

# Osmosis

A stylized illustration of a character with a green cap and orange body, looking up at the title 'Osmosis'. The character has a black face and a long, orange neck. The background is a light orange color with abstract, wavy lines and circles.

Game rules  
and a little more



**Florent Toscano, publisher**

There are so many word association games that I never thought I would add one to our collection. But the day Agnès had us play what would become Osmosis, I experienced something that does not happen very often: a truly unique, intelligent, stimulating, and genuinely fun cognitive and cohesive gaming experience! Bringing in the young and talented Charlotte, who had just completed an internship with us, and offering her the opportunity to illustrate her first game, was an equally obvious choice. As for the substance of this game, I will leave you to discover it...

Greetings to you, players!  
I am going to explain the rules of my little game...  
Please keep the most important thing in mind:  
**describe the associations,  
not the cards!**



### About Customer Service

We take great care and attention in the manufacturing of our games. If, despite this, you notice a problem or a missing component, or if this occurs during the life of the game (which we hope will be long and eventful!), please send us a message at: [commande@jeux-opla.fr](mailto:commande@jeux-opla.fr).

VIDEO RULES



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# Game contents

This game contains 220 cards divided as follows:

- 126 Idea cards. |—————>

Image on the front and word on the back



- 7 Number cards. |—————>

Numbered from 1 to 7.



- 56 Voting cards.

Each player will have the 7 Voting cards of their color, numbered from 1 to 7.



- 28 Mission cards.

There are 7 cards for each level of game difficulty:

I: discovery

II: easy

III: intermediate

IV: expert



Details of each Mission on pages 14 to 17.

- 3 Round cards.



And this booklet.

# Game rules

## General idea

Together, choose a Mission, and associate the Idea cards that seem relevant to you for completing this Mission, but... without describing what you see on them!

## Objective of the game

Osmosis is a **cooperative** game.

A game is played in **3 rounds**.

You must win **at least 2 rounds to win the game**. If you win all 3 rounds, you win the game with flair.

For your first  
game, choose  
level II!



## Setup

1. Place the 3 Round cards on the table.
2. Choose a difficulty level, shuffle the 7 Mission cards of that level, and place 5 of them face up (set aside the other 2 cards).
3. Line up the 7 Number cards in the center of the table so that everyone can see them clearly.
4. Associate each Number card with an Idea card, image side up.
5. Each player takes their 7 Voting cards.



# Setup



Player 1



Player 3



Player 2



# Game flow

Each Round is divided into 3 phases:

**discuss, associate, reveal.**

## Phase 1: Discuss

You must all agree, together, on the Mission you wish to accomplish among those available (5 during the 1<sup>st</sup> round), and at the same time on which Idea cards you will associate to accomplish this Mission!

### How can you achieve this?

You may discuss among yourselves as much as you wish.

You may describe the types of associations you imagine, **but under no circumstances may you say anything that would allow other players to identify one or more cards.**

Therefore, you cannot say that you have in mind a rounded Duo, or a funerary one, or a climatic one: **that would clearly allow certain cards to be identified.** But a symbolic Duo, or visual, or thematic, because anything can be symbolic, visual and thematic!

You may also explain to your partners how you accomplish a Mission:

I see an obvious Duo!

Oh! And even 2 Duos!

One that tells a story, and the other with both cards in the same theme. But they have a card in common... Could that make us a Trio?



On my side, I rather

see a card that could chronologically trigger another card. We could isolate the triggering card to make it a Solo!



In summary, you may explain how you accomplish your Mission, but not why.

# Some examples

## I can say

In my Duo, one card can lead to the other.

---

A single word could allow you to identify 3 cards in the same way.

---

I have 2 Duos: one rather visual and the other rather narrative.

---

There is a Trio that must be obvious to some people, but not to everyone.

---

The 4 cards of my Quartet have a thematic link.

---

The 4 cards can be arranged in a chronological order.

---

One of the 3 cards in my Trio triggers the other 2, we can isolate this card to make it a Solo!

---

Contextual, of the same nature, exhaustive, simultaneous, consecutive, inevitable, complementary, that tells a story...

## I cannot say

In my Duo, both cards are objects.

---

I see a fruity Trio.

---

I have 2 Duos: one with triangles and one with animals.

---

You, with your profession, are sure to see this Trio.

---

The 4 cards of my Quartet are more or less directly related to Egypt.

