Try not to Fall Challenge

Welcome to the Try not to Fall Challenge!

The title says it all.

In this file I have a set of challenges for you.

These challenges are rooms that you enter & each room focus on a specific sense of yours. 5 senses, 5 rooms.

one room focuses on touching,

One room focuses on taste,

one room focuses on smell,

one room focuses on hearing

& the final room focuses on seeing.

Each room uses your own sense against you.

Will you fall?

Will you remain awake?

Is it really a loss if you fall

& is it really a win if you stay awake?

I am a bit biased here but the right answer is always to fall.

You will share in the end which room got you & made you fall.

So lets get started

& lets have you enter the first room.

The Dark Room.

We start with touch.

Will you drop under just by feeling me touch your body & help it relax?

Only one way to find out.

Just close your eyes & focus on my voice right now,

focus on my voice & what I tell you.

Feel my presence,

feel it behind you as you listen & focus.

Right there behind you.

Feeling my hands stretch out to hold your shoulders,

both your shoulders.

You feel my touch and instantly without thinking your body relaxes to it.
You feel your muscles loosening up with your hold body melting once I squeeze your shoulders.
(Leaning next to your right ear I start whispering)
“Relax, you can’t see a thing in this room.
All you can do is feel,
all you can do is touch.
Your sense of touch is quite heightened
while the rest of your sense dull down right now”
(I shift to your left ear)
“Let go, you don’t need to worry about a thing right now.
Listen to my voice
& feel how my hand starts to massage your shoulders”
(shift again)
“doesn’t that feel nice?
You don’t want to win this challenge.
Pass a nice opportunity like this?
Of course not.
You don’t want that”
(left ear)
“It’s so much better when you just listen & enjoy my massage doesn’t it?
Just feeling my fingers on your shoulders,
rubbing it.
Gently, softly rubbing it & relaxing you more & more.
Getting rid of all these pesky thoughts as you sigh a sigh of relief now.”
“It’s getting harder & harder to stop yourself,
it’s getting harder & harder to stop yourself from falling.
You’re mind is getting fuzzy & floaty
while your whole body melts to my touch & relaxes as I massage your shoulders & take you under.
You know there is no stopping it,
there is no stopping me.

You want to relax,

you want to let go,

you want to fall”

SNAP

SNAP

Welcome to the taste room,

It’s still dark all around you.

The room is still dark except for a single spot light.

A spot light directed on a bottle of water.

A normal looking bottle of water,

but is it really normal?

The answer is no,

I’ve spiked this water.

I’ve spiked it so that once you succumb & you will succumb and drink from this water you’ll feel drowsy,

dizzy & drowsy

as you feel your strength being sapped growing weaker & weaker & you will fall.

So you better focus,

you better focus & try to fight me

as I make you succumb to my words & drink from this water.

Cause just looking at it.

Looking at this cold looking fresh water,

it’s getting you thirsty.

Your mouth is drying up just from seeing it.

There is nothing else to distract you in this room.

It’s just you, me & the water bottle

& I know you’re getting really thirsty right now.

You’re so tempted to grab it & drink.

You know what will happen when you do but the need to drink is overcoming your will to fight fast.

So what will it be?

Fight or drink?

Tsk tsk tsk,
you think I was letting you choose?
Here let me help you,
you feel me grabbing your hands now,
grabbing your hands and moving them towards the bottle.
You can try to fight.
You can try to resist but you hold no actual power over your hands right now.
You can't stop yourself from grabbing it,
opening it and…
drinking now!
It tastes delicious!
You take another sip,
you know I've added something to the water to make it taste this sweet
& you know that each sip makes you want more
but each sip cements the fact,
the fact that you've lost,
not really.
You've actually won,
you've won the prize you wanted,
the prize you truly wanted,
with each sip it's getting harder & harder to stay awake.
There is no need to stay awake anymore,
you've done it,
you've won!
you've won the wonderful bliss you feel after fighting it you…
fall
SNAP
SNAP
Welcome to the smell room.
Just like the taste room it's still dark,
it's still dark with a single spotlight
& that spotlight is directed on to a flower.

