- **Purpose:**

The purpose of this experience is to help the user develop empathy for those who suffer from OCD disorder and other disorders and disabilities in general. We'll try to convey (to the best of our abilities) how OCD disorders disturb and affect the quality of life of those who have it.

We'll show (to the best of our abilities) how common OCD symptoms can manifest through different means and ways and how it can dictate a person's life.

We'll try (to the best of our abilities) to draw a parallel on how different an experience (which many could regard as an everyday thing) can vary for people who suffer from such disorders.

- **How:**

The user is in the place of a person (Chance Harper) who suffers from an OCD disorder. (Chance Harper) planned to go out with their friends at a certain time (Certain Time, Exp: 6 PM). However, one of their parents (Mother / Father) asked them to set up the table for dinner before heading out.

Under a time crunch, the user gets to experience what (Chance Harper) has to go through while being shown how different OCD symptoms can change said experience.

Initial Orientation

Before going into the interactive part of the experience, the user is given a short orientation of what they're going to go through.

→ **Script:**

You're Chance Harper. You have an OCD disorder. You agreed to meet your friends at 6 PM to hang out and have fun. Before you started to head out, you remembered that your mother asked you to set up the table for the family to have dinner before going out. How could that play out? Let's see.

Sections / Scenes / Parts / Scripts:

#1: Start of the experience

- The user is placed inside the experience.

→ **Scene:** A moderately lit dining room with a dining table in the middle, a kitchen counter with a sink on one side of the room, and a door on the other side.

- Internal monologue states that before (Chance Harper) goes out with their friends at 6 PM, they need to set up the table for dinner since one of their parents asked them for help with that.

→ **Script:**

(Chance Harper):

Line 1: Yoo! I can't wait to go out with my friends today. They said we'll meet at (a certain time). It's 5:45 PM , so I should probably start heading out.

(Internal Pause: ……………. , Hmmmmmmmmmmmmmmmm)

Line 2: OHH CRAP! I completely forgot! My Mom told me to set up the table before going out! I have to do that fast if I want to go out on time!

#2: Doing Task 1, Setting the first spot on the table

- The user is instructed through internal monologue to go set the first spot on the table.
- The user needs to set a plate, a spoon, and a fork on the highlighted spot on the table.

→ **Script:**

(Chance Harper):

Line 1: I should probably start with setting up the plates and utensils.

→ **Scene:** The user goes to the table and spots the highlighted part and the stack of plates, spoons, and forks. They pick them up one by one and release them on the correct spot. Nothing out of the ordinary goes on.

#3: Anxious Thoughts

- Through internal monologue, the user is shown that (Chance Harper) is having anxious thoughts about whether their hands are clean or not from handling the utensils.
- After some internal fighting with themselves, (Chance Harper) gives in to wanting to wash their hands.

→ Script:

(Chance Harper):

Line 1: Those utensils might have been dirty……….., should I go wash my hands..?

(Internal Pause: …………….)

Line 2: Were they really dirty though….? Do I really need to wash my hands….?

(Internal Pause: …………….)

Line 3: ("Sigh") Maybe I should wash them just to be safe…….

#4: Doing Task 2, Washing your hands.

- The user is instructed through internal monologue to go to the kitchen sink and wash their hands.
- The user turns on the faucet and starts washing their hands for around 10 seconds.

#5: Anxious Thoughts and Compulsive behavior

- After the user is done washing their hands for the first time, they're shown that (Chance Harper) is leaning into compulsive behavior.
- This is shown by an internal monologue saying that the first time might not have been enough and that feel the need to wash them again.

→ Script:

(Chance Harper):

Line 1: Why do my hands still feel so dirty? Did I wash them well enough? Did I do it long enough?

(Internal Pause: …………….)

Line 2: Maybe I should wash them again….

#6: Repeating Task 2, Washing your hands again

- The user is instructed to wash their hands again but this time for a longer time.
- The user keeps washing their hands for around 15 – 20 seconds.

#7: Worry

- The user is shown through an internal monologue that (Chance Harper) realized that they're getting carried away in washing their hands.

- (Chance Harper) gets worried if they keep wasting time that they might be late for their friends' meet and they should get back to setting up the table.

→ **Script:**

(Chance Harper):

Line 1: Wait… I'm getting carried away in this… ("sigh").

(Internal Pause: ……………)

Line 2: WAIT! If I don't get back to setting up the table I might be LATE!! I need to go back now!

