

NPC Dialogue Tree: The Scripts, as a Video Game

Rehearse the hardest conversations as a zero-stakes boss fight. Pick your response, watch the NPC react, and every choice earns you +Calm.

How to Play

The hardest conversations are easier to rehearse than to live. This is the NPC dialogue tree: each real-life situation is a boss fight, each option is a line you can actually say, and each outcome gives you something worth keeping – +Calm, +Boundary Held, sometimes a full +Level UP. You can't lose. You only rehearse. That's the whole trick.

Boss Fight 1: The Doctor's Office

You walk into the boss arena. You have notes in your pocket – that's your health bar. The NPC moves fast. Pick your line and see how the fight goes.

The Receptionist starts the fight at full speed.

Receptionist: How are WE today? Next!

- I have notes. Can I read them? ? +Calm

Doctor: Of course. Take your time. I'm listening.

- Reads the notes out loud. ? +Calm, +5 to being heard

You: That's everything I needed to make sure I said. Thank you. +Calm received. Fight cleared.

- Can we slow down one moment? ? +Calm, Doctor pauses

Doctor: Okay. I'm here. What's the thing you wanted to say first?

- The main reason I'm here, one sentence. ? +Calm

You: Fight cleared with the sentence you prepared. +Calm received. The rest of the visit is bonus.

- I'm not okay today. ? +Calm, deep branch

Nurse: Okay. We hear you. Let's slow down and actually go through this. You're not alone in this room.

- Let the relief happen. ? +Calm, big heal

You: The moment you are most honest is the moment the room slows down. Boss defeated. +Calm, massive.

Boss Fight 2: The Family Gathering

The hardest arena. You walk in already at half health. The NPC has a default dialogue and a warm tone that makes it worse. Choose the branch that keeps your battery.

The Aunt starts the fight with a hug and a question.

Aunt: You look SO good! How ARE you, really?

- I'm at peace with how things are. ? +Calm

Aunt: Well. If you're at peace, that's good enough for me.

- Genuinely, thank you. ? +Calm

You: The shortest honest answer becomes the end of the fight. +Calm received.

- I'm not unpacking that here. ? +Boundary Held

Aunt: ...Fair. That's fair.

- We're good. Let's get the good food. ? +Boundary Held

You: You drew a line without a fight. +Boundary Held. The dish is excellent.

- Can we talk about the food? ? +Calm, decoy

Aunt: Oh! The potato salad. It's grandma's recipe, you HAVE to try it.

- Absolutely. Show me the potato salad. ? +Calm, decoy successful

You: You redirected the conversation to food and survived. Decoy cleared. +Calm.

Boss Fight 3: The 6pm Text

The sneakiest boss. It attacks from your phone while you're already running on fumes. The fight is text-shaped.

Your phone lights up. It's a coworker.

Coworker (text): Quick question!

- I'm off now. I'll reply tomorrow. ? +Calm

Coworker (text): No worries! Monday works.

- Mute the chat. Eat dinner. ? +Calm

You: You ended the workday at work. +Calm, +1 dinner enjoyed.

- Send it, I'll reply when I can. ? +Calm, +1 Boundary

Coworker (text): Thanks! I'll message you Monday if that's better.

- Perfect. See you Monday. ? +Calm

You: You held the boundary without drama. +Calm, +1 Boundary.

- Could this be an email? ? +Level UP

Coworker (text): Sure, emailing now.

- You have email boundaries now. ? +Level UP

You: You turned a text into an email. That's a boss move. +Level UP.

Boss Fight

Doctor's Office

Family Gathering

The 6pm Text

The Winning Line

"I have notes. Can I read them?"

"I'm not unpacking that here."

"I'm off now. I'll reply tomorrow."

The Only Rule

The rule of the game: you don't need to win the conversation. You need to leave it with your battery intact. That's the whole strategy guide. From The Unadulting Society · sfwagere.com