

Appendix D

THE RULES



Appendix D contains:

- 1-page rules (front & back): Print one for each player.
- The complete rules: Print out one copy for each game box.
- 1-page “By the Book” rules (front & back): Print one for each player.

DOWNWARD SPIRAL

(1-page rules)

Objective:

- Outlast the other players or recover.

Role:

- You play the role of someone who decides to continue abusing drugs (alcohol is a drug).

Ways You Lose:

- Landing on death square.
- Going to jail five times.
- Losing all of your health points.

PLAYING "DOWNWARD SPIRAL"

- You get (from table leader) \$200 to start, and \$200 every time you pass the \$ square.
- Roll the dice and move your game piece.
- Draw a card from the top of the deck with the same icon (color) as the square you land on.
- Table leader reads the card to everyone, then gives it to you.
- Keep track of your score on the score sheet.

Land on:

Result is:

 (Yellow)	Health card
 (Red)	Social Support card
 (Blue)	Self-concept card
 (Orange)	Chance card
 (Green)	Financial/Legal card
 (Black w/Skull)	Death card—you lose
 (White)	Collect \$200 wage
 (Pink)	Earn points back for remembering a fact, quote, or what happened to a player.
 (Smiley Faces)	Treatment success—you win

(Back)

THE COMPLETE RULES FOR THE DOWNWARD SPIRAL

Game Description

Downward Spiral takes players on a journey that is plagued with pitfalls due to continued drug use. Health problems, loss of social support, loss of self-esteem, financial difficulties, and jail terms are all part of the game. Factual information supports negative consequences whenever possible. Quotes are also used to capture the flavor of certain consequences. In the Downward Spiral, the odds are truly stacked against you. You will most likely lose everything dear to you, including your health, family, and possessions. Luck and the decisions you make determine how long it takes before you succumb to the mounting dangers of continued substance abuse.

Objective

Your objective is to survive for as long as possible. To win, you must outlast your peers or recover. The last remaining player, or the first to recover wins.

Rules

You start the game with 3 dice that represent your overall health for the **Health** dimension, which includes the following areas: **emotions/sanity**, **physical**, and **thinking/judgment**.

Choose one player to be the reader/banker for the game. He or she will read the consequence cards, keep track of the money, and referee the game. The banker should then pass out a personal assets score sheet, pencil, game piece, and \$200 to each player including himself (or herself). Then, have each player choose a playing piece, and roll one die each to determine who goes first. The player with the highest roll goes first, then play continues in a clockwise direction. In the case of ties, the players who tied roll again to determine who will roll first. To begin, the first player rolls all 3 dice and moves the number of spaces equal to the total of all 3 dice.

Gameboard Squares (Icon and/or colored)

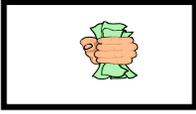
The square you land on determines what type of card the reader reads to you.

 Financial/legal Squares (Green)	 Education Squares (Purple)
 Self-concept Squares (Blue)	 Death Squares (Skulls)
 Social Support Squares (Red)	 Recovery Squares (Smiley face)
 Chance Squares (Orange)	 Safe Squares (white or with an arrow)
 Health Squares (yellow)	 Money Squares (White with \$)

Game Play

As you play the game and hear the consequences read to you, please try to consider how you would feel if the consequence did happen to you. Imagine the types of feelings, thoughts, and concerns you would have. Keep each consequence card you receive, and place it face down in front of you.

The square you land on determines what occurs. The squares usually have an icon. The icon indicates which card to draw (you can also color in the board to match the colored paper the cards are printed on).



If you land on a financial/legal square, the reader will read you a financial/legal card. You may have to spend hard-earned money to get out of a bind, lose some of your possessions, lose your job, or go to jail. You can get back your job if you roll three of a kind (all 3 dice are the same) during regular play. If you have fewer than 3 dice, you can't get your job back. Sometimes you may not have the money to pay back debts, or fines. In this case you can sell possessions. The cards will tell you whether or not you can ask your friends, family, or significant other for help (it will cost you social support points).



Self-concept Squares correspond to the self-concept cards with this icon. These consequences affect three dimensions of self-concept: self-esteem, personal accomplishments, and self-confidence. If you lose all of the points for one dimension (e.g., self-esteem), you develop a negative self-concept. As a consequence, you become more susceptible to any health consequences that occur. In fact, now all health consequences count double.



Social squares correspond to the social support cards with this icon. The consequences affect three dimensions of social support: significant other, family, and friends. If you lose all of your social support points you, will no longer be able to ask friends, family or your significant other to help you when you are in trouble.



Chance squares correspond to chance cards with this icon. Chance cards reflect random happenings. Half are bad. Half are good.



If you land on a health square, the reader will read you a health card. The health card will tell you what happened and what the consequences are. The consequences affect one of three dimensions of health: emotion/sanity, physical, or thinking/judgment. You then mark off any points lost on your personal assets scorecard. If you lose all 15 health points in any of the three dimensions (e.g., physical) you roll with one less die each turn. If you lose all three health dimensions, you no longer have any dice to roll and thus lose the game.