---

We just have to arrange the 4 cards in numerical order.

---

My Trio consists of cards that begin with a vowel.

---

Cook, farmer, aerial, plant-based, explosive, animal-related, childish, office-related, very large, that fills with liquid, related to time, that fits in the hand, planetary...

In short: describe the associations without describing the cards!

You may be a little lost during the 1<sup>st</sup> round, then a social magic will occur among you and you will naturally communicate in a new way: congratulations, you have just created a language without realizing it!

And above all, from the moment you're wondering whether you may say something or not, it is probably that you may not!



# Examples of discussion

1



I see an obvious Duo! It makes a little story: one card that may lead to another.

2



I have a Duo, rather thematic as well, but it does not make a story!

3



Mine is a bit thematic as well...

4



Yes!!! I agree, by adding a card to my Duo, I see the same thing! And it tells a story!

So I have a Trio with a card that, combined with another, symbolizes something that leads to the 3<sup>rd</sup> card.

5



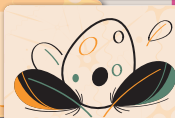
I still do not see your Trios, but I realize that with my initial story, I can add 2 cards to make a Quartet that still tells the same story!

6



And you cannot turn it into a Trio, like us? Maybe it is the same thing?

7



Okay, I will do that, but I do not believe it!



# Game flow

## Phase 2: Associate

When everyone seems to agree, each player votes by placing in front of them, face down, their Vote cards corresponding to the numbers of the selected Idea cards.

For example,

> for a Trio, you make a stack of 3 Vote cards.

> For a double Duo, you make 2 sets of 2 Vote cards.

## Phase 3: Reveal!

The crucial moment arrives when everyone reveals their Vote cards.

• If the absolute majority of you are in sync (with exactly the same Vote cards, grouped in exactly the same way in the case of Missions involving several associations, and ordered in the same way in the case of associations involving an order): **the round is won!** You then take the completed Mission card, which you place face down on the played Round card. Therefore, you will no longer have this Mission available in the next Round.

• However, if there is not an absolute majority: **the round is lost.** You then simply flip the played Round card to the lost side. This Mission remains available for the next round.



## New round!

It is easy: if the Idea cards are on the Images side, you flip them to the Words side; if they are on the Words side, you replace them with 7 new cards on the Images side.

If the Idea card deck is exhausted, shuffle all the discarded cards and create a new deck.

You start the new round with the remaining Mission cards (therefore, you cannot complete a Mission that you have already succeeded in during the game). For example, if you win the 1<sup>st</sup> round, you will have a choice of 4 Mission cards for the 2<sup>nd</sup> round.

## End of the game

Have you lost the first 2 rounds? **The game is lost.**

Have you played 3 rounds?

- Only 1 round won: **the game is lost.**
- 2 rounds won: **the game is won.**
- 3 rounds won: **the game is won with flair!**



## Variants



The cognitive adaptability that our brain can demonstrate is astonishing! Since we like you to be amazed by yourselves, we offer you some game variants...

### THE EASIEST

#### Renunciation

During the discussion, by mutual agreement, the players designate one of them, who eliminates one of the Idea cards. There are 6 left.



# Variants

## THE MOST DIFFICULT



### No Entry!

At the start of each round, one of you randomly removes one of the Vote cards from their hand. They check it secretly and must ensure that the winning majority association does not contain this number.



### Mandatory Direction!

At the start of each round, one of you randomly removes one of the Vote cards from their hand. They check it secretly and must ensure that the winning majority association contains this number.



### The conflict

These are the No Entry and Mandatory Direction variants played simultaneously. One of the players first removes one of the Vote cards from their hand, which must not be part of the winning majority association, then a second Vote card which must absolutely be part of the majority association.



### The unconscious

At each round, determine who spoke the most during the previous round (1 player for games with 2, 3, or 4 players; 2 players for games with 5 or 6 players; 3 players for games with 7 or 8 players). These players are not allowed to speak during this round!



# Variants



## Challenge Mode

Leave the Round cards in the box.

Place the Mission cards in 4 piles (one per level) on the table, face down.

Draw 3 cards from the pile(s) of your choice and place them face up: these are the possible Missions for the 1<sup>st</sup> round.

Play a first round.

If you lose the round, the game is over.

If you win the round, set aside the Mission card you have completed and replace it by drawing a new card from the pile of your choice. Continue with a new round, and so on until you lose a round. Always alternate an Images round and a Words round.

