

PARANOIA (Sewer Game)

Basic Description

Psychological horror game that has the player think there's a constant threat that's beyond their control.

<https://trello.com/b/0JXKnOAU/sewer-horror-game>

Inspiration:

<https://www.youtube.com/watch?v=6aFfN4HtjEc> : Horror game music

https://www.youtube.com/watch?v=dfF_sGtu_eE : Darkwood

<https://www.youtube.com/watch?v=UViNT0MhjfY> : The fear of being watched

<https://www.youtube.com/watch?v=B7RZSvuR9dE> : Sewage video

https://www.youtube.com/watch?v=XVWfoLmqO-U&ab_channel=StreetZips : Better angle

Sewage video

<https://www.youtube.com/watch?v=hUwTh4uSILg> : Artificial Loneliness

<https://www.youtube.com/watch?v=IEvPtZk8aJg> : Negative Space

Few bits to look out for / inspiration etc :D

In the Mouth of Madness / John Carpenter (1994) [lovely slightly unhinged HP Lovecraft tribute film] ✓

The Void / Steven Kostanski (2016) [excellent creepy / atmospheric Lovecraft inspired film] ✓

The Thing / John Carpenter (1982) [body horror + excellent movie!] ✓

The Lighthouse (2019) [certainly builds on Lovecraftian tropes. bloody good film!]

Cast a Deadly Spell / Martin Campbell (1991) [hilarious bonkers re-imagining of HP lovecraft tropes in a magical 40s]

Complete works of HP lovecraft to download in ebook format :)

https://archive.org/details/TheCompleteWorksOfHPLovecraft_201412/page/n3/mode/2up

- Andy

Table of Contents:

Basic Description	1
Types of phobias to include	2
Gameplay	
Enemies	

Story	3
Sound Design	
Level	5

Types of phobias to include

Scopophobia

Also known as scopophobia, is the fear of being stared at. It varies in severity from person to person. Some people are afraid only when a stranger stares for a long period of time, while others fear even passing eye contact with a friend.

Agoraphobia

Is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape. These situations can include open spaces, public transit, shopping centers, or simply being outside their home.

Claustrophobia

Is a situational phobia triggered by an irrational and intense fear of tight or crowded spaces. It can be triggered by things like being locked in a windowless room, being stuck in a crowded elevator, or driving on a congested highway. Claustrophobia is one of the most common phobias

Astraphobia

Is an extreme fear of thunder and lightning. It can affect people of all ages, though it may be more common in children than adults. It's also seen in animals.

Nyctophobia

Is an extreme **fear** of night or darkness that can cause intense symptoms of anxiety and depression

Gameplay

PLAYER CONTROLLER

Can lean, crouch (sneak - less visible), sprint, jump.

WEAPONS

The player will be able to pick up objects and use them as weapons, mechanics include durability, stamina usage, drop and pickup, swing and block.

The weapons are usable but won't be needed in some "quiet" moments. This makes the players feel as if they need to defend themselves from a threat that they can't see but can hear.

Weapons have different damage types: Blunt and Sharp. This contributes to enemy weaknesses and applies more damage to those who are more vulnerable to a specific type.

When players pick up weapons they have a 50% chance of being vastly targeted or ignored for x amount of time.

PLAYER SANITY

Sanity levels are correlated with health and light levels. If either is low, the player will experience worse encounters and haunting by the unknown entities.

PLAYER HEALTH

Health is a separate thing from sanity, this is what enemies will damage and what ultimately controls the player's death. Sanity is somewhat linked with health, if the player is low on health the sanity levels will decrease because of fear and panic from the character (This makes the player more vulnerable if low health, punishing the player for lack of management).

Display health over 3D brain with shaders, will shake the brain when taking damage and fill an amount on it.

Hunger and Hydration [Scrapped] - Doesn't fit the game

Hunger and hydration lower slowly but surely. They directly affect the player's sanity and movement. If the player is full, their movements will be fine and will stay healthy. However, if the player has lowered levels of hydration or hunger, the player will move slowly and will affect sanity.

CONSUMABLES

Item consumables have different effects on the player, whilst most are for health buffs/regen, others have negative effects on sanity and some are more beneficial to sanity but take negative effects on health. (See item list below)

LIGHT LEVEL

If the player is in low light level areas, the player will start freaking out and imagine more than what's actually happening. More sounds will play and the entity haunting will increase. The player will imagine seeing things.

Light level will also protect the player from certain monsters: Lurkers (e.g).

HAUNTINGS

Hauntings are events that target the player and affect vision/hearing and spawns enemies at the player's peripheral vision. They also play cues as if something is rushing towards the player in a hostile manner, making the player feel threatened and anxious of impending attacks. The rushes don't actually damage the player physically nor do they actually reach the player but they affect the overall sanity of the player and lower the limit of insanity.

If the insanity is at maximum, the player will eventually hallucinate enemies that will "kill" the player. The player would actually just kill themselves out of confusion and fear.

Phone [Scrapped]

The phone plays various roles within the game. It's primarily the light source which helps with visibility. On the other hand, it is also a communication device which, at the start of the game, communicates with another character within the "story". However, when the player starts to lose their minds and their sanity is low, the texts and messages they receive start becoming more intimidating and cryptic. This reflects on the player's current state of mental health.

The phone's battery will deteriorate which means they'd need to find a way to charge the phone. Using a powerbank that has limited charge amounts and finding areas where to settle the phone down, giving the player the decision to risk their safety/visibility over getting phone energy.

CHECKPOINTS

Progress will not be saved automatically, which means the player should find items scattered across the sewer to craft a small base area which would act as a temporary safe zone.

MAP DESIGN

There is no minimap present in the game. However, the player will be able to use scraps and marking devices to keep track of where they've been within the maze-like map or manipulate objects such as boxes and other stray objects you'd usually see in sewers to make memorable areas.

