

SOLITARY CONFINEMENT

A terrifyingly empty room, a hole in the heart of the prison. You earned the toughest punishment for yourself: Being alone with your thoughts. Don't be fooled, this won't end soon. Down here a day feels like a month, a week like a year, a month like an entire life. Who was it that said that Hell is other people? Who? Surely not someone who's here. You're the only one around.

Detention: Wear the earplugs and blindfold (or keep your ears covered and your eyes shut). Ignore everyone else. You can talk or scream if you want. Try to catch the end of the phase, or wait for someone to come and free you.