

An illustration of two people sitting in airplane windows, looking at each other. The person on the left has dreadlocks and is wearing a green shirt. The person on the right is wearing a blue cap and a blue sweater. The background is a light blue sky. The text 'CABIN FEVER' is written in white, and 'A THOUGHTFUL QUESTION GAME.' is written in smaller white text below it. At the bottom, the names 'RACHEL MATAIRA' and 'ANDREW F. STEEL' are written in green and blue respectively.

# CABIN FEVER

A THOUGHTFUL QUESTION GAME.

RACHEL MATAIRA ANDREW F. STEEL

Connecting to others is a crucial part of being human.  
But how do we connect, when we are apart?

'Cabin Fever' is an expression used to describe the frustration we feel caused by being stuck inside, in isolation and from a loss of connection to the outside world. We can become disconnected by many things in life; physically by living in different parts of the world, long-distance relationships or global pandemics, and also psychologically through things like misunderstanding each other, not speaking & listening honestly or from a loss of communicating on a deeper level.

The purpose of this project is to get people talking; to help people go in when they can't go out. We're not experts on any of the topics in here, just best mates who love a yarn. This question book is meant to be a fun way to spark conversations up, to encourage us to share, listen, and try to understand each other better. We believe good questions get good answers, and good answers can help us understand both ourselves and the people around us in a better way.

We get that opening up isn't for everyone,  
but we hope you can find someone who maybe you  
would like to open up to and play it with.



## How to play:

When played openly, most people win in this game.

Cabin Fever is a question game designed to stimulate thoughtful conversation around important topics with the hope of helping build greater connection & understanding of each other. It can be played with family, old friends, new friends, the ones you love or complete strangers. Players can play in person, over the phone or online with one or many other players.

### Play with two people.

One person asks a question, the other person answers the question. Then you swap.

### Play with a group.

One person asks a question and directs it to some one of their choice. Rotate the person who asks the questions.

### Our advice:

Listen thoughtfully and have a discussion after each question if you feel like it. No answer is right or wrong, it's a personal opinion on the subject. Players can then elaborate, explain their view or experience and discuss with the other players if they wish to unpack an idea further.

The idea is to give everyone a chance to speak and to listen. Work through the questions start to finish, choose questions at random, or skip to topics you want to explore together. We like to play by choosing a random number to ask. It's good to think before you speak, so take your time to speak your mind clearly but don't over think it. Listen with intent and be present while you play.

Most people can agree that  $1+1=2$ , but some topics people may not agree on, for example, "Can you be friends with an ex after you split?". Before you begin this game, create a "safe word" to use if a conversation gets off track or you become disconnected. We use the word "Cabbage" to park it and move on to next question.

For best results be open, honest, receptive.  
Enjoy.



SELF



# SELF

1. How lucky are we to have music. We often link songs to a place or time. What song makes you unconditionally happy? Describe your most vivid memory when this song was playing. Send it to me.
2. We're playing this game because we're trying to connect. What's your favourite thing about me? Why do you like this about me?
3. What's something you're doing at the moment that you haven't acknowledged may be a problem?
4. We are what we repeatedly do with our time. What's your current work-life situation, and what's your dream situation? If you're not living your dream, how do you think you can get there?
5. What's a 'healthy' activity you do that almost always makes you feel better? How many times have you done that this week?
6. Sometimes we can be our own biggest critics. Explain the internal barriers holding you back, and how you can work to overcome them?
7. What's a thought do you have often that you wish you didn't have?
8. Looking after yourself is crucial no matter who you are. What are 3 things you do to keep yourself in check and on track?
9. Talk about a time where your confidence was low. What advice would you give someone who is going through something similar?
10. Life presents us with an array of challenges that can throw us off our paths. What triggers you the most and how do you deal with it?





