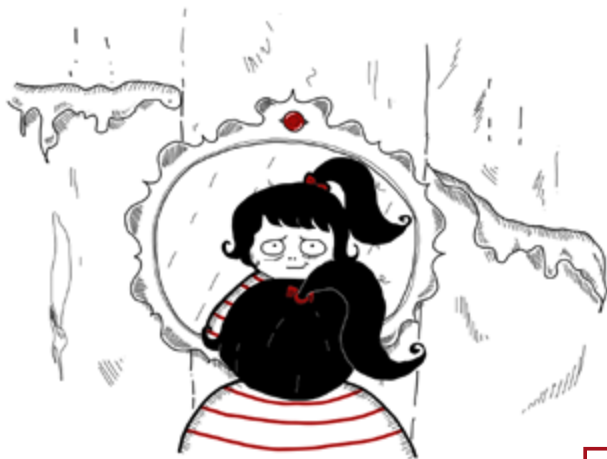


Exit the Text Loop Game

Escape your psychosis!



Georg Buchrucker  
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**B**  **NNER**  
**HEFTCHEN**

**Preface:** Here a serious topic is presented in a funny way. The goal is to both entertain and inform those willing to play. For this it is necessary to state two facts beforehand, which are not correctly represented in this game:

1. One third of people who go through a psychotic episode do so only once, even without medication, and thus do not have to escape the cycle.
2. People in a psychotic state are not more violent than usual. Their unpredictability often causes fear in those around them. But this very fear is a big part of the problem with this phenomenon and is not helpful.

Exit the **Text Loop Game**

**Escape your psychosis!**

**Instructions:**

Escape the loop and find one of the two ways out!

Text: Georg Buchrucker – Illustrations: Gina Fringante – Layout: Viktoria Dorn, Patrick Philipiak

You couldn't sleep all night again. But no matter. You feel it very clearly: You are chosen!

- Only you can save the world. [Go to page 4](#)
- You are the genius who will find the world formula.  
[Go to page 6](#)
- Unfortunately, they are out to get you. You are in danger.  
[Go to page 8](#)
- This looks familiar. Is this the third time you've come back to this site?  
[Go to page 46](#)

Click the page  
to jump there  
automatically.



How are you going to go about saving the world?

- Write letters to the presidents and other important people about what they should do.

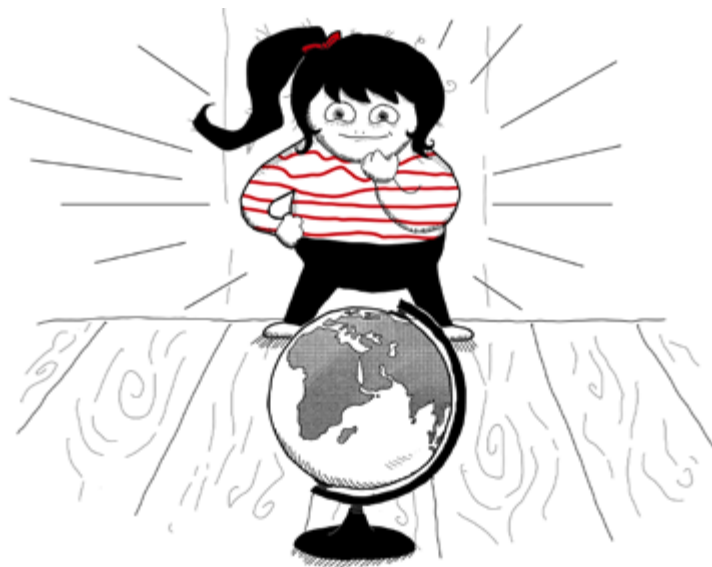
Go to page 10

- You go to park to gather followers around you.

Go to page 12

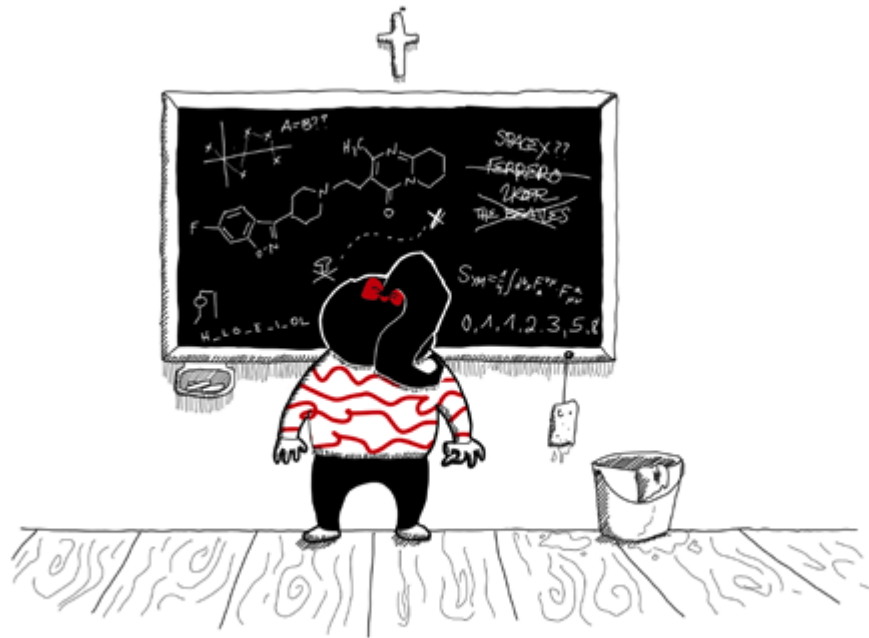
- You seek out your friends to ask for their help.