At the end of the game, your score corresponds to the total number of neurons present on the Mission cards you have won.

To play over several sessions, simply set aside the completed Mission cards and resume later!

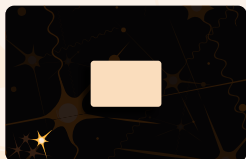
Try to beat your record in a future challenge, unless you have managed to win all 28 rounds in a row!

Example of  
Mission cards  
completed during  
the first 3 rounds.  
Total = 9 points.



# The Mission cards

## Level I



Solo: 1 card



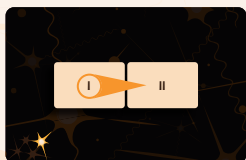
Trio: 3 cards



Duo: 2 cards



Quartet: 4 cards



**Ordered Duo: 2 cards**

one is positioned before the other and the cards must be placed in exactly the same order by an absolute majority of players for the round to be won.



**Double Duo: 2 cards + 2 cards**

During the voting phase, you must explicitly make 2 piles of 2 Voting cards. The Voting cards must be distributed in exactly the same way between the 2 piles by an absolute majority of players for the round to be won.



**Opposed Duo: 2 cards**  
2 cards showing an opposition.

# The Mission cards

## Level II



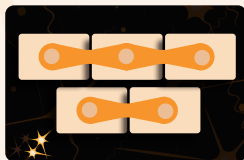
Solo: 1 card



Trio: 3 cards



Duo + Solo: 2 cards + 1 card



Trio + Duo: 3 cards + 2 cards



Trio with leader: 3 cards



Quartet with leader: 4 cards

One of the Voting cards is placed before the other 2/3. In addition to having 3/4 identical cards, it is the same card that must be placed first by an absolute majority of players for the round to be won.



2 Ordered Duos:  
2 cards + 2 cards

# The Mission cards

## Level III



3 Duos:  
2 cards + 2 cards + 2 cards



2 Trios:  
3 cards + 3 cards



Trio with leader:  
3 cards



Quintet with leader:  
5 cards



Ordered Trio:  
3 cards



2 Ordered Duos:  
2 cards + 2 cards



Quartet with leader and finisher: 4 cards  
4 Voting cards with one card placed first and one last. In addition to having 4 identical cards, it is the same card that must be placed first and the same card last by an absolute majority of players for the round to be won.

# The Mission cards

## Level IV



2 Duos:  
2 cards + 2 cards



Quartet + Duo:  
4 cards + 2 cards



3 Ordered Duos:  
2 cards + 2 cards + 2 cards



2 Ordered Trios:  
3 cards + 3 cards




Ordered Quartet: 4 cards



Ordered Quintet: 5 cards



Quintet with leader and finisher: 5 cards 5 Voting cards with one card placed first and one last. In addition to having 5 identical cards, it is the same card that must be placed first and the same card last by an absolute majority of players for the round to be won.



*I will let you play a few games and then come back to read what follows!*

---

**My name is Sabina. Sabina Spielrein.** “Spiel” in German means “game”: nothing happens by chance in life! **This game is the one I would have loved to invent to make some of my contemporaries play...** But before introducing them to you, let me introduce myself!

I was born in 1885 into a bourgeois Jewish family in Rostov-on-Don, Russia. I came to Zurich in 1904 to receive treatment at the Burghölzli psychiatric clinic, where I was treated by Carl Jung, a young psychiatrist then in the midst of developing his psychoanalytic methods.

With him, our relationship was... complex! I was at once his patient, his student, his collaborator, and perhaps even his lover (although the details remain controversial, I know everything!). Our correspondence, kept secret for a long time, shows a strong emotional and intellectual intensity.

I also entered into a relationship with Freud, to whom I sent my ideas. I became a member of the Vienna Psychoanalytic Society in 1911. I gave my all and was one of the first female psychoanalysts. I then returned to the USSR, where I continued to practice, teach, and spread psychoanalysis...



...until it was banned by the Stalinist regime in the 1930s.

I was murdered by the Nazis in 1942, along with my two daughters, during the massacre of the Jews of Rostov.



