

Downward Spiral

Adolescent Version

Appendix B:
Downward Spiral
Score Sheets

DOWNWARD SPIRAL SCORE SHEET

Dimension	POINTS														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Emotional Health															
Physical Health															
Thinking/Judgment															
Girl/Boy Friend Support															
Family Support															
Friend Support															
Personal Satisfaction															
Personal Accomplishment															
Self-Confidence/Self-Esteem															

Note: If you lose all 15 points in any row, start to mark off consequences in a similar dimension. For example, if you lost all 15 Physical Health points, you would start to lose either the Emotional Health or Thinking/Judgment points.

Value of Personal Possessions

Possession	Value	Lose
Car	\$5,000	
Laptop	\$1,000	
Flat Screen TV	\$500	
iPod	\$200	
CDs/DVDs	\$200	
Jewelry	\$150	
Cell Phone	\$100	

Selling an Item

If you have no money, you may attempt to sell your possessions to raise money that you need.

- *Announce which item you intend to sell.*
- *You can sell the item and receive the full value from the bank. You keep the difference between what you owe and the value of the possession.*
- *If the object is not worth enough to cover your debt, continue to sell possessions until the dollar amount of the debt is covered.*

Times sent to Jail

1	2	3	4

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.