

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

RYAN MICHAEL’s STORY

He was born Ryan Michael in Illinois November 9, 1978. When he was 5 we moved to Bluffton, Indiana. When he was 9 years old, in Middle School 1987, he learned the choking game from his step-brother. A lot of kids graduated from choking on to illegal substances like marijuana and under age drinking. Although Ryan, too, moved onto these other methods of getting high, he continued to choke himself. He is now 27 with a wife and 2 children and is seeing a counselor to help him stop the choking. He has done it so much that he has been doing it sub-consciously for several years now. He now has a seizure disorder (grand mal) that started about 6 years ago that can not be pinpointed to any other event like head trauma, etc. He has brain damage and has lost a lot of long and short term memory. None of his Doctors seem to be aware of this choking problem, which is frustrating for him. They kind of treat him like he's stupid for having this problem. There needs to be more of an awareness within the healthcare realm before they can even begin to deal with this.

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More info
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Get involved—Sign the Petition!

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