# LOVE

11. Love has the ability to bring out the best and worst side of you. Have you been hurt by love in the past? If so, has it made you question the possibility to love?
12. We can do some weird things for love. What's the craziest thing (e.g. the biggest sacrifice or boldest gesture) that you've done in the name of love?
13. Describe the first time you said "I love you" and honestly meant it.
14. Sometimes love can blind us from doing what's best. What do you think about "tough love", and explain a time you've had to show "tough love" to someone you care about?
15. Are you someone who confuses love with lust? Give an example.
16. What do you think is the most important part of a romantic relationship?
17. Have you ever loved someone and never told them? If so, why?
18. Monogamy traditionally meant "one lover, for life". But in modern life, it's come to mean "one lover, at a time" and many of us have history with other partners. How many times have you been in love?
19. What quality of mine is most loveable to you and why?
20. Love comes in many ways ; words, acts, time, gifts, touch. What's your 'love language', and is the love language you give to others, the same as what you like to receive?





SOCIAL MEDIA



# SOCIAL MEDIA

21. Social media lets us connect easier than ever before, but also comes with problems. Overall, do you think social media is positive or negative for people?

22. Social media has become a platform for people to speak openly and share their honest feelings. Have you ever seen someone struggling openly online? If so, how have you responded?

23. Personal privacy is different for everyone. Someone close to you wants to go through your phone to read your private messages. Do you let them, why or why not?

24. Have you felt personally offended when someone you respect has unfollowed you? Talk about why that particular person's actions had an impact on you?

25. The comments section is a soup of opinions. You see some triggering comments that confront or upset you. Do you respond or engage in online debates? Why or why not?

26. The internet is both fleeting and permanent, what's something you have shared online that you have regretted?

27. Social media has made us connect from afar, but what people say online doesn't always reflect what they might say to your face. Do you think this makes us more honest, or has this made us less civil?

28. The line between feelings online and feelings in real life is becoming more blurred. Do you think engaging with people online that you're interested in getting to know better is okay when you're in a relationship?

29. Technology has given a voice to everyone. What's your stance on free-speech, and how do you think we manage hate-speech for harmful voices?

30. We are on our phones a lot. Being present and connected in moments is becoming a luxury. Do you think your social media use is healthy?

BREAKUPS





# BREAKUPS

31. The post break up phase is different for everyone. Some people hurt from holding onto the good and some hurt from focusing on the bad. What part of your last break up hurt the most?
32. You and your partner decide to amicably break-up. Do you keep talking, keep them in your life, or do you cut things off completely?
33. Although they are sad, not all break ups are bad. Have you had a break up where it didn't hurt to end? Why is your answer the way it is?
34. What's one nice thing you can say about an ex?
35. Finish this sentence with the way you usually leave relationships:  
Strangers → friends → lovers → \_\_\_\_\_?
36. Healthy relationships can take a lot of work to make them work. What's something you'd recommend to your son, daughter or the next generation about relationships?
37. Sometimes the pain of holding on can be worse than the pain of letting go. What is your advice for forgiving and moving forward?
38. Breakups are common. How long do you think it's respectable for you to wait before moving on with a new partner?
39. Thoughts can become things. What is a belief you have about an ex partner which is not fair?
40. You're old partner has a new mate. How does this feel, and what do you think is the best way to shelter yourself from jealousy & hurt?



LESSONS





# LESSONS

41. What lesson do you think I need to learn?
42. What's a lesson I've taught you? Explain the context for how it was taught.
43. What's a lesson you haven't experienced, but you've seen someone else learn? What has it taught you?
44. We all make mistakes. Sometimes learning things the hard way teaches us the best lessons. What's a shitty thing you've gone through, and what did you learn from it?
45. If you could pick one rule to live your life by, what would it be and why?
46. We all cope with things differently. What's a healthy coping strategy you've got, and an unhealthy one you want to let go of?
47. Stop for a second and think. What's a lesson you are learning at the moment?
48. Some say "Easy decisions, hard life. Hard decisions, easy life". What's an easy decision you've made and came to later regret? And what's a hard decision that paid off later?
49. Sometimes we do things in private we are not proud of. Have you done something you shouldn't have and not been caught? What lesson did you learn from it.
50. Some say "nothing ventured, nothing gained"; if you don't try you don't grow. What's a situation where you took a risk outside of your comfort zone?



