

# Step Away - One Page How To Play

**What this is:** a social-awareness card game and app console about noticing, staying, helping and protecting before a person disappears into silence. It is not therapy, diagnosis or an emergency service.

## Aim

Move the case toward safety by building **Progress** while keeping **Pressure** below the limit. **Presence** tracks how reachable the person feels. **Receptivity** tracks whether help is landing, too weak, or overwhelming.

## Setup

- 1 Open the app, choose a case and player count.
- 2 Deal the hand shown by the app. Use the official deck, or a standard poker deck in demo mode.
- 3 Read the Moment aloud. The app starts the timer. The physical deck stays in the players hands.

## Moment Flow

- 1 **DIG physically.** Single DIG: discard 1 card, reveal its printed DIG, keep 1 from those revealed. Weave DIG: discard 2 numbered cards, reveal combined DIG, keep 2. The app does not log DIG.
- 2 **Commit help.** Play one Single, or one Weave of two numbered cards. Only one Weave per Moment. WEAVE ONLY must use a compatible care-chain pair.
- 3 **Read the reaction.** The emoji flash tells you if the help felt fitted, too gentle, heavy or overwhelming.
- 4 **End the Moment.** The app reveals the check-in: Progress, Pressure, Presence, Receptivity and suit VALUE ranges. Draw back up for the next Moment.

## The key rule

**Bigger is not always better.** Each suit has an ideal VALUE range. Too low may not reach the person. Too high may overwhelm them. The best intervention fits the Moment, the suit, and the person's current receptivity.

Suit	Meaning	Ask yourself
Seen	Notice the shift	What changed?
Held	Stay with the person	How do we remain with them?
Helped	Make help real	What practical help is needed?
Secured	Protect the hour	What danger needs containing now?

## Crisis and real life

If Crisis opens, resolve it before the case continues. If someone is in real immediate danger, stop playing and get real help. UK emergency: 999. Samaritans: 116 123.