

How to Play Epic Fail!

What's the object of this game?

Rack up at least 10 fails in one month. 10 fails equals 1 Epic Fail!

What's a Fail?

We're glad you asked! It's what happens when you *try* to get rejected in various social situations. Before you start thinking, "but that's so awkward!!!" make a promise to yourself that you will try some Fails, at least a few. You'll see that as time goes on, it's not only *not* awkward to fail, it's fun!

How will this help me?

Fails will make you more resilient in the face of challenge and more willing to take on risks. This game can help you be more spontaneous, and open to new social situations.

How does it work?

Each day, pick a card and follow the instructions. Then, take notes each week about your experiences. Here are some things to think about:

- How does it feel to get rejected? What do you feel inside your body when someone says no?
- How long were you able to stay in the Fail situation?
- Are things easier or harder than you expected?
- What are some things you're doing to motivate yourself?
- Are you using any specific coping skills to get through the awkwardness? What's working?
- Are you connecting with people in unexpected ways?
- Are you finding that saying certain things helps the interaction go smoother? I.e., "I know this is weird but..."

Can I explain Epic Fail to the people I approach?

Sure! You can say you're doing an Epic Fail Game for a school project. Once you get more confident with it, you can challenge yourself to see how long you can stay in character.

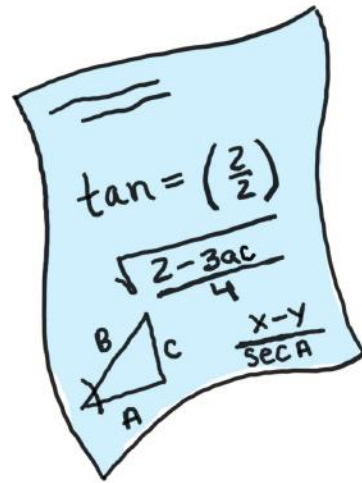
How long am I doing this for?

Commit to trying to fail at least 10x a month. Failing ten times wins you the title of completing an Epic Fail! You can fill in the calendar below to keep track of your fails.

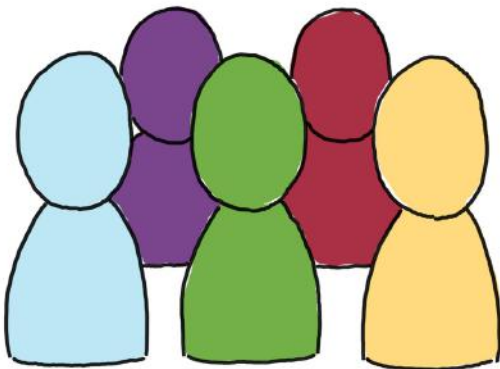
Get started! It's time to Epic Fail!



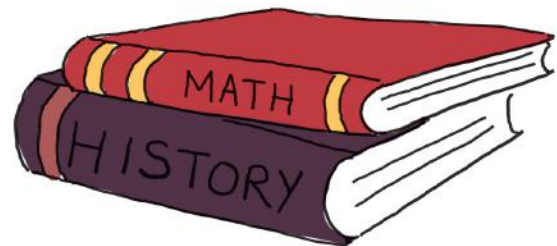
Go up to someone you don't know well at school and ask say, "Hey, can you hold my books for me while I sing the alphabet? Thanks!"



Ask a teacher if you can skip the rest of your assignments for the rest of the year.



The next time you get called on in class, ask the teacher if you can phone a friend. When/if they say no, ask if you can ask the audience.



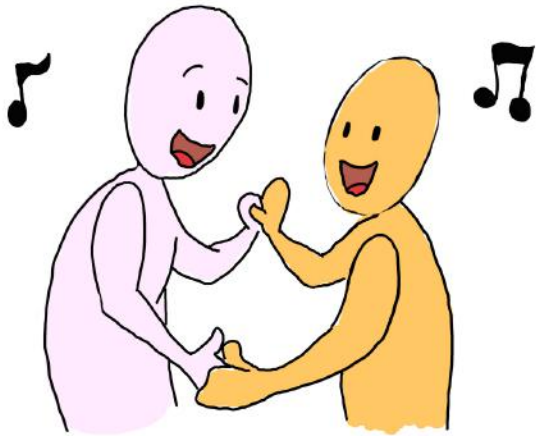
Ask someone you don't know if you can have all of their books.



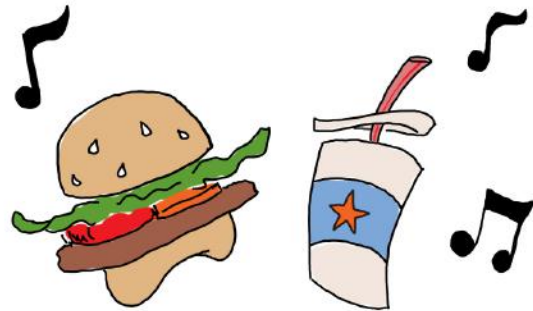
Ask someone if you can babysit their pet.



