

# SAGA



## OF THE BLUE BADGER

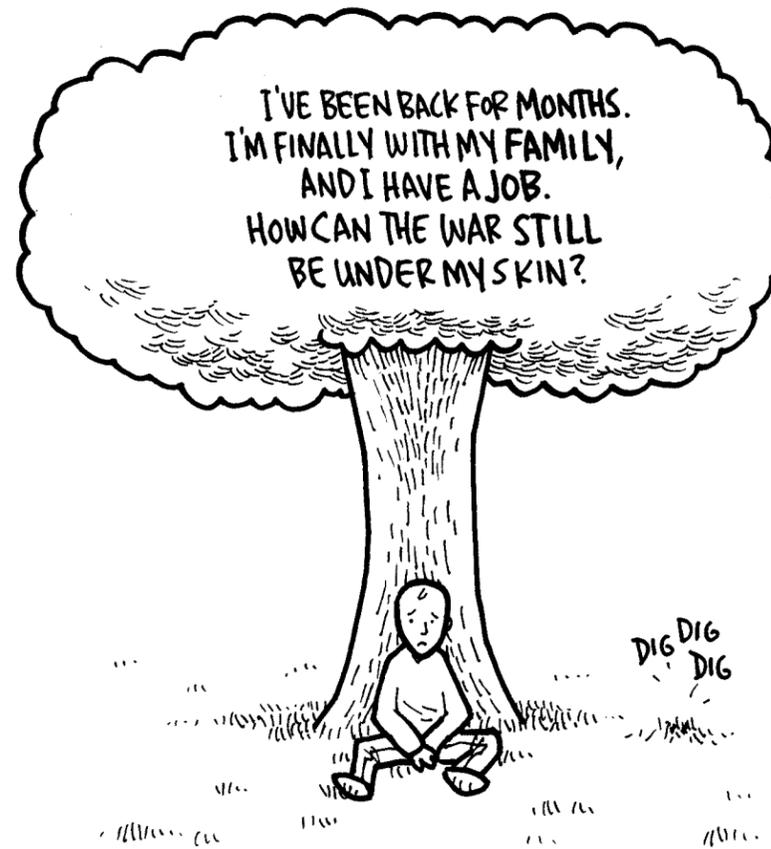
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AN INTRODUCTION TO THE SAGA ONLINE GAME TO HELP AND  
SUPPORT VETERANS WHEN TRAUMA MEMORIES AND PTSD  
INTERFERE WITH THEIR LIVES.

This comic provides a quick introduction to the SAGA online comic creation game. As a player, you start with simple tools to quickly create comics and as you "LEVEL UP," you get access to better tools and more detailed artwork.

You can just use SAGA to create comics, but SAGA is a game with a purpose. Creating a story about what happened to you in traumatic situations can help you organize those events in a comic so that you can look at them and understand them. Understanding traumatic memories helps you shelve those memories so they stop intruding on your daily life. Obviously, working with painful memories can be pretty intense. SAGA balances intense exercises with fun exercises to create comics that will help you organize those memories.

Currently, the SAGA design is undergoing review for funding. If you are interested in SAGA, please email [saga@sift.net](mailto:saga@sift.net) to get more information.



YOU FEEL LIKE YOU'RE AT THE BOTTOM OF A PIT WITH NO WAY OUT.

YEAH...

SO YOU NEED TO MAKE SENSE OF WHAT HAPPENED TO YOU.

SO FAR YOUR INSTINCTS AREN'T HELPING.

YOU NEED SOMEONE WHO UNDERSTANDS BRAINS TO TALK IT OUT WITH.

ME?

I'M A BADGER MAN.

CAN YOU TALK ME THROUGH IT?

I DON'T KNOW SQUAT ABOUT BRAINS.

IF YOU HAD A PROBLEM WITH GRUB-WORMS OR VOLES, I'D BE HERE FOR YA.

BUT, UH... YEAH.

I DIDN'T REALLY THINK SO.

SO A COUNSELOR AT THE VA, OR A PRIVATE PRACTICE, WOULD BE A GOOD START...

... BUT I HAVE A FEELING IF THAT WAS YOUR FIRST CHOICE YOU WOULDN'T BE TALKING TO A CHILI-PEPPER-INDUCED BADGER.

SO, DO YOU REMEMBER THAT PROGRAM YOUR FRIEND TOLD YOU ABOUT: SAGA?

Y-YEAH...

...IT WAS LIKE AN ONLINE COMMUNITY OF VETERANS LEARNING TO DRAW COMICS, OR SOMETHING.

RIGHT. TO MAKE SENSE OF THEIR PART IN THE WAR.

YOU LIKE COMICS, RIGHT?

WHY NOT TRY THAT?

OH, BUT I CAN'T DRAW.

PFF! Y' DON'T HAVE TO BE REMBRANDT, YOU KNOW.

SAGA HAS TOOLS TO HELP MAKE THE ARTWORK IF YOU NEED 'EM.

