The recovery square at the center of the spiral is simply the opportunity to get into recovery. It isn’t an instant cure and it doesn’t erase any of the damage accumulated in the downward spiral. There aren't very many recovery squares – recovery isn’t likely if a person continues to abuse substances and a person often has to hit bottom before he or she is ready for recovery. *

* If you don’t continue to recover, you may be playing *Downward Spiral* again.

You finally caught on and got off drugs for good. Now you can play the game of life, but you won’t forget the price you paid in friends, health, and money in the downward spiral of substance abuse.

**Quote**

*Light is meaningful only in relation to darkness.*

*Louis Aragon (1897-1982)*

*French poet*
THE 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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