



The *Keep It Real* game is a CommHUMANcation toolbox which has proven to keep relationships and love alive! Designed for faith and non-faith Family Readiness Groups, pre and post-deployment, grieving families, couples, families, loved ones and friends, religious classes, and others, *Keep It Real Rx* provides a space to connect in vibrant, life-enhancing, profoundly transformative ways.

## TESTIMONIALS

“A year after Miguel got back he still wasn’t the same; he was quiet and we were not talking, we were not relating. When we were playing the game we both felt more connected, like before he left for Iraq. Playing the Keep It Real game made us realize why we fell in love to begin with, why we stay together, and that deep down inside my husband is still the same person he was before he went to Iraq. It was like magic, I had Miguel back.”

**Awilda Martinez, Wife of Iraq Veteran**

“When I got back from Iraq I was absolutely shut down emotionally. We were just making every day life go by and were not connecting with each other as a couple. The Keep It Real game is remarkable. It helped us bond together as a couple, speaking about things we don’t normally talk about on an every day basis. The intricate questions in the game help you to get into the details of your past experience, what you are feeling, what you think about. It’s a wonderful game. This game is going to help you open up and give everyone a glimpse of who you really are, who you have become. It’s definitely something different from anything else that’s out there.”

**Miguel Novoa, 8 years Army Reserve, Iraq Veteran**

“The Keep It Real game helps us to reframe where we’ve been, and then build a framework for where we’re going. The questions in the game give us the opportunity to look at life differently, and are an aide in providing self-definition.”

**COL Eric W. Olsen, Chaplain**

“The thing about veterans and PTSD is that veterans don’t trust anyone. This game will help veterans who are reluctant to open up, they will open up. Experiencing certain issues, you think you’re alone because there is nobody else out there who can relate. If you put this game into an environment with other veterans and people like myself that are going through the things that I’ve gone through, I think it would help a lot because those are the people that I would be open to and relate to, and they will be able to share things with me. This game will help them to walk down that path; start trusting people and opening up and also to help them to understand what is going on with themselves, and to know they are not the only ones going through these difficulties.”

**Kevin Elder, U.S. Marine Corps. Corporal, Desert Storm**

“This game creates a bridge, and a spirit of camaraderie. The questions give people an opportunity to articulate their feelings in a positive way. It is amazing how it creates connections between people so quickly.”

**Peaches Diamond, JD/MA Veterans Program Specialist, Kingsborough College**

“This game had us laughing nonstop from the beginning. After working with the same people for over 2 years, I thought we already knew each other pretty well. Keep It Real allowed us to open up with each other even more. It’s nice to play Keep It Real at the end of the night after work is over to just relax, have fun, and get to know each other more.”

**LS2 Mary Suzette dela Cruz, USS Paul Hamilton (DDG 60)**