Opportunity squares correspond to the opportunity card with this icon. If you land on a purple square you can earn 1 health, social support, or self-concept point back for remembering either a consequence (what happened to another player; or a fact, proverb or quote. You cannot get points for remembering consequences, facts, or quotes from your own cards.. Facts, and quotes are worth 1 point back anywhere on the score card, not including jail, possessions or money.

Remembering what happened to another player earns 1 point back in the same category that the person lost points. For example, if the consequence caused a player to lose family points, you earn back 1 point on the family dimension, but not in health or self-concept. Likewise, if the consequence you remembered caused them to lose self-esteem points you would get 1 self-esteem point back. After the player has had an opportunity to try and earn back four points (1 point for each thing correctly remembered), the player to his/her left has the opportunity to earn back 2 points (1 point for each thing correctly remembered). The players cannot repeat consequences, facts, or quotes that have already been used to earn back points. After the player on the left has tried to earn back 2 points, it is the next player's turn until everyone has had an opportunity. If there is any question, the group decides if the quote fact or consequence was accurate enough to earn back a point.



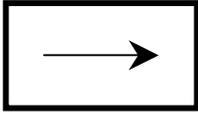
The death squares are the squares with skulls. If you land on one, the reader reads you a death card and you are out of the game.



The recovery squares have smiley faces. If you land on one, the reader reads you a recovery card and you win the game.



White squares are safe squares. This means that nothing happens to you this turn. Pass the dice on to the next player.



White squares with arrows either transport you up or down one level in the spiral when you land on them. These are also safe squares.



Money squares are white squares with dollar signs. Whenever you pass or land on one of these squares, you collect your \$200 paycheck for as long as you have a job. If you lose your job, rolling three-of-a-kind during game play (all 3 dice come up the same), will get you a new job.

Personal Assets Scorecard

Keep track of your current standing on your personal asset score sheet. The score sheet has 15 points for every aspect of Health, Social Support, and Self-concept. When you lose points in any of these areas, place as many Xs in the squares for that dimension as the points lost. Start from the 1s box and move right for each dimension. When you have an X in all 15 boxes for a given dimension you lose that dimension.

For example, if a consequence costs you 4 physical points, and you have only two physical points remaining to cross out, you should cross out the two remaining points on the physical dimension and two other points from another health row, either emotions/sanity or thinking/judgment. Do the same for other dimensions.

A Matter of Money

You start the game with \$200 dollars in your bank account and receive a \$200 dollar wage each time you pass the money signs (white squares with a \$ sign). You do not have to land on the square, you only need to pass the square. Use the money in your bank account to pay the bank for fines or other consequences involving money. You may attempt to sell your possessions to raise money that you need. To sell a possession, announce which item you intend to sell. Then roll one die. If you roll an even number (2, 4, 6) you can sell the item and receive the full value from the bank. If you roll an odd number (1, 3, 5) the item is repossessed and you receive no money back, even if the item is worth more than the fine. The dollar amount the item was worth is applied toward your debt. For example, if you must pay a \$2,000 fine, you may decide to sell your car. If you roll an even number, you receive the difference in cash (i.e., \$3,000). If you roll an odd number, the fine is removed but you receive no money. You cannot switch items once you have announced which item you intend to sell, so choose wisely. If you still cannot meet your financial obligations, you may have the opportunity to get friends, family or a significant other to bail you out of the situation, but it will cost you social support points. If you still cannot meet your financial obligation you go directly to jail. If you go to jail five times, you are sentence to life in prison, and are removed from the game.

Ways You Lose

- If you lose all your health dice, you are terminated.
- If you land on a death square, you face horrible consequences and are removed from the game.
- If you go to jail 5 times you are sent to prison for life, and removed from the game.

Ways You Win

- You are the last player still standing at the end of the game.
- You land on the recovery square, you get treatment and leave the game with your remaining possessions, and personal assets.

DOWNWARD SPIRAL

(1-page *By the Book* rules)

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Role:

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Ways You Lose:

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- Going to jail five times.
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PLAYING "DOWNWARD SPIRAL"

- You get \$200 (indicated on your score sheet) to start and every time you pass the \$ square.
- Roll the dice and move your game piece.
- To determine the consequence you receive use the procedure that follows (for more details see page 32 in the manual):

1. Pick a number between 1 and 72.
2. Roll 1 die.
3. The number selected and the number rolled are added together to get the number of the card to be read.
4. If the number is beyond the range, start at one.

- Locate consequence card in book and read it to everyone.
- Keep track of your score on the score sheet.

<u>Land on:</u>	<u>Result is:</u>
 (Yellow)	Health card
 (Red)	Social Support card
 (Blue)	Self-concept card
 (Orange)	Chance card
 (Green)	Financial/Legal card
 (Black w/Skull)	Death card—you lose
 (White)	Collect \$200 wage
 (Purple)	Opportunity Card Earn points back for remembering a fact, a quote, or what happened to another player.
 (Smiley Faces)	Treatment success—you win.

This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, *Cognitive Enhancements for the Treatment of Probationers (CETOP)*.

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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