THE MAIN GOAL HERE IS GIVING YOU AN ENVIRONMENT WHERE YOU CAN WRESTLE WITH THOSE MEMORIES.

### SAGA HAS 4 PHASES

The ADVENTURES of OVOID MAN  
COMICS BASIC TRAINING

TALES of PRIVATE FIRE  
WORKING IT OUT

UP from the ASHES  
SHARING the TRUTH

PHOENIX SAGA  
HELPING OTHERS

LET'S TAKE A LOOK AT 'EM, ONE BY ONE.

THE FIRST PHASE IS: "The ADVENTURES of OVOID MAN," BASICALLY a COMIC BOOTCAMP WHERE YOU LEARN WHAT MAKES the ART FORM TICK.

MEANWHILE...

YOU DRAG and DROP IMAGES and TYPE WORDS TO CREATE a STORY.

ONCE YOU COMPLETE THAT...

THE ART AND STORY YOU CREATE IN PRIVATE FIRE IS FOR YOU.

YOU DON'T HAVE TO SHARE IT WITH ANYONE.

YOU DON'T HAVE TO USE THE TOOLS-- YOU CAN DO IT WITH PEN AND PAPER AND KEEP IT IN YOUR DESK DRAWER IF YOU LIKE.

BASICALLY YOU PIECE TOGETHER WHATEVER IMAGES-- LABELING THEM, IF NECESSARY-- THAT TELL YOUR STORY.

PLAYING CATCH WAS OK, BIKING WAS NOT.

...YOU GET MORE DETAILED ART FOR PHASE 2:

"TALES of PRIVATE FIRE," WHICH HELPS YOU ORGANIZE YOUR TRAUMA STORY SO YOU CAN MAKE SENSE OF IT.

AND LEMME TELL YA, CHIEF, THIS FIRE AIN'T FOR ROASTING MARSHMALLOWS-- IT'S INTENSE.

YOU CAN SKIM OVER THE DETAILS IF YOU WANT, BUT YOU DON'T NEED SAGA TO AVOID YOUR PROBLEMS.

SAGA CAN KEEP TRACK OF WHICH PARTS OF THE TRAUMA ARE THE MOST INTENSE FOR YOU.

IT BALANCES OUT INTENSE EXERCISES-- THINKING AND WRITING ABOUT YOUR TRAUMA-- WITH FUN EXERCISES ON HOW TO MAKE COMICS.

AND AFTER THAT...

PHASE 3 IS CALLED "UP FROM THE ASHES," IN WHICH YOU USE WHAT YOU'VE LEARNED AND FELT IN THE FIRST TWO PHASES TO CREATE A NEW, ORIGINAL STORY.

BUT-- WHY DO I NEED TO DO THAT IF I'VE WORKED THROUGH MY TRAUMA?

TIMO'BRIAN, AUTHOR AND VIETNAM VETERAN SAID: "A thing may happen and be a total LIE; another thing may NOT happen and be truer than the truth."

IF YOU TELL SOMEONE ABOUT YOUR EXPERIENCES, IT MAY SOUND COLD, LIKE A NEWS ARTICLE. BUT IF YOU SHOW SOMEONE HOW IT FELT TOGETHER, IN A STORY, THEN THEY CAN REALLY UNDERSTAND HOW IT AFFECTED YOU.

BUT I STILL CAN'T DRAW ART LIKE THAT...

IF YOU RUN INTO THINGS YOU JUST CAN'T DO, PUT UP A ROUGH SECTION. ATTEMPT AND VOLUNTEERS OR OTHER PARTICIPANTS MAY HELP YOU OUT.

AND THEN WE MOVE ON TO THE MOST IMPORTANT PHASE.

WAIT...

WHAT COULD BE MORE IMPORTANT THAN DEALING WITH TRAUMA? WELL, YOU WERE IN A HOLE, RIGHT? THOUSANDS OF OTHERS ARE TOO...

PHASE 4: THE PHOENIX SAGA

... AND THIS IS WHERE YOU SHOW THEM THE LADDER.

EVERYONE'S PIT IS DIFFERENT, BUT TELLING YOUR STORY AND SHOWING WHAT WORKED FOR YOU MIGHT GET THEM STARTED ON THE WAY UP.

OH, HEY, IT LOOKS LIKE THOSE CHILI PEPPERS ARE WEARING OFF.

GUESS I'LL BE SEEING YA.

GOOD LUCK.

...YEAH.

# SAGA

SAGA is currently in development. For more information email

saga@sift.net

**If you want help dealing with your trauma or PTSD**

**24/7 VA Hotline, all calls answered by combat Veterans:  
1-877-WAR-VETS (1-877-927-8387)**

*SAGA* is an online social networking game that allows veterans to tell their story in a graphic novel format. *SAGA* works to stop trauma from interfering with veterans' day-to-day life. The game helps veterans learn how to make comics even if they have no drawing skills.



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For more information email [saga@sift.net](mailto:saga@sift.net)

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