There is only one opportunity in the Downward Spiral of Substance Abuse – to learn something.

Opportunity Card

Everyone has the opportunity to earn up to 4 health, social support, or self-concept points by remembering a fact, quote, or what happened to another player.

Tell a fact or quote or what happened to another player and earn a social, health, or self-concept point (1 point for each correct fact, quote, or consequence).

Your turn ends when you can't remember, or you remember incorrectly or when you have earned back 4 points.

Then the person on your left gets to try and earn back 2 points, and then the player to his or her left and so on, until everyone has had an opportunity.*

*(Players can't get points for repeating something that someone has already mentioned this turn).

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*(Players can't get points for repeating something that someone has already mentioned this turn).
Appendix A

THE CARDS

CONSEQUENCE CARDS

Financial/legal
(Card # FL1-FL72)

Negative consequences
that involve money
or legal problems.

Self-Concept
(Card # SE1-SE72)

Negative consequences
that affect the way you
think about yourself.

Social
(Card # SO1-SO72)

Negative consequences
that affect your family,
friends, children, and
significant other.

Chance
(Card # CH1-CH72)

Good and bad things
that can happen by
chance.

Health/Sanity
(Card # HS1-HS72)

Negative consequences
that affect your health
or sanity (or both).

OPPORTUNITY CARD

Opportunity Card
(One card only)

Opportunity to learn
something (and earn
back points) from the
negative consequences
of the downward spiral.

OUTCOME CARDS

(These cards end the game for better or for worse – usually for worse).

Death Cards
(Card # DE1-DE6)

Substance abuse leads
to death or worse—
end of the game,
you lose.

Recovery Card
(One card only)

Your one chance to get
out of the downward
spiral of substance
abuse.
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For more information, please contact:

Institute of Behavioral Research  
Texas Christian University  
TCU Box 298740  
Fort Worth, TX 76129  
(817) 257-7226  
(817) 257-7290  FAX  
Email:  ibr@tcu.edu  
Web site:  www.ibr.tcu.edu

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