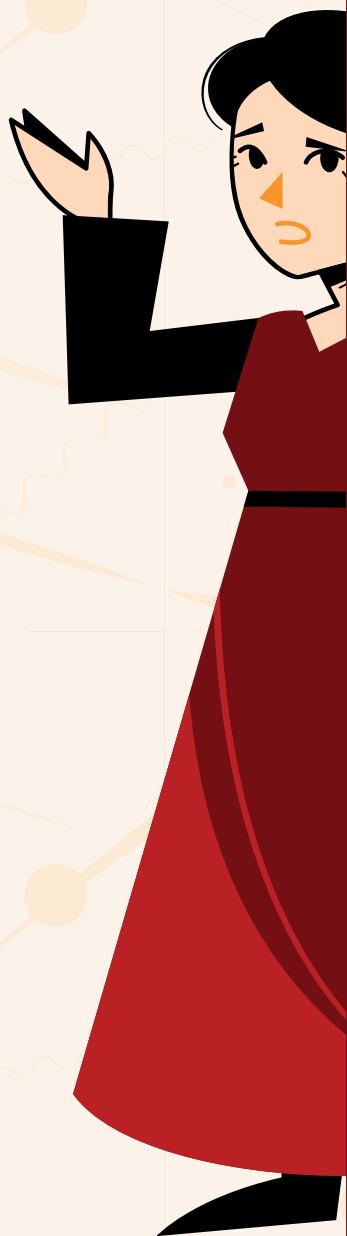
## But then, why was I forgotten?

First of all, because, like other forgotten women, I had the strange idea of being a woman! My ideas were sometimes appropriated without credit.

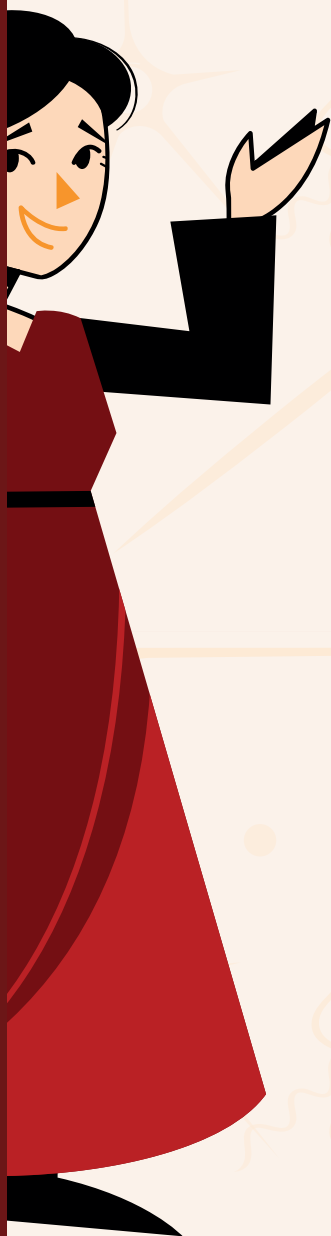
Upon returning to the USSR, I became a victim of Stalinist repression, which banned psychoanalysis and destroyed its institutions. It is so dangerous to think...

I was close to Jung but also to Freud, thus at the crossroads of two rival schools, which contributed to my erasure. Indeed, ambivalent figures are not good for one's image.

My murder by the Nazis and the destruction of my personal archives led to a dramatic loss of historical records. Into oblivion, Sabina!







## *Why would I have loved to invent this game?*

### Communicating without direct words

This matches my idea: the unconscious expresses itself through images, symbols, detours, and not necessarily through clear words.

> In Osmosis, you communicate without naming or describing the cards.

### Creating meaning together

In my opinion, thought is constructed in relationship, with others, even without speaking directly.

> In the game, you must understand each other without saying everything, and find an implicit agreement with the others.

### Changing one's mind, transforming oneself,

It is sometimes about destroying an old idea to make room for a new one.

> Sometimes, one must let go of one's initial ideas to join those of the group.

### Playing with ambiguity

I liked the idea that meaning is never fixed, that symbols can say several things at once—like dreams.

> The cards can be ambiguous, open to multiple interpretations.



## My contemporaries to whom I would have loved to submit this game...

**Carl Gustav Jung**, 1875–1961, Swiss psychologist and psychiatrist, founder of analytical psychology. He is known for his work on archetypes and the collective unconscious.



**Sigmund Freud**, 1856–1939, Austrian neurologist, founder of psychoanalysis, no less! He is known for his theories on the unconscious, dreams, and the Oedipus complex.

**Anna Freud**, 1895–1982, Austrian psychoanalyst, daughter of the above. She is known for her contributions to child psychoanalysis and the study of defense mechanisms.