A single flower in a vase.

It’s a fascinating looking flower,

you’re not sure you saw one like it before.

It’s a purple flower.

The closest you’ve seen to it is lavender.

It’s a healthy blossoming purple flower.

Its petals look rich in color & its root strong.

You’re too curious not to lean forward and take a better look at this flower.

It’s such a pretty flower

& you are really curious to know how it smells.

But wait!

What if that’s it?

What if it’s smell affects you

& just like the water causes you to fall.

But…

it looks so pretty.

Smelling it one time wont do any harm, right?

Go ahead take a whiff.

As soon as you lean close to the flower,

it starts to move.

It contracts away from you.

It’s petals close to protect the seeds and with a swift motion it moves forward spray purple mist right into your face.

It doesn’t hurt at all.

It’s not painful or anything of the sorts at all.

It’s…

It’s lovely.

It smells so nice,

it’s like the smell of your favorite smell perfume.

That’s right.

It smell so good.

You take a deep breath in now

& fully open your lungs to this wonderful smell.

But as soon as your lungs are filled with this smell it hits you.

The dizziness & drowsiness hit you.

You feel so woozy & weak.

It was a trap!

The flower uses it's nice smell to lure you just so it can spray you and take you under.

You've smell it too long & too much to fight it my dear.

It's no use,

you're only prolonging the inevitable now.

So ssssshhh

relax,

relax &….

fall

SNAP

SNAP

Welcome to the sound room.

You're back in the dark room again.

No spotlight,

no water bottles

& no flowers.

Just the darkness,

my voice

&

bell.

in this room I use these sounds against you.

You see, what's nice about these sound effects is

how the rhyme becomes entrancing.

It's a very specific rhyme I made just for you.

metronome starts (shift left & right)

Tick, tick

- tick tick

- tick, tick

- bell.

It’s on repeat a cycle that keeps repeating

& each time you feel it becoming harder & harder to remain focused.

Whether you were able to fight all the previous rooms or not.

That doesn’t matter right now.

You must be exhausted.

After all this time

& all the energy you’ve exerted in the previous rooms.

It won’t take long before you let the metronome & the bell take a hold of you.

Here I’ll let you focus on the sound & by the time I return I’ know you’ll be ready to fall.

(3 cycles)

It’s time for you to…

fall

SNAP

SNAP

Welcome to the vision room,

But what vision you must be asking?

The room is still dark.

So what do you expect me to see you’re telling yourself.

Have some patience.

This room has another name as well.

You want to know what is it?

It’s called the flashing room.

Instantly you see a pulsating flash

(pulsating sound effect)

coming from the wall right in front of you.

It’s not too bright,

not too dim.

Just a gentle light that keeps flashing over & over & over directly at you.

Each flash freezes your brain more.

Each flash takes a piece of your mind & gets rid of it.

There is no room for fighting, no room for resisting,
the flashing while nice & gentle.
They still overwhelm you in a soft way.
It's like every time you try to start thinking again the flash appears & takes away a bigger part of your brain.
Each flash makes it harder & harder to focus.
It makes fighting & resisting your need to fall illogical.
Why would you fight this flash that makes you feel all warm & fuzzy everytime you see it.
Why would you fight this feeling of relaxation & joy & most importantly why would you fight me when I can make you feel all these wonderful things & more.
Doesn't make sense,
don't you agree?
Just go ahead and nod now.
That's right,
I think you're ready now.
You're ready to…
Fall
SNAP
SNAP
You've completed the challenge.
The question is did you fall or not?
That's what I want you to tell me in the comments down below!
Did you fall?
In which room did you fall?
Which room was the most effective?
Or did you manage to fight your way through all these rooms & reach the end without falling.
If you did was it easy?
Did it take you more willpower than you thought you'd need?
Let me know the answer to all these questions in the comments below
& what you should definitely do is listen to the file again

& challenge yourself.

See whether you'll resist more or fall even faster.

Thank you for participating in this challenge,

thank you for participating in the Try not to Fall Challenge!