

## SCORE SHEETS

**Keep careful track of your personal assets,  
because in this game. . . . .**



**he who has the most stuff when he dies  
wins.**

# DOWNWARD SPIRAL

## Health

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Emotions/ Sanity															
Physical															
Thinking/ Judgment															

If you lose all 45 of your health points (all 3 rows), you lose the game.

## Social

### Support

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Significant Other															
Family															
Friend															

## Self-concept

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Personal Satisfaction															
Personal Accomplishment															
Self-Confidence / Self-Esteem															

*Note: If you lose all 15 points in any row, all future consequences are then doubled and you can no longer get your job back by rolling three of a kind. Continue to mark off consequences that match the row you lost on other rows in the same dimension. For example, if you lost all 15 Physical points, you would mark off all future Physical points you lose on either the Emotions/Sanity or Thinking/Judgment row (they would be doubled)*

## Personal Assets Worth

Car	\$5,000	<b>Selling An Item</b> <i>If you need to sell an item, roll a die. If it comes up an even number, you get the complete value for that object. If the number is odd, the object was repossessed to cover the amount of the debt. You get no additional cash even if the item was worth more than the debt. If the object was worth less than the debt, sell other possessions.</i>
Computer	\$1,000	
TV/VCR	\$200	
Stereo	\$200	
Compact Disks	\$200	
Camera	\$60	
Jewelry	\$150	

## Jail

1	2	3	4
<p><i>Unless the card says otherwise, lose 1 turn when you "Go to Jail" and mark it off on the score sheet. If you go to jail 4 times, you get life in prison and lose the game.</i></p>			

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## By the Book Score Sheet

### Health

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Emotions/ Sanity															
Physical															
Thinking/ Judgment															

### Social

#### Support

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Significant Other															
Family															
Friend															

### Self-Concept

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Personal Satisfaction															
Personal Accomplishment															
Self- Confidence															

### Bank Statement

<u>Personal Assets</u>	<u>Worth</u>
Car	\$5,000
Computer	\$1,000
TV/VCR	\$200
Stereo	\$200
Compact Disks	\$200
Camera	\$60
Jewelry	\$150

<u>Deposit</u>	<u>Withdrawal</u>	<u>Balance</u>
		\$200.00

1	2	3	4
Jail			

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The ***Downward Spiral: The Game You Really Don't Want to Play*** instructional manual and all related game materials in the appendices (including cards, score sheets, play money, and other templates) may be used freely for nonprofit personal, educational, research, and /or information purposes only. Permission is hereby granted to reproduce and distribute copies of content material (unless otherwise noted) for nonprofit educational and nonprofit library purposes, provided that copies are distributed at or below costs and that credit for author, source, and copyright are included on each copy. No part of this material may be copied, downloaded, stored in a retrieval system, or redistributed for any *commercial* purpose without the expressed written permission of Texas Christian University.

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