

WHAT IS THIS?

“Do not read this journal!” is a horror-themed journaling experience where you obtain a journal cursed by a dark entity, write all the strange events you experience while you have it, and then pass it to a friend. **Do not forget to tuck this pamphlet on the first page of the journal.**

Once you pass the journal to someone else, the curse is lifted from you and passed to the next person. The experience continues until there are no more pages left in the journal.

WHAT DO YOU NEED?

You only need four things to be a part of the experience:

- **This pamphlet:** Just print it, fold it and tuck it in the first page of your journal.
- **A journal:** Any journal would do as far as it has more than 20 pages. You may want to use an old looking one. Try to keep things as dark as possible for added realism.
- **A deck of cards:** Just a simple deck of playing cards, jokers included.
- **A writing tool:** A pen or a pencil.

HOW TO START?

Start your journal by reading the experiences of former owners (if you're not the first owner). After reading them all, you're ready to be the next victim.

If you're the first owner of the journal, start by writing the text below, or something similar:

*Got this cool journey from a flea market today.
The seller told me it's cursed.*

Start your first entry by telling about yourself and how you acquired the journal. You can use your real name or your character's name, but try not to give away too much personal information for safety reasons.

After you're done with your first entry, you only have seven days to pass the journal to someone else.

If you're the last person to own the journal for any reason, remove the pamphlet and put it to a public place for someone to find it.

HOW TO PLAY?

Every day, get your deck of cards and shuffle it. Draw four cards and keep as many of them as you want. There are four categories linked to four suits:



Nightmares: One of the worst parts of owning a cursed journal. You'll have nightmares. Lots of them.



Happenings: This is about the unspeakable horrors you're experiencing. Voices, the sense of being followed, and other unexplainable events.



Drawings: Drawings, cuttings, scribbles, and spirit writings.



Ideas: Your ideas about the former owners' experiences, the history of the journal, or the dark entity behind it. No limits here, just use your imagination.



Jokers: If you draw a joker, you're possessed. Put all the other cards back to the deck and write as you are the dark entity behind the curse. Feel free to add to the story of the journal. If you draw three jokers, you're possessed for good. Write one last story and give the journal to someone else.



Word pools: You will encounter a word pool when you draw an Ace. These are lists of words to be used as writing/drawing prompts. Every word in a pool is meant to be used once to give the writing uniqueness. When you encounter one of them, choose up to three words to write or draw about and cross out the ones you used. If you encounter a pool with no words left, draw another card, or use your imagination.

After you have chosen your cards, refer to the card tables to start writing about your day. Tables give you writing prompts, ask you questions, and give you tasks to help you create an amazing story, but if you feel more comfortable using your imagination, feel free to use random prompts or get rid of the cards completely. They're only there to help you, not to limit you.



When you're done, discard any used cards. Your day is over. Repeat for seven consecutive days and give the journal to someone else. **Do not forget to tuck this pamphlet on the first page of the journal before handing it to someone else!**

♥ NIGHTMARES

♥ **A:** ✂ woods ✂ dead birds ✂ tomb ✂ eyes ✂ blood ✂ asylum ✂ bicycle ✂ lake ✂ journal ✂ fly ✂ mould ✂ doll ✂ woods ✂ cave ✂ room ✂ key ✂ darkness ✂ insects ✂ hunt ✂ cemetery ✂

♥ **2:** You are in a dark tunnel. What's in the end?

♥ **3:** You are lost in the woods and being chased by something. What is it?

♥ **4:** You dream about a past trauma. What is it?

♥ **5:** You dream about your funeral. Describe it.

♥ **6:** You are in a room full of doors. Where do they lead?

♥ **7:** You're burying a body. Who is it? What happened?

♥ **8:** You dream of someone hanging from a tree. It's you.

♥ **9:** You see yourself drowning in your dream. You can't wake up.

♥ **10:** You wake up with sleep paralysis. Describe it.

♥ **J:** The dark entity behind the curse haunts you in your dream. What does it look like?

♥ **Q:** The entity asks something about your past. Answer it.

♥ **K:** You dream of your house but it's old, abandoned and haunted now.

