














BELOW THE SURFACE

 What is one thing that makes you happy? Why is that?	 all in What is one thing you're proud of? How come? <i>All share a one word answer after you.</i>	 What is one thing that makes you sad, and why?	 all in How do you feel right now? Use more than one word. <i>All share an answer after you.</i>	 What is one thing you hate? How come?
<small>BELOW THE SURFACE 1.001</small>	<small>BELOW THE SURFACE 1.002</small>	<small>BELOW THE SURFACE 1.003</small>	<small>BELOW THE SURFACE 1.004</small>	<small>BELOW THE SURFACE 1.005</small>
 What would you do if you were given a million dollars, right now?	 Which would you choose — a party with 100 friends, or to be given \$100? How come?	 If you could choose any career to jump into right now, what would it be and why?	 What makes you feel mad? Tell us about your answer.	 What is your favourite thing to do on a Sunday?
<small>BELOW THE SURFACE 1.006</small>	<small>BELOW THE SURFACE 1.007</small>	<small>BELOW THE SURFACE 1.008</small>	<small>BELOW THE SURFACE 1.009</small>	<small>BELOW THE SURFACE 1.010</small>



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 When has fear held you back in the past? <small>BELOW THE SURFACE 2.001</small>	 If you had to move to another country, what would you miss most about your homeland? <small>BELOW THE SURFACE 2.003</small>	 What's the scariest thing you've seen on the Internet? <small>BELOW THE SURFACE 2.005</small>	 all in What is one thing you would hate to be without for a year? <i>All share an answer after you.</i> <small>BELOW THE SURFACE 2.007</small>	 What is one thing that you really value about a member of this group? <small>BELOW THE SURFACE 2.009</small>
 all in What are you fearful of? <i>All share an answer after you.</i> <small>BELOW THE SURFACE 2.002</small>	 What is one of your most favourite childhood memories? <small>BELOW THE SURFACE 2.004</small>	 What is the most fun you've ever had at a party? <small>BELOW THE SURFACE 2.006</small>	 Share a time when a member of this group made you feel happy. <small>BELOW THE SURFACE 2.008</small>	 Who inspires you in this group and how? <small>BELOW THE SURFACE 2.010</small>



BELOW THE SURFACE



What would be different in your life if you were completely without fear?

BELOW THE SURFACE 3.001



When was the last time you cried?

BELOW THE SURFACE 3.002



If you could change one thing about yourself, what would it be and why?

BELOW THE SURFACE 3.003



What is one of the most meaningful moments of your life, so far?
What makes it meaningful to you?

BELOW THE SURFACE 3.004



What would be the best thing that could happen to you?

BELOW THE SURFACE 3.005



What is one of the scariest things you've seen?

BELOW THE SURFACE 3.006



If you could say one thing to a sibling, or parental figure, what would it be and who would you say it to?

BELOW THE SURFACE 3.007



Share a time when you were truly lonely?

BELOW THE SURFACE 3.008



What is one thing you rarely tell people about yourself?

BELOW THE SURFACE 3.009



Share a time when you said something and wish you hadn't.

BELOW THE SURFACE 3.010



The rules

Start here



If you're reading this, you will be the Guide for your group. Go you.

As Guide, you have two jobs:

1. Teach the group how to play

Just read the numbered rules cards aloud, and lay them out so everyone can see. Easy.

2. Help people stay safe and have fun

The players are more important than the game. As Guide, you're here to look after them. You set the tone. Keep it positive, and keep the game flowing if people get stuck.

Start here (continued)



If you're new to this type of thing, the [Guide Tips](#) card can help.

If you don't feel comfortable being the Guide, that's ok, ask someone else that the group trusts and give this card to them.

Thanks for taking a minute to learn how to get the most from this game.

We really appreciate it, and the people you play with will appreciate it too.

Guide tips



There are loads of ways this game can be played. Just do whatever feels natural and intuitive to you and your group of players.

What we've found works best:

- Play with groups where there is already a high level of trust between players.
- Deep thinkers can be gold. Help make time and space for players that need it. If your group grows impatient, encourage slower players to ask the next player to start their turn, and share their answer later when they're ready.

(continues over)

Guide tips (continued)



- Not everyone will enjoy the deeper levels and that's ok. Avoid people feeling like they have to match levels with other players.
- Different rules might suit different groups and environments. Just make sure everyone is on the same page before you start.
- If someone is struggling, shift the group's focus off them and gently move play along.
- As soon as people start fading, end the game. Ideally, leave players wanting more.
- Never allow anyone to be pressured to answer. As Guide, just step in and move things along.

Playing is winning .01

Yep, you read that right. There is no score. When you all play, you all win.

The aim of Below The Surface is to spark fascinating discussions and build deeper, and more meaningful connections between the people playing.

It should be played in good faith, in a positive and supportive environment.

You play for as long as you like, and you each choose how deep you want to go.

Together, you make the game what you want it to be.

How to play .02

The Guide always takes the first turn. On your turn:

1. **Choose a level:** 1, 2, or 3. (See levels on the next card)
2. **Draw and read a card** from that level
3. **If you're ok with the question**, read it aloud to the group, then share your answer. **Or, if you're not ok with the question**, discard the card, and start over.
4. If the card has **'All in'** at the top, invite each player to share in turn.
5. After sharing, **discuss as a group**, or not. It's up to you!
6. When you are ready, **start a new turn with the next player**, repeating the steps above.

P.s. If you need more time to think about your answer, just ask the next player to start their turn, and share later when you're ready.

The three levels .03

How deep will you go? Below the Surface has 3 levels with 100 cards each. Start on level one, and go from there.



Share common thoughts, opinions and experiences. Topics include work, hobbies, personal highlights, and friendships.



Dig deeper into feelings and life experiences. Topics include friendship, work, success, happiness, and relationships.



Explore inner beliefs, experiences, and feelings, the positive and not so positive. Topics include hopes, fears, key moments, and relationships.

Remember, you always choose what you share and how deep you go. How you play is up to you.

Ground rules .04

You, the players, are more important than the game. Keep it positive, and have fun.

- There are no right or wrong answers. Your answer, is your answer.
- There will be times when a player is pondering a question and it's tempting to help them out. Try and hold back. Sometimes people just need a little time.
- No pressure. If you don't want to answer, redraw or pass.
- There is no limit to the amount of times you can redraw or pass.
- If you're stuck, or don't have an answer, you can ask the next player to take their turn, and share later when you're ready.
- If players spin off into deep discussions, great, that's the idea! Let it flow. The game can wait.

Above all else, be excellent to each other. Let's do this!

