



DIVE IN

Ask Questions

Build Connections

How to Play



Objective

Roll the dice to come up with great conversation topics and DIVE IN!



Gameplay

- 1) Shuffle the deck of **DIVE IN** cards and set aside.
- 2) Pick a player to go first. Roll the **white starter dice**.
- 3) Roll one of the **yellow adjective dice** and the dice that matches the color of the dot on the white dice.

For example, the **white dice** lands on "What Is?" which has a **red dot**. Roll one of the **red dice** together with the **yellow dice**. Combine all three dice to form a question such as, **"What is your favorite animal?"** Then, discuss the topic as a group!



Note: There are two dice each for yellow, red, and blue. Pick one at random.

If you roll a ? fill in the blank with whatever word you choose!

4) If the white dice lands on **DIVE IN**, draw a **DIVE IN** card. Don't roll any other dice. Pick one of the questions on the card and discuss the topic as a group. **Level 1** questions are great for all players, while **Level 2** are better for players **ages 12+**.

5) When you're done discussing a topic, the player to the left of the last conversation starter can roll the white dice to start another round of conversation.

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FAQ

1) How long should we play? It's up to you. You can play for 10 minutes or all night! We recommend playing until at least each player has had a chance to roll the dice.

2) How does this game help players make deeper connections?

We build closer relationships by having more vulnerable and intimate conversations. **Dive In** encourages players to open up and share more about themselves. We hope that you will have conversations that you will never forget!

3) Why are some of the questions weird?

We think those are the best questions! They get you talking and thinking, and that's what we're all about at **ThinkPsych**!

4) Can we keep score? Who wins?

Dive In is not designed to be competitive, but you can use the **yellow dice** at the end of the game to reflect on the best conversations. Roll the dice and vote for answers that best fit each adjective (e.g., "**The Strangest Answer**").

BONUS

Want to make better connections outside the game? Use our unique **5F system** to spark some great conversations. After some practice, it becomes second nature!

5 Fs for Connection

This set of 5 broad topic categories helps you start and maintain a conversation with anyone. **Note: We include only one example for each category.** Use the categories to come up with your own questions to ask!

Family - Do you have any siblings?

Friends - What do you like to do with friends?

Fun - What do you do for fun?

Future - What are your plans this weekend?

Field - What interests you? What do you like to study or do for work?