

## Kokology 2: More of the Game of Self-Discovery

By Tadahiko Nagao, Isamu Saito

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***Kokology 2* offers all-new insights into the surprising real you.**

Kokology, the popular Japanese pop-psych quiz game, is now an American bestseller, and *Kokology 2* offers more than 50 all-new quizzes, perfect for beginners and experienced kokologists alike. Kokology, the study of kokoro ("mind" or "spirit" in Japanese), asks you to answer questions about seemingly innocent topics -- such as which is the cleanest room in an imaginary house? -- and then reveals what your answers say about you. Play it alone as a quest of self-discovery, or play with friends, if you dare!

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## **Editorial Review**

Language Notes

Text: English (translation)

Original Language: Japanese

About the Author

**Isamu Saito**, a renowned professor at Rissho University in Japan, is the author of a number of bestselling books on psychology and relationships. He created Kokology.

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### **Playing the Game**

When we set out to develop Kokology, our first and foremost goal was to make it fun. After all, who in their right mind would want to play a game that isn't? The basic concept was already there -- our plan was to create a game where people would imagine themselves in everyday situations and unusual scenarios and respond to simple questions. The answers are interpreted from a psychological perspective and tell us something about the way that person's mind works. It's kind of like a Rorschach test that uses words instead of inkblots.

The concept was the easy part. The hard part was keeping the balance between science and fun. Professor Saito can vouch for the science; only you can be the judge of whether we've succeeded on the fun side. I'm not a psychologist myself, but I do understand enough about human nature to know that people don't like long introductions -- especially not to a book of games. So I'm going to end by leaving you with a list of eight tips for making your experience with Kokology satisfying, enlightening, and fun.

Enjoy!

-- Tadahiko Nagao

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### **When Is a Door Not a Door?**

It isn't every day that you have the time to take a leisurely stroll around the neighborhood: a stroll without purpose or destination, a chance to stretch the legs, let the mind wander, and get reacquainted with some old familiar sights. On your way, perhaps you'd stop in at a cozy coffee shop, explore the paths of a favorite park, or take the opportunity to do some window-shopping. Then there are those days when it's enough just to let your feet decide your course....

Picture yourself on a stroll through town. The day is beautiful and you're half-lost in a daydream. You turn onto a street that you've never been down before, and as you walk you pass a beautiful house set somewhat back from the street. Pausing a moment to admire this lovely home, you notice the door is half-open. Why is the door ajar?

1. The house is being burglarized.

2. The owner forgot to close it.
3. The owner is inside, sweeping out the entranceway.

### **Key to "When Is a Door Not a Door?"**

Doors have a twofold significance: they may be passageways, but they can be barriers as well. In particular, the front door of a house represents its first line of defense, all that stands between its inhabitants and the uncertainties of the world outside. By imagining as open a door that should normally be closed, you envision a scenario of vulnerability and exposure. On a subconscious level, the reason you imagined for the door being open is linked to the ways that you leave yourself open and expose your own weaknesses to others.

1. The house is being burglarized.

You instantly assume the worst in any situation, and this trait is nowhere more evident than when things actually do go wrong. You never get flustered in a crisis, but only because you're much too busy panicking. So the next time disaster strikes, it's important to keep a clear head and remember to take a few deep breaths first and count to ten. Then you can faint.

2. The owner forgot to close it.

You aren't the type to get carried away in crisis situations. On the contrary, you're so relaxed that you may not notice a crisis is occurring at all. The mistakes you make are caused more by oversight than bad intentions, but the end results for you (and the people around you) are the same.

3. The owner is inside, sweeping out the entranceway.

You may appear to be a laid-back sort, but you never let your guard down. Achieving that constant state of relaxed alertness is what has made you into the mature individual you are. Of course, you still have your human weaknesses; you just don't put them on display for all the world to see.

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### **Postmarked: The Future**

Lounging around the house one Saturday afternoon, you are startled out of your reverie by the doorbell. When you open the door, you're greeted by a most unusual surprise -- a pair of animal messengers has come to deliver news of your life in the future! But when you open their messages, you see they contain very different predictions of what lies in store for you. One of the animals has brought a letter foretelling a life of happiness and contentment; the other prophesies only disaster and despair.

Which of the animals below brought glad tidings and which an omen of doom? (Pick a different animal for each.)

1. Tiger.
2. Dog.
3. Sheep.
4. Parrot.

5. Tortoise.

## Key to "Postmarked: The Future"

For most people, the future is greatly influenced by their selection of a mate or life partner. The animal messengers in this scenario actually correspond to your own perceptions of the kinds of people likely to bring you joy and grief. Animals are rich and complex in psychological significance, with a range of positive and negative attributes and associations. In this scenario, the animal you chose as the bearer of the message of happiness represents the type of person you perceive as an ideal spouse, while the doomsayer animal is the type you fear would drag you down into the depths.

