

**ANXIETY
GAMES
(45 mins)**

**A "game" that helps
explore threats and
surface collective
expertise and experience.**

1

Anxieties - 10 minutes

1. Working individually, think of an "anxiety" - something that could happen to the users, infrastructure, context, etc of X PROJECT
2. Copy + paste or drags post-it of the category that corresponds to your idea
3. Assign it a number from 1-6 (where 1 is least likely to happen and 6 is most likely to happen)
4. Repeat

Example!

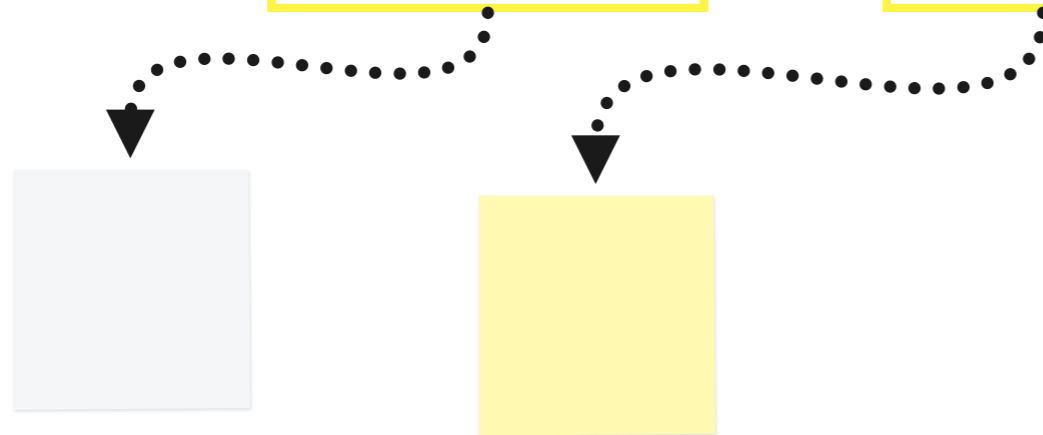


Someone
phishes my
account
(3)

2

Scenarios

1. We'll roll the dice 4 times (once for each category) to build an Anxiety Games scenario
2. Discuss and reflect on the scenario:
 - How do these anxieties relate to each other? What could the causal relationships be?
3. Collect **reflections** and **comments**, and gather them under a scenario



3

Dismantling and assessments

1. After reflecting on the scenario, "dismantle" it as a group:
 - Discuss as a group what you could do to: 1) De-escalate the scenario or an anxiety within the scenario, or 2) Neutralize an anxiety or mitigate the second order effect of one anxiety to another.
2. Build an "assessment" of the scenario:
 - Summarize the key reflections, comments, and ways of dismantling the scenario

Collected Anxieties

Categories

Physical
 Anything related to physical safety

Digital
 Anything to do with technical infrastructure, devices, and data

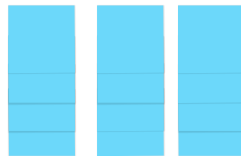
Social/ Political
 Anything related to relationships between people and groups (orgs, corporations) or between the users and the state, or authorities (police, military, etc)

Environmental
 Anything related to the environmental context in which users / the project is operating

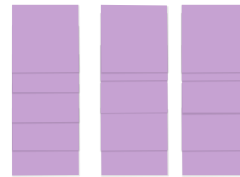
Drag post-its and write



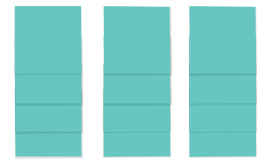
My phone gets stolen (5)
 I loose my device (5)



Someone Phishes my account (3)
 I get locked out of device/app (4)



Other team members can see my data (2)
 I am unable to show my customers the data I have collected (3)



Lost or destroyed device due to weather and/or environmental conditions (5)
 The sat. internet is not as fast as I expected it to be too slow. (6)

2

Scenarios

Physical

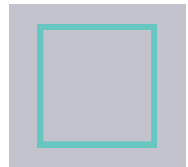
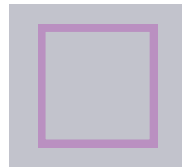
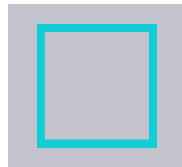
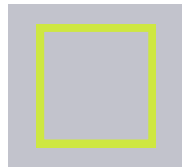
Digital

Social

Environmental

Scenario 1

[Context]



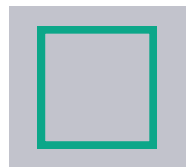
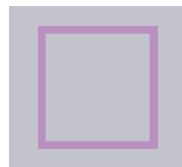
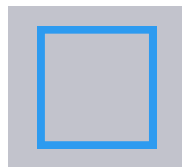
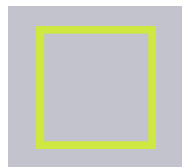
Comments and reflections:

reflections

comments

Scenario 2

[Context]



Comments and reflections:

reflections

comments



Assessments

1st assessment

Dismantling the Scenario:

Summary + Key reflections/comments

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2nd Assessment

Dismantling the Scenario:

Summary + Key reflections/comments

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