Go to page 14



You can't quite grasp the world formula yet. Where will you go for inspiration and research?

- On the Internet, where else? [Go to page 16](#)
- There are clues all around you. The apartment and the house are full of them. [Go to page 18](#)
- I'm sure the people in the park can help you. [Go to page 12](#)



How can you protect yourself and avoid them?

- Your friends will help you and protect you.  
Go to page 14
- You hole up at home. Nothing can happen to you there.  
Go to page 20
- In the park there is the least electromagnetic radiation.  
You are safest there. Go to page 12



Your letters remain unanswered.

- Your manifesto for the press conference is not yet ready anyway. You just keep trying. [Go to page 30](#)
- You have to put more pressure on these stubborn elites. The best thing to do is to send them shocking and/or disgusting threats. The best thing you can do is send peppered threats to scare them. [Go to page 22](#)



It's kind of weird in the park. People don't talk to you normally.  
Are they all in on it?

- Never mind. You suddenly feel very hot. Time to strip completely naked and cool off in the fountain. Being naked feels right and natural. Oops, flashing blue lights? You quickly put your clothes back on. [Go to page 22](#)
- You go home. The vibration isn't right here. [Go to page 24](#)
- The only two who talk to you normally and treat you as an equal look like homeless people. They appear to be the most decent people here. You want to talk to them. [Go to page 32](#)





You go to your friends, but things don't go as expected. They don't really listen to you and want to go to the doctor with you. What's the point of that? Besides, they whisper and look funny. Can you really trust them?

- You can manage on your own and go home.

Go to page 24

- You seem to have made a mistake with your friends and would rather find new, real friends in the park.

Go to page 12

- Doctors are usually smart people. Maybe he understands you when your friends are too stupid. You go to the doctor.

Go to page 26



Your computer is dysfunctional. It's clearly been hacked. Apparently, they'll do anything to stop you. That makes you scared. [Go to page 8](#)



You've already found some clues in the laundry room. Unfortunately, you haven't managed to break open the cellar doors and the key clue is still missing. In the hallway you realize that the clues must be under the wallpaper. You start to tear off the wallpaper in the hallway

. When other tenants ask you to stop, you know that you are on the right track. **Go to page 22**



You are safe at home, but you are also trapped. What do you do when they come here? You gather a few makeshift weapons and start practicing with them. Suddenly, the doorbell rings.  
It's them!

- You open the door. Time for the big showdown. You're not going down that easy. **Go to page 28**
- You crawl under your covers and don't open the door. Hopefully they think you're not there. **Go to page 30**
- You have to escape! Out the window, even if it's the second floor. Then quickly to the park where there are other people.  
**Go to page 12**



Suddenly the police are standing in front of you. Looks like they've got you. They want to know if everything is okay. You sense the danger and scream for your life, beating your chest with all your might. But unfortunately that doesn't help. They are unimpressed and take you away under the pretext that you are a danger to yourself and others. **Go to page 36**



As you stand in front of your door, you notice that your keys are gone. So is your wallet. You had them a moment ago! How did they manage to steal them without you noticing? Those sly dogs! So you can't get in. Where to now?

- To your friends. [Go to page 14](#)
- To the park. [Go to page 12](#)



The conversation with the doctor goes differently than expected. He doesn't really listen and asks a lot of questions that have nothing to do with what you're saying, but are just meant to put you in a box. He is really not trustworthy. And now he wants you to get yourself admitted to the psychiatric ward.

- Go home before it's too late. [Go to page 24](#)
- The doctor is just stressing you out. You go to the park. The green of the trees has something calming. [Go to page 12](#)
- It's worth a try. Supposedly you can leave the clinic at any time and maybe you'll find more competent doctors there. [Go to page 36](#)



You open the door and take a swing with the rolling pin, but you narrowly miss the attacker. However, he notices that you are armed and flees. The attacker disguised himself as a parcel delivery man, but you don't fall for that. After this successful defense, you feel safe and don't even notice that you left the door open. **Go to page 22**





Time passes and nothing happens. The days pass and the thoughts in your head become quieter and less overwhelming. Eventually, you feel normal again. However, you find it hard to recap what actually happened the last few weeks. But apparently nothing bad. In this respect it is probably not important and you repress it and go back to your normal life. Many months go by, when one day.... [Go to page 2](#)



The two of them are nice to you. However, they talk a lot. The weird hippie woman keeps telling you that you have to escape the hurry and the pressure of society since they make you sick. But there is a solution. She wants to hitchhike to La Gomera to join the cave hippies. They are poor and live isolatedly in nature but they are happy doing so.