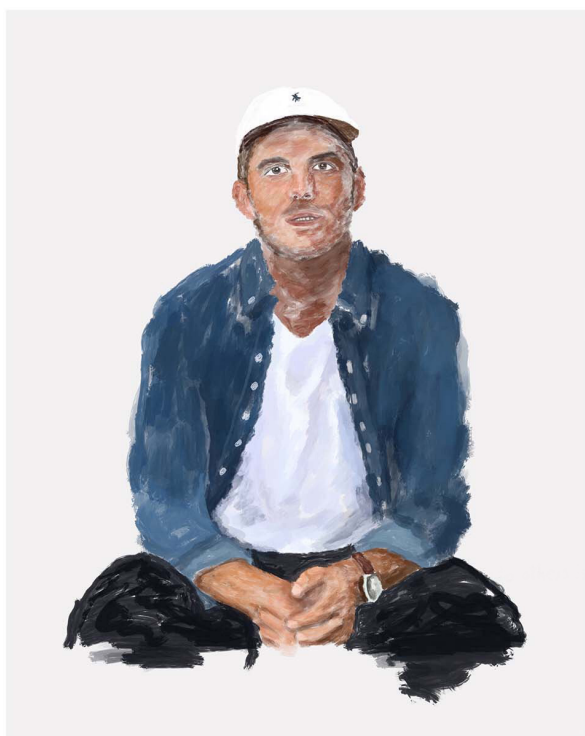
Thank you for playing



and we hope you enjoyed going in, when you couldn't go out.



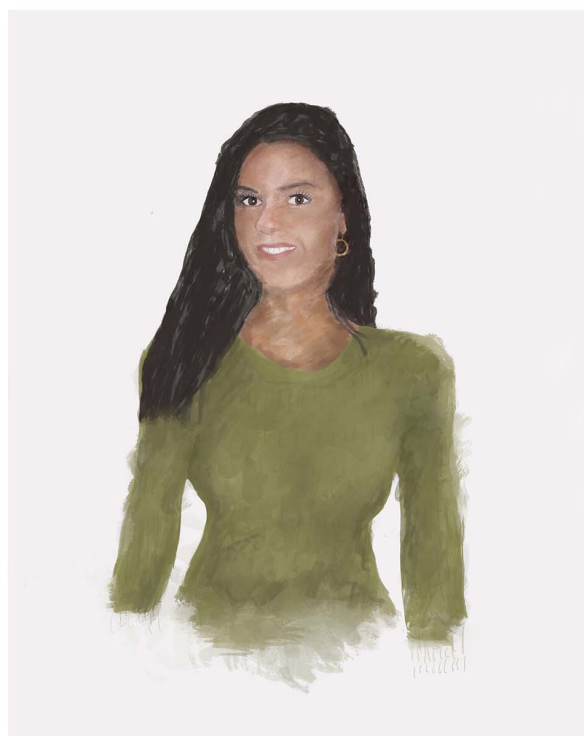
## About the authors.



### About Andrew:

Andrew F. Steel (b. 1987) is a New Zealand contemporary artist who has produced some of the largest scale public artworks in New Zealand. Steel produces from his studio in Auckland, New Zealand, but has created work in Los Angeles, Hawaii across Australia, Indonesia, Sri Lanka, Vietnam and Iceland. He works across public arts, private interiors, fine artwork, letterpress, body & digital works.

Andrew's questions were handwritten by him, in navy.



### About Rachel:

Rachel Mataira by day is a tax consultant and outside of the corporate world is a landscape and documentary photographer. She most recently won New Zealand Young Photographer of the year in 2019 for her documentary photography and subsequently her work has been published across various media outlets including National Geographic.

Rachel's questions were handwritten by her, in olive.

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