

These are narratives of experiences people have had after an Experience with the Choking Game. If you would like to submit your experience email your story to LifeAfter@TheDBFoundation.com.

Submission grants permission to publish.



“Life After The Choking Game”

Personal Experiences

Anonymous in S. Africa

I played the choking game when I was about 14 or 15, only then the game didn't have a name. I am now 26. I used to play with a group of friends, we would each take turns fainting. We probably only played the game for a week, but each night (and not even every night) we would have at least 3 or 4 turns. I don't even remember why we played or even how we learnt how to play, all I remember was it was a cool feeling, it was fun. When I was 19, I dropped down in a grand mal seizure, my father thought I was going to die, my eyes rolled into the back of my head and I was convulsing uncontrollably. I was diagnosed with epilepsy, and because of the game I played when I was a kid, I now have to be on medication for the rest of my life. The medication has unwanted side effects, like skin breakouts, weight gain and terrible short term memory, and there is nothing I can do about it. There are also things that I would love to do in my life that I will now never be able to do because of the epilepsy, like scuba diving, or sky diving, even simple everyday things I need to worry about, like driving my car, if I have a seizure while driving, I can not only kill myself and my passengers, but a lot of innocent people on the road as well. All because of a couple of nights of fun

- Anonymous in S. Africa

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More info
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