♣ HAPPENINGS

♣ **A:** ✂ window ✂ shivers ✂ whispers ✂ apparition ✂ howl ✂ cellar ✂ figure ✂ attic ✂ cry ✂ smell ✂ noise ✂ phone ✂ knocking ✂ scream ✂ hairy ✂ earthquake ✂ shadow people ✂ crack ✂ darkness ✂ fire ✂

- ♣ **2:** Items in your house disappearing or being misplaced.
- ♣ **3:** Your house doesn't look right. What has changed?
- ♣ **4:** You notice that everyone on the street is looking at you.
- ♣ **5:** You hear a voice while you're alone. What does it say?
- ♣ **6:** You get a call from an old friend who died years ago.
- ♣ **7:** You hear someone calling your name. You live alone.
- ♣ **8:** You hear a murmuring at night. What does it say?
- ♣ **9:** You hear the sound of rain outside. It's not raining.
- ♣ **10:** You discover scratch marks on your skin.
- ♣ **J:** You find lots of dead birds in front of your door.
- ♣ **Q:** Wherever you go, animals are looking over your shoulder with dead eyes.
- ♣ **K:** You wake up to see that your bedsheets are covered in blood. You don't have any wounds.

♦ DRAWINGS

- ♦ **A:** ✂ mask ✂ doll ✂ map ✂ dark ✂ eyes ✂ wood ✂ sigil ✂ circle ✂ grave ✂ casket ✂ devil ✂ shadow ✂ bones ✂ blood ✂ cave ✂ tree ✂ book ✂ ✂ mountains ✂ black cat
- ♦ **2:** Smear a few pages with tea, coffee, or fake blood.
- ♦ **3:** Draw a 10x10 grid. Fill it with random symbols.
- ♦ **4:** Create a sigil or symbol for the dark entity.
- ♦ **5:** Create a collage using clippings.
- ♦ **6:** Fill the page with random scribbling.
- ♦ **7:** Write a paragraph in an unknown alphabet.
- ♦ **8:** Write a paragraph with your non-dominant hand.
- ♦ **9:** Pick a random word and fill the page with it.
- ♦ **10:** Attach a photo of a random location to a page.
- ♦ **J:** *Spirit writing* – Fill the page with random words as fast as you can without thinking.
- ♦ **Q:** Draw the dark entity behind the curse.
- ♦ **K:** Write a paragraph in an unknown language.

♠ IDEAS

- ♠ **A:** ✂ madness ✂ woods ✂ desert ✂ seance ✂ smell ✂ flesh ✂ grease ✂ terror ✂ being followed ✂ hope ✂ heritage ✂ haunted ✂ purgatory ✂ attic ✂ woods ✂ human sacrifice ✂ ritual ✂ satanic worship ✂ demons ✂ curse ✂
- ♠ **2:** Why do you think this journal is cursed?
- ♠ **3:** What happened to the previous owner of the journal?
- ♠ **4:** What is the origin of the journal?
- ♠ **5:** You have felt hatred and disgust when you touch the journal for the first time. Why?
- ♠ **6:** What can bring the curse to an end?
- ♠ **7:** Does the curse end when the journal ends?
- ♠ **8:** Write a warning for the next victim.
- ♠ **9:** Does the curse really exist? What if all of this is a hoax?
- ♠ **10:** Is there someone who can lift the curse for good?
- ♠ **J:** What is the reason behind the hate of the dark entity?
- ♠ **Q:** When did the curse begin?
- ♠ **K:** You feel something strange when you're writing to the journal. Describe it.

PLEASE NOTE

This is a collaborative experience. Please be kind to others while writing your part. Don't bring racism, homophobia, or any kind of this shit into this experience.

SECURITY

This experience asks you at the end to remove the pamphlet and put the journal to a public place for someone to claim it. This is optional for safety reasons. Please keep in mind that finding a journal full of horrifying experiences may cause serious psychological problems in people. **Use discretion.** Also, refrain from giving away any personal information.

MUSIC

A Spotify playlist is available to accompany your journaling experience and put you in the right mood for the story: <http://bit.ly/dnrtj>

DO NOT READ THIS JOURNAL!

A horror journaling experience
by Cagri Akyurt



Guazzo, *Compendium Maleficarum*, 1610 ed.

This experience deals with themes like death, gore, mental degradation, paranormal occurrences and the occult that some readers may find disturbing.

Discretion is advised.

This game is under CC BY-SA 4.0

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Pamphlet based on the template by Bruno Prosaiko (CC BY).