**Melanie Klein**, 1882–1960, Austrian psychoanalyst, pioneer of child psychoanalysis. She is known for her work on play technique (does that ring a bell!) and object relations. She would have loved this game!

**Viktor Frankl**, 1905–1997, Austrian neurologist and psychiatrist, founder of logotherapy. He is known for his approach centered on the search for meaning.



**Lou Andreas-Salomé**, 1861–1937, Russian writer and psychoanalyst. She is known for her essay on the loss of faith and her psychoanalytic texts on narcissism and creativity in relation to love.

**Marie Bonaparte**, 1882–1962, Greek princess and psychoanalyst. She is known for having translated Freud's works and for having studied female sexuality.



**Sándor Ferenczi**, 1873–1933, Hungarian psychoanalyst. He is known for his work on childhood traumas and identification with the aggressor, and for implementing the active therapeutic technique.

## **Variants** **to surprise your mind even more!**

### **Renunciation**

*"Destruction prepares transformation."*

### **No Entry!**

*"Every life drive contains a tendency toward its own limitation."*

### **Mandatory Direction!**

*"Individuation occurs through the integration of what was initially foreign."*

### **The conflict**

*"It is in the conflict of opposites that consciousness is built."*

### **The unconscious**

*"What cannot be said is often what acts most powerfully."*

### **Challenge mode**

*"The psychic life tends toward a higher form, but through failures and rebirths."*



## A century later...

It is unfair that a Sabina has been forgotten, as is the case for many others, and too often for women.

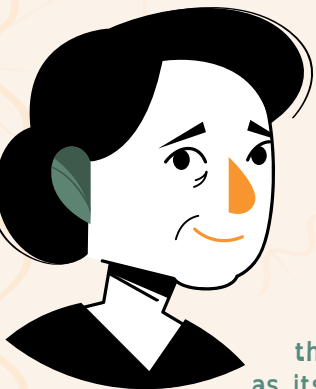
Nevertheless, the works of Freud, Jung, Spielrein, and others should be viewed differently today. Dating from the beginning of the century, these intuitions gave rise to many branches of psychology that have enriched, nuanced, and sometimes criticized them. **Recontextualization:**

**Unreliable scientific innovations:** as pioneers, their theories (unconscious, drives, archetypes...) were based on personal observations, not on rigorous, verifiable methods.

**Vague concepts:** many of their ideas are difficult to measure or prove (the unconscious, for example), and thus unusable in current research.

**A historically dated vision:** born at the end of the 19<sup>th</sup> century, in a very dated intellectual environment, psychoanalysis carries within itself the limitations of those who invented it. Some of these analyses are completely outdated: those on sexuality, on the place of women, on social and moral norms in the broad sense.

Nevertheless, these intuitions have been enriched by many scientifically validated therapies. Many of those who gave rise to behavioral and cognitive therapies, existential or humanistic psychotherapy, had started with psychoanalysis. And neuroscience supports several of their propositions. Psychoanalysis is, moreover, today a key element of our culture with its vision of the psyche, the development of the self, and our relationships with others and the world. It still nourishes our artistic productions today, whether in painting, literature, or cinema.



## The final word is for me, Violaine Gelly, Sabina's biographer!

Creating a game around Sabina Spielrein, the idea of Florent Toscano and Agnès Largeaud, first surprised me, then intrigued me, and ultimately won me over. In view of the result, I am sure that Sabina would have greatly enjoyed serving as its patron. Imagine for a moment this pioneer of psychoanalysis, armed with her sharp mind and insatiable curiosity, discovering a tool that, like her, seeks to explore the intricacies of the human mind and the connection with others.

Sabina, who was the first to put word associations into practice in her collaboration with Jung, would no doubt have seen in this game a wonderful opportunity to express hidden emotions and buried thoughts. Each card, a mirror of ourselves, an open door to our imagination. By playing, you are not only entertaining yourself with your friends, you are creating a space where words dance and intertwine. Sabina would have liked the idea that everyone could, through Charlotte Lacroix's illustrations, associate ideas, juggle with words, as she did with children around drawing. After all, art and play are universal languages that transcend the barriers of age and experience. By creating bridges between words, participants embark on an inner journey, much like the little artists she guided. Who knows, a simple card might evoke a childhood memory or a long-repressed emotion, reminding us, as Sabina said, "play is a form of self-discovery."