1. Tiger.

*glad tidings:* You see yourself happiest with an ambitious and powerful mate, possessed of an indomitable will to rule.

*gloom and doom:* You dread the prospect of a vain, tyrannical partner who struts around like a lord of the jungle and growls at any mention of sharing the housework.

2. Dog.

*glad tidings:* Unquestioning loyalty and absolute devotion are the things you seek most in your mate.

*gloom and doom:* You are utterly incompatible with those who try to please everyone and fret over what others might be thinking.

3. Sheep.

*glad tidings:* You see the key to contentment in a warmhearted, nurturing spouse.

*gloom and doom:* You fear winding up stuck with a boring homebody content to spend each day grazing the same old patch of grass.

4. Parrot.

*glad tidings:* Nothing would suit you better than a talkative, fun-loving partner who knows how to make you laugh.

*gloom and doom:* No one could suit you worse than a chattering layabout with a severe allergy to work.

5. Tortoise.

*glad tidings:* Your match made in heaven is serious, dependable, and sure to be there in your hour of need.

*gloom and doom:* The prospect of a lifetime spent with a frustratingly slow-moving, slow-witted partner is your worst nightmare.

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## A Glazed Expression

Arts and crafts class is almost a rite of passage in our society, a grueling test of the human spirit in which

young initiates strive to force rubber cement, pipe cleaners, modeling clay, and papier-mâché to bend to their will. And few of us can claim to have managed to avoid the experience of creating an object -- be it ceramic mask, napkin holder, or the obligatory ashtray -- only to be confronted by an empty expanse demanding that you do something, *anything*, to decorate it.

A plain white coffee mug of your own design sits ready for the kiln and is staring at you in blank anticipation. You have chosen to use blue glaze; now, if only you could decide on the pattern....

Which of the following patterns do you paint in blue on the mug?

1. Stripes.
2. Polka dots.
3. Checks.
4. Wavy lines.

### **Key to "A Glazed Expression"**

Blue is the color most deeply associated with the inner workings of the mind, from imagination to intuition to intellect. The white surface of your coffee mug provides a blank slate and gives your mind free rein to express itself in the most comfortable, natural way. In this sense, the pattern you selected reflects the structure and strengths of your mind in its approach to creativity and problem solving.

1. Stripes.

You favor a direct and clear-cut approach, making you a keen decision maker able to resolve problems and put plans into action instantly. It's only natural that people perceive you as a leader and pillar of strength in difficult times.

2. Polka dots.

Your strength lies in the adaptive, artistic nature of your mind. This may make you appear to be a little offbeat, perhaps even eccentric to some, but you make a real contribution to the world as a creator with a unique vision.

3. Checks.

You excel at mastering the demands of the everyday, but in no way does that make you average or ordinary. Few people are able to organize their lives with such quiet efficiency. And the result of your efforts is that you always seem to have the time, wealth, and compassion to share with those in need.

4. Wavy lines.

Your gift is in generating an atmosphere in which it's easy and comfortable to feel and express love. It's not that you crave attention or affection, but people just naturally feel good about taking care of and supporting you. And all that goodwill has a ripple effect, touching the lives of those around you in subtle ways. Ask the people who know and love you -- the world is a better place for your being in it.

## **Wave After Wave**

Perhaps it's because we instinctively trace the roots of life back to the oceans, perhaps it's something hardwired deep within our brains; whatever the reason may be, the sea holds a special power over us. The tang of the salt air, the fine spray of the surf, the soft crashing of the waves -- the net effect is to stimulate and soothe. Sometimes a stroll along a sandy beach can transport you much further from your everyday reality than the actual distance you walk. That may be why the sea holds a special place in lovers' hearts. It provides them with the chance to journey toge...

## **Users Review**

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#### **Cindy Searcy:**

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#### **Katrina Roberts:**

Book is to be different for every grade. Book for children till adult are different content. As it is known to us that book is very important normally. The book Kokology 2: More of the Game of Self-Discovery was making you to know about other understanding and of course you can take more information. It is very advantages for you. The publication Kokology 2: More of the Game of Self-Discovery is not only giving you far more new information but also for being your friend when you really feel bored. You can spend your current spend time to read your reserve. Try to make relationship with the book Kokology 2: More of the Game of Self-Discovery. You never experience lose out for everything in the event you read some books.

#### **Claudia Chittum:**

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#### **Frank Moore:**

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