#8: Going back to Task 1, Setting up the table

- The user is instructed through internal monologue to go back to the table and set up the utensils on the other highlighted spot.
- The user needs to set a plate, a spoon, and a fork on the highlighted spot on the table.

#9: Compulsive Behavior, Repeating Task 1

- Here the utensils don't get set properly from the first time the user places them.
- Then the user is shown by internal monologue that (Chance Harper) feels the need that the utensils need to be placed perfectly.
- The user is instructed to pick up the utensils and place them back down until they are set up perfectly.

→ **Script:**

(Chance Harper):

Line 1: These (forks/spoons) aren't placed perfectly... ("UGGHH"). Let me redo them.

(Fork/Spoon is picked up and placed down again)

Line 2: These are still not perfect…, I'll have to do this again…

(Fork/Spoon is picked up and placed down again)

Line 3: HAAA! Finally, they look perfect now!

#10: Anxious Thoughts, What if…?/ Did I…?

- In this part, (Chance Harper) expresses concern about the fact that they are nervous about the back door being locked or not even though they remember locking it before.
- (Chance Harper) is consumed by negative thoughts of what could possibly happen if it is left open and they decide to go check on the door.

→ **Script:**

(Chance Harper):

Line 1: Wait…..Did I lock the back door? I think I did lock it before….but…

(Internal Pause: …………….)

Link 2: What if I didn't..? Someone might break in while my family is asleep…., I don't want to imagine what could happen…., I should go check on it now!

#11: Doing Task 3, Checking the door

- The user is instructed through internal monologue to go to the back door to check if it is locked.

#12: Anxious Thoughts

- Through internal monologue, the user is shown that (Chance Harper) is having anxious thoughts about whether their hands are clean or not after they touched the door lock.
- After some internal fighting with themselves, (Chance Harper) gives in to wanting to wash their hands.

→ **Script:**

(Chance Harper):

Line 1: The door lock felt dirty……….., should I go wash my hands..?

(Internal Pause: …………….)

Line 2: Do I really need to wash my hands again….?

(Internal Pause: …………….)

Line 3: ("Sigh") Maybe I should wash them just to be safe…….

#13: Repeating Task 2, Washing your hands again, ….again

- The user is instructed to wash their hands for the third time now.
- The user keeps washing their hands for around 10 seconds.

#14: Realization and Worry

- (Chance Harper) realizes that they got sidetracked and it's getting really late. On top of that, they also realize that they haven't finished setting up the last plate.
- Now (Chance Harper) is worried that they'll have to come up with some excuse for them being late.

→ **Script:**

(Chance Harper):

Line 1: OMG! What time is it?! I'm going to be late! Now I'll have to come up with an excuse for my friends since I'm always late….("Sigh").

Line 2: I still haven't set up the last plate, I need to hurry up!

#15: Finishing Task 1, Setting the table

- The user is instructed to get back to the table and set up the last plate QUICK.

#16: I'm done now, but I'm late…., I got to go

- It is indicated to the user that (Chance Harper) is going to be late.
- (Chance Harper) expresses sadness and disappointment in the fact that this isn't the first time this has happened, and they need to apologize when they see their friends.

→ **Script:**

(Chance Harper):

Line 1: FINALLY! I'm done now. But… I'm late…

<div align="center">(Internal Pause: …………….)</div>

Line 2: I'm always late…, this isn't the first time this happened….("Sigh") I'll have to apologize to them…

- The screen fades to black after the last line of the monologue indicating the end of the experience.

Reorientation and Reflection:

After the interactive part of the experience ends, the user is going to be placed in an "ending" scene. There we can reorient the user and sum up the whole purpose behind this experience by helping the user reflect on what they just saw.

→ **Script:**

The purpose of this experience was to help YOU develop empathy for those who suffer from an OCD disorder and disorders and disabilities in general.

We showed how common OCD symptoms can manifest through different means and ways and how it can dictate a person's life.

We tried to paint the parallel of how such an experience can be different for people who suffer from such disorders.

Now that is over, we'll turn to YOU (the user), what should you take from this experience?

- What emotions did you feel going through this experience?
- What did you notice throughout this experience?
- Do you feel that you now understand (Chance Harper's) view to an extent?
- Does this experience remind you of anyone you know?

It's important that we, as a society and as individuals, understand the importance of empathizing with others. Many people suffer from disorders and disabilities, visible and invisible to us. We don't know how it feels to live their lives nor do we understand what they go through, that is why it is necessary to be wary of this and most importantly to be empathetic to others. Everyone should take their role in making our society a better place.

Thank YOU for being part of this experience!