CHARACTER UPGRADES

In order to gain upgrades to stats, the player would need to sacrifice a piece of themselves and get a debuff for a buff.

Gore??

Enemies

Lurker

The lurker, a horrifying and fast enemy. Only resides in darkness and doesn't make a sound yet actively hunts the player as soon as it steps into a dark area of the level. Light is the only savior for this monster as it keeps them at bay. Lurkers have a humanoid figure yet crawl on all fours whilst breaking their joints and bones whilst moving, creating this disgusting crunch of their bones breaking as they tippy tap their way towards the player.

When players are killed by the lurker, the player will slump to the ground but still have camera control, as they hear the lurker surround the body and eat the player "alive".

Stalkers

Stalkers are harmless creatures that can be found in any area. They follow the player and watch from afar or even close, peeking their heads through any hole or crack to watch the player at all times. They'll stay in the peripheral vision and sometimes hang longer thinking the player hasn't seen them, just to go back to hiding if the player spots them.

Their aspects vary, yet their eyes always watch.

Twitcher

These creatures are long figured and can't sustain their own limbs/weight due to their length, they'll twitch and stumble to reach the player when they're not looking but freeze when the player looks at them. Constantly twitching, eager to catch the player.

Lurer

This monster baits players with important items such as healing items or good weapons, once the player approaches to pick up the item and picks it up, the creature (a grotesque tentacle) would grab the player and drag them into an area with other monsters to kill the player as the Master Baiter can't kill the player itself.

Chonky boi

This monster will roam around and is rare, it moves slowly and takes a lot of hits to die. If the player hits it, it splatters blood around which attracts the other enemies to it, if the other enemies don't see the player they'll attack and kill the tanky boi and kill it instead, chonky boi will cry in pain and scream.

The Mist

In the sewers there'll be a monster patrolling/roaming the endless maze as a dark fog, enveloping anything in its way. If the player is caught in it, the player will hear screeching and movement (splish splashes), constant damage will be taken whilst in the fog.

Light is also a direct counter to The Mist as it makes it retreat.

Drowner

The Drowner only appears in a specific area of the map that's locked off in different sections. Their goal is to stalk the player underwater and try to drag them into the depths of the water to drown them. The player will only be able to hear movement through the water but cannot actually see the monster. This gives the player a reason to fear it as it's an unknown entity that's barely noticeable but can kill them. Look into Little Nightmares DLC "granny".

Story

Base Story

The character is dead. Your goal is to reach the light in order to move on from the state of being between life and death, seeing your brain rot from the inside and die slowly, attacking itself in confusion and panic, desperately clinging onto whatever memories bring life but warp it into horrible “realities” as it decays.

Each level represents a form of decay or death per say, showing different themes to represent such as rot, etc.

Levels

Mall

The Mall is the intro level as well as the main level the player will constantly be running around in. Think of the level design similar to resident evil games/dark souls where the player has a vast area to explore with little sections that branch off, some kind of central hub that connects all sections and ways to unlock new ones through backtracking and unlocking shortcuts.

First thing: The player will be introduced to the mall through the great entrance which will be massive in scale and intimidating to look up, consisting of multiple levels vertically. The player will need to activate power in order to progress forward which is found in the basement.

The basement itself is actually the hub of the map, connecting most areas together through locked shortcuts, etc. These shortcuts are beneficial to the player as it takes a more direct route and is quicker compared to other ways. However, the basement itself is flooded and no light works (even with the power on). There's also a drowner that lurks in the depths of the water, actively chasing the player underwater and trying to drown them.

Include: “The other side of the limbo”, a moment where the player rides a boat across a vast body of water to reach a shore. This moment is to reflect the player's experiences and a time to feel at peace

Themes

Stage One: Autolysis

The first stage of human decomposition is called autolysis, or self-digestion, and begins immediately after death. As soon as blood circulation and respiration stop, the body has no way of getting oxygen or removing wastes. Excess carbon dioxide causes an acidic environment, causing membranes in cells to rupture. The membranes release enzymes that begin eating the cells from the inside out.

Rigor mortis causes muscle stiffening. Small blisters filled with nutrient-rich fluid begin appearing on internal organs and the skin's surface. The body will appear to have a sheen due to ruptured blisters, and the skin's top layer will begin to loosen.

Stage Two: Bloat

Leaked enzymes from the first stage begin producing many gasses. The sulfur-containing compounds that the bacteria release also cause skin discoloration. Due to the gasses, the human body can double in size. In addition, insect activity can be present.

The microorganisms and bacteria produce extremely unpleasant odors called putrefaction. These odors often alert others that a person has died, and can linger long after a body has been removed.

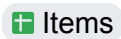
Stage Three: Active Decay

Fluids released through orifices indicate the beginning of active decay. Organs, muscles, and skin become liquefied. When all of the body's soft tissue decomposes, hair, bones, cartilage, and other byproducts of decay remain. The cadaver loses the most mass during this stage.

Stage Four: Skeletonization

Because the skeleton has a decomposition rate based on the loss of organic (collagen) and inorganic components, there is no set time frame when skeletonization occurs.

Items



[Values are subject to change]

Sound Design

Hauntings

Random or triggered events play sound effects such as:

- Footsteps
- Screaming
- Breathing
- Objects being knocked over
- Intense music
- Whispering
- Scraping
- Metallic Clanking
- Groaning

Environment

Always playing in certain areas to create atmosphere and mood such as:

- Wind
- Dripping
- Metallic clanking
- Distant traffic
- Distant thunderstorm
- Crickets
- Rats
- Stream of water (sewage)
-

Player

- Footsteps
- Breathing
- Sidestep/stop movement
- Switching items in hotbar
- Heart beat