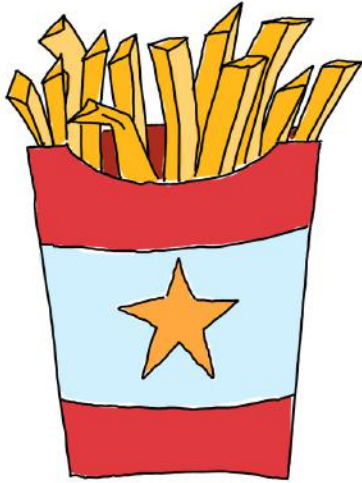
Break out into spontaneous dance through your school hallways.



Go up to someone in the school hallways and ask if they'll please have this dance with you.



Sing your next order at a restaurant.



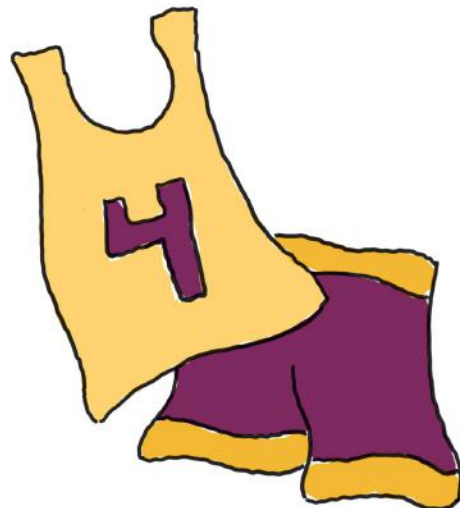
Ask for a free side of fries the next time you get fast-food somewhere.



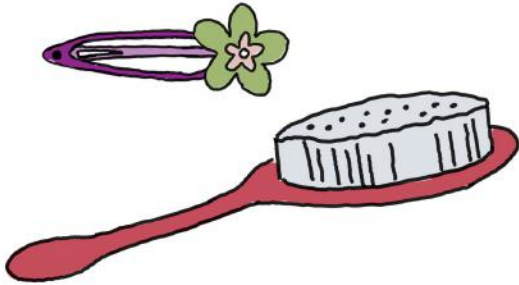
Ask a teacher if you can be a class greeter or someone that welcomes everyone into the class.



Ask for the “good guy discount” at the grocery store. Say, “You’re a good guy, I’m a good guy, can I get the good guy discount?”



Ask someone you don’t know well to borrow their gym clothes.



**Ask someone you don't know
in school to do your hair
for you in the bathroom.**



**Ask an older kid you don't know
to do the Hokey Pokey with you.**



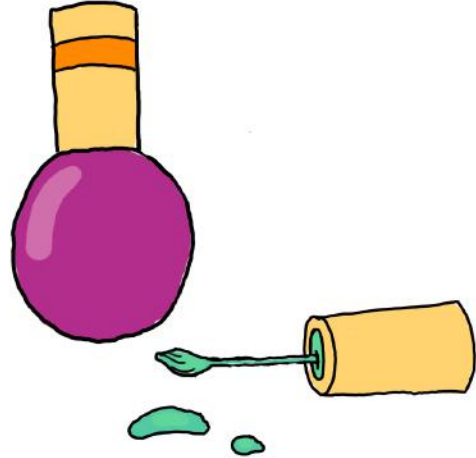
**Next time at check-out, ask
the cashier if they will please
play leapfrog with you.**



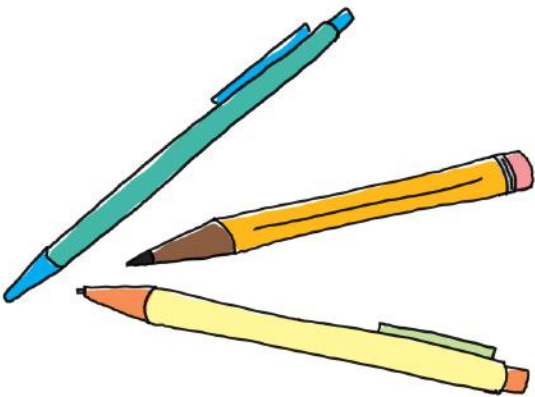
**Walk in front of a long line
and ask if you can cut in.**



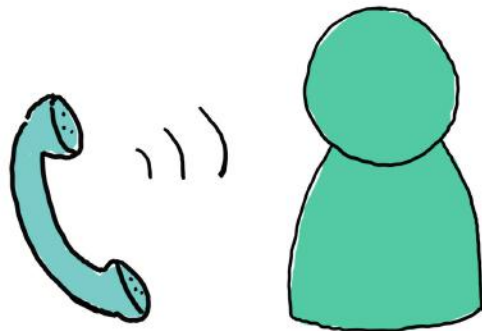
Ask someone you don't know well to give you \$100.



