

# Enhancing Video Game Play with Self Imposed Handicaps Essay

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Self imposed game play restrictions [challenges or handicaps] are a fairly common element in game play. Challenges can be performed on a variety of video games ranging from Freecell to World of Warcraft. For the purposes of this essay, we will be looking at games with an estimated game play length of ten hours or more. The challenges can come in a variety of forms. One [player](#), Dana, performed the three heart challenge in the Legend of Zelda: Ocarina of Time; a challenge where the player must struggle through the game with extremely low health. Another player, Lauren, performed a speed run where she set herself a time limit to complete the main storyline. There are numerous other challenges that can and have been played; however, this essay is attempting to examine why players perform challenges, not listing the different types.

During my attempts to find out more about challenges I became interested in trying out a challenge of my own. The Nuzlocke challenge was something I'd been curious about before, but I had never gotten around to attempting. Like others, I had already completed the Pokemon game once before, including many of the side quests. This time was different. Within the first few hours of playing I was thoroughly engrossed. With only three Pokemon in my retinue I became increasingly I would have to release my Pokemon if they

lost a battle. My gaming style changed; despite my previous battling style of using each Pokemon until an enemy defeated them, I now switched between them frequently to stop them from fainting. Battles became emotionally exhausting as I feared the loss of my Pokemon with each new turn. Despite having only played the Nuzlocke challenge for five hours, I can truthfully say I am more attached to m...

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... himself to other players; whereas Sam liked to boost his score to gain access to certain pieces of virtual clothing for his avatar. Achievements and gamer score have become a new method of tracking player rankings, they've become a way to make challenges both official and quantifiable.

Players can come up with large varieties of challenges to impose on themselves; however, despite the seemingly large number of reasons for doing so, all of them concentrate down to one reason. Players want more from games they like, and challenges are a way of getting that content.

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