The other guy seems to have it more together and says society only makes you sick if you don't have enough money. He says he has a plan how to make money and that you can help him turn this plan into a reality. What do you do?

- Going to La Gomera with the hippie woman. [Go to page 38](#)
- Helping the other person earn money. [Go to page 36](#)



The guy tells you that he'll give you money every week. All he wants in return is that you store a box at your place. You are happy about money earned so easily. But when you find out that he is storing drugs at your place, you get angry and tell him that you don't want that anymore. He just says he doesn't care. You threaten him with the police. He gets angry and says that he will call the police himself and tell them that you have threatened and attacked him several times and that he has witnesses, his buddies. Then he runs away with all his drugs.

You are lucky! [Go to page 22](#)



You are in the emergency admission of the psychiatric ward and are again being asked a lot of questions. Something is not right here. It's probably a trap and you're not really allowed to leave when you want to. Your gut tells you to run. The door opens and someone comes in. This is your chance! You push him aside and try to escape. But you stumble and then it is too late. You fight like crazy, but you are fixed and get a sedative injection and later other drugs that make you completely woozy. Now and then some doctors come to you. When the doctors aren't there you hear the screams and the noise of the other patients. At some point a doctor says that you can now go home, but that he would recommend that you continue to take medication and move to another part of the clinic for therapy.

- You go home as soon as you can. [Go to page 24](#)
- You get involved with therapy. At least you can talk to some of the other patients pretty well. [Go to page 40](#)



You actually make it to the cave hippies on La Gomera. And yes, the peace and quiet in conjunction with nature and the sea are great and you enjoy not feeling any pressure. But do you really want to leave your normal life with its comforts behind? What if you get a toothache?

- Anyhow, this is real life and you decide to stay. [Go to page 42](#)
- That's a bit too hard in the long run. You long for your soft bed and go back to your old life. [Go to page 2](#)



Therapy is hard. You have to change your life and keep taking medication.

- Hang in there! What you have started, you have to finish.  
[Go to page 44](#)
- You actually feel very good again and go home. You are glad to have the whole drama behind you and go back to your old life.  
[Go to page 2](#)



La Gomera is great. Yay, you made it and escaped your psychosis! However, life as a dropout also has its disadvantages. You have little contact with your family and old friends and are considered a freak. That's the price of living without the pressures of society, but maybe it's the right thing for you. Being happy counts more than what others think of you.

Of course, you can always go back to your old life if you want to. **Then go back to page 2,** otherwise you win!



You don't drink alcohol, you take your meds and you generally give the impression of being well adjusted. After two years you feel the need to regularly do a lot of sport. After two years you get the desire to do a lot of sport regularly. This changes your metabolism and the effect of the medication, but you don't notice it. [Go to page 2](#)





By now you have understood what is going on with you. You now recognize when you are having an episode and learn to deal with it. You have people you trust when they tell you that your thoughts are whimsical. Then you counteract it with medication and make sure you get enough sleep. You also know which situations are better to avoid and can better assess your stress threshold.

You win!



### Epilogue:

This story was translated from German language and depicts the situation in Germany.

A few times I have witnessed how a person in my surroundings experienced a psychotic episode. This booklet is a dense summary of what I learned from this, enriched with affected people's reports on YouTube, conversations with directly or indirectly affected people and the German book by Thomas Bock "Accompanying people with psychosis experience".

Finding oneself in the company of a person who is experiencing a psychotic episode can be very exhausting. In this case the following tasks await you:

-In order to maintain one's own stability and mental health when things start to get unbearable it is important to find a retreat for oneself. However, at the same time please be aware of the fact that there exists no statistically significant evidence that individuals who are experiencing a psychotic episode are more likely to engage in violent behavior than individuals who are not psychotic.

-People suffering through a psychosis need on the one hand a safe retreat and on the other hand a caregiver nearby to whom they can reach out in case of need. When looking to help them secure a more stable state of mind it is important to neither reinforce nor to confront the affected person about his/her delusion. One can patiently engage in theories and point out flaws in them, but creating pressure is to be avoided. Furthermore, it is important to promote nutrition, exercise, and healthy sleeping habits for the person in question.

Psychiatry is less suitable for this than one would think, and forced admission is difficult to obtain anyway, at least in Germany. In some places, outpatient treatment is available. This is clearly preferable, if possible.

Seek help in the community. Inform yourself online. There might be foundations, that offer support.



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