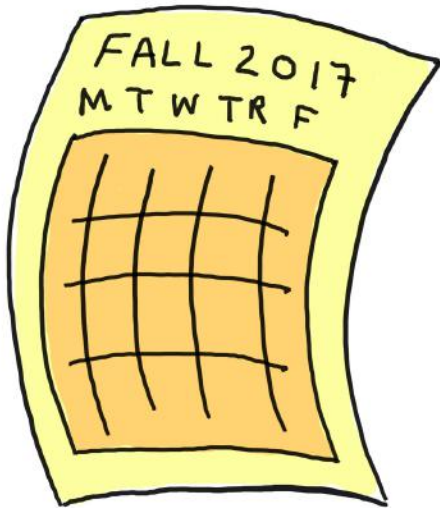
Ask a classmate you don't know if you can paint their nails. Be prepared for the possibility that they might say yes!



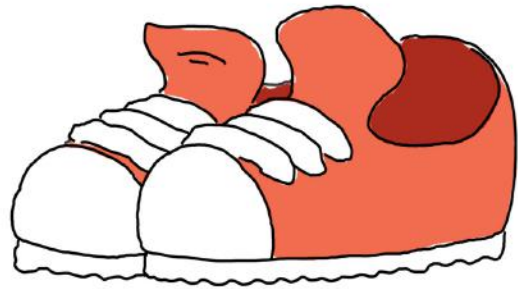
Ask someone you don't know well if you can have all of their pencils and pens.



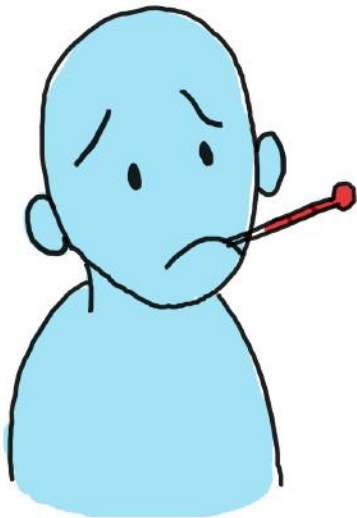
Call someone you're not that close with and tell them you're just calling to hear about how their day was.



Ask someone to switch their entire class schedule with you.



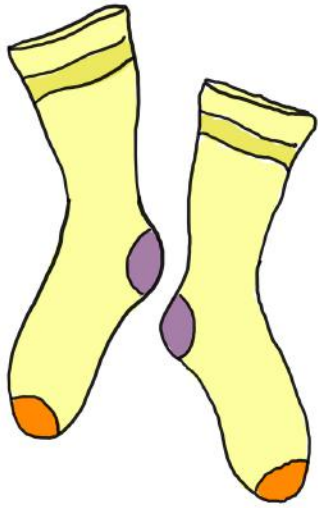
Ask someone you don't really know to trade shoes with you.



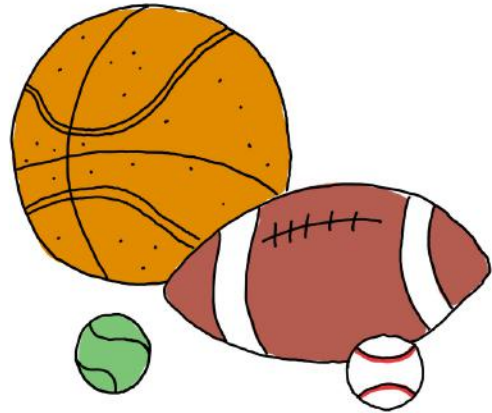
Call in sick to a place you don't work at.



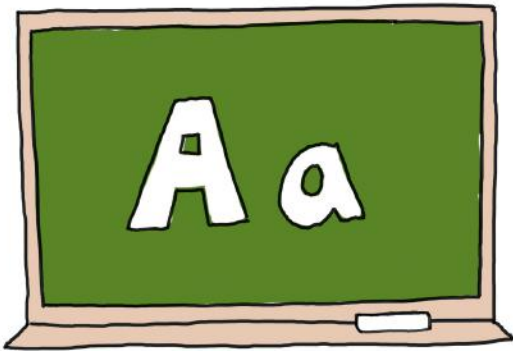
Go to any public space, and sing at the top of your lungs for 5 minutes.



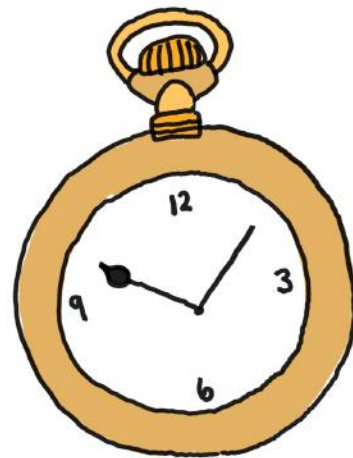
Ask someone if you can have the socks on their feet.



Go to the park and ask other kids you don't know if you can join in on their game.



Ask your teacher if you can teach the next class. Be prepared with a topic that you're passionate about!



Walk into a store at the mall and say, "I'm so sorry I'm late, what can I do?"