**In conclusion, this game is much more than mere entertainment. It is a living tribute to the bold spirit of Sabina Spielrein. So, let yourself be carried away, have fun, and above all, do not forget to explore the hidden treasures of your own mind. Who knows, you may discover something about yourself that you never even suspected!**

Violaine Gelly, journalist and psychopractitioner. Author of "La vie dérobée de Sabina Spielrein," Ed. Fayard (2018).

# Our approach

Since 2011, all our projects have been developed with a logic of social and environmental respect. This game was thus entirely manufactured locally, in the Auvergne Rhône-Alpes region, in the most responsible way possible. As it does not come from distant production, it will not, in turn, be exported to the other side of the world. Nor will it be sold to a platform with monopolistic weight and questionable social, ecological, and fiscal practices.

As with all our games, we have strived to give it as much meaning as possible for your greatest enjoyment!

**100%  
FAIT EN  
FRANCE**



## The production anecdote

Today I would like to tell you about a mischievous misprint. After printing the cards of this first run of 12,000 copies, we noticed an error. On the “Word” side of a card, the text is printed at 90°... This is not a deal-breaker, but it raises a question: would it be economically and ecologically wise to reprint 660,000 cards for a single error? Perhaps we would have acted differently if we were not Jeux Opla, but we decided to leave this error. We will not provide after-sales service, but perhaps if the game is a success, we will add a corrective card in a possible expansion. However, where this misprint is mischievous is that, given Sabina's story which serves as the backdrop for this game, the error could not have come at a better time. I will let you find the crooked card and probably smile when you see which word fell victim to our distraction... Perhaps there is no such thing as coincidence.

# Acknowledgements

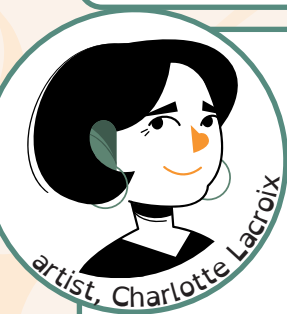
**T**hank you to Florent for being who he is and for doing what he does the way he does, especially for publishing Osmosis. Thank you to Charlotte for dressing Osmosis so beautifully by incorporating everything I had in mind and much more. Thank you to Bony for his inspiring frankness, to Fabienne for her soothing kindness, to Max for his enthusiasm and vigilance. Thank you to my cousins and little cousins for their enthusiastic feedback on baby Osmosis, which motivated me to continue. Thank you to the Labojoueurs and all the other testers who helped it grow. Finally, thank you to Bertrand for his unwavering support.



**M**any thanks to Florent and Agnès for trusting me by letting me illustrate Osmosis, and for making my very first illustrated game such a human and enriching experience.

Thank you to Bony for all his advice, his support, and his motivating speeches. Thank you to all my classmates from the 4<sup>th</sup> year Multimedia Publishing class at Emile Cohl School for their feedback on my illustrations.

Thank you to my parents for their unwavering commitment, and finally thank you to Lewis for all the motivation he gave me when I had to balance my classes and this project.



**F**irst and foremost, thank you to Agnès for trusting me and entrusting me with her treasure. And her friendship! To Charlotte for having enhanced it. To my team who believed in it as much as I did. To the hundreds of players who inspired us. To my mother Annie for her unwavering support. To Chamboulitou. To all the shops that believed so much in this game. To those with whom the osmosis is most perfect: my everyday Nora, and my forever Jean!



# Game aid

Cooperative game for 2 to 8 players.

**Objective of the game:**  
**win at least 2 out of 3 rounds in a game.**

Each round consists of 3 phases during which you play simultaneously:

## 1. Discuss

Discuss as much as you wish to agree on the Mission to accomplish from those available and the Idea cards to associate from among the 7. The Mission cards are detailed on pages 14 to 17.

**You may describe the associations you imagine, but you MUST NEVER say anything that would allow other players to identify one or more cards.**

Find examples of what you may or may not say on **page 7**.

## 2. Associate

When everyone seems to agree, each player votes by placing in front of them, face down, their Vote cards corresponding to the numbers of the selected Idea cards.

## 3. Reveal

Everyone reveals their Vote cards:

- The absolute majority of players voted the same: **the round is won!**
- The absolute majority of players did not vote the same: **the round is lost.**

Alternate between Image rounds and Word rounds.