



# PERSONALITY & THERAPY IN DUNGEONS & DRAGONS



A  
NATURAL  
20?

A  
CRITICAL  
FAIL?

“THE GAME CALLS ON  
PLAYERS TO PLAY THEIR  
CHARACTER, NOT BECOME THEIR  
CHARACTER.”

D&D ALLOWS PLAYERS TO...  
Work with collaborative social  
engagement, explore personality trials  
in a structured environment, cultivate  
personal empathy through the 3rd  
person viewing of shared traits, and  
develop personality attributes they may  
struggle with.



CAUTION: DIFFICULT TERRAIN AHEAD!

We must be careful when combining  
emotional vulnerability and the addictive  
nature of gaming. This can lead to 'bleed';  
when the character and player merge too  
completely. We must also be aware of the  
impact on our Dungeon Master- they are  
facilitating the game, but are not  
necessarily responsible for a player's  
cathartic experience!

## PLAYER VS CHARACTER SIMILARITIES

