

## Find the Alien Players



Besides your elephant-related behaviors, what else plays your mind? Explore ordinary days as well as special situations to find all aliens playing your mind.

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Look for triggers in your day, like images around you, texts in public space, social media or in your messages, people's postures, mimic, what they say and how they say it. Differentiate between senders, intensities and situations. Also look inside to recognize bodily sensations, feelings, thoughts or memories coming out of nowhere to trigger you. In this play, you just recognize them and what they do to you. Grow your collection of „aliens“, which are regularly pushing your mind around on ordinary days or only in special situations.