

# **Downward Spiral**

Adolescent Version

## Appendix D: Downward Spiral Rules

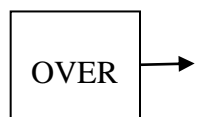
# THE COMPLETE RULES FOR *DOWNWARD SPIRAL*

*The Adolescent Version*



## ***THINGS TO KEEP IN MIND***

- 1. You don't need to read the complete rules before playing the game.**  
Start playing the game using the quick rules and if something comes up that is not covered on the score sheet or the quick rules, refer to the complete rules.
- 2. If you can't find the rule for a specific situation, make up a rule that makes sense.** Just use your rule consistently.
- 3. As long as you are getting something out of the game, you are playing it right.**



## THE BASICS

**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 either outlast your peers or recover. The last remaining player or the first to recover wins.

### **Ways You Lose:**

- If you land on a death square, you are removed from the game.
- If you go to jail 4 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 or you land on the recovery square.

**Reader/Banker:** Choose 1 player (this could be the peer facilitator) to be the Reader/Banker for the game. He or she will read the consequence cards (if the player asks them), keep track of the money, and referee the game. At the beginning of the game the Reader/Banker should pass out a score sheet, quick rules sheet, pencil, game piece, and \$200 to each player.

**Dice:** Use all 3 dice, unless you are rolling to decide who goes first, or want to sell a possession (see “selling a possession”), or rolling to decide a consequence.

**Game Board Squares:** The square you land on determines what happens. In most cases, the icon/color matches the type of card you read. Other squares have consequences as listed on the quick rules.

**Score Sheet:** The score sheet is used to keep track of your personal assets. As cards are read, you will lose points from a dimension (Emotional Health, Physical Health, Thinking/Judgment, Girl/Boy Friend Support, Family Support, Friend Support, Personal Satisfaction, Personal Accomplishment, and Self-Confidence/Self-Esteem). 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 1st box and move right for each dimension. If you “X” out all 15 points in any row, you start to “X” out points in a similar dimension.

In addition to points, you keep track of your possessions and jail time on the score sheet. If you lose or sell a possession (see “selling a possession” for more info), cross it off your score sheet in the “lose” column. If you get sent to jail, mark it off on your score sheet (see “going to jail” for more info).

**Consequence Cards:** There are 8 different consequence cards (Social, Financial/Legal, Health, Self-Concept, Death, Recovery, Chance, and Opportunity). Keep each consequence card you receive (except the Opportunity card), and place it face down in front of you. When the consequence cards say things that differ from the rules, follow the instructions on the cards. **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.**

## **SPECIAL CIRCUMSTANCES**

### **MONEY MATTERS**

**Borrowing money from friends and relatives:** Sometimes you may not have the money to pay back debts or fines. In this case you can sell possessions (see possessions on the score sheet). The cards will tell you whether or not you can ask your friends, family, or girl/boy friend for help (it will cost you Social Support points). If the card doesn't say how many points, it is 1 point per \$100.

**Losing your Job:** Some cards may say you lose your job. If you lose your job you no longer collect \$200 when you land on or pass the "\$" square. If you roll 3 of a kind in regular play, you get your job back, but you do not collect back pay.

**Selling a Possession:** If you have no money, you may attempt to sell your possessions to raise money that you need. To sell a possession:

- First announce which item you intend to sell.
- You can sell the item and receive the full value from the bank. You get to 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.

### **JAIL**

**Go to Jail:** Some of the cards send you to jail. This means that you lose 1 turn (unless the card says otherwise), mark off a jail term on the score sheet, place your piece in jail, and place a black marker on your square to hold your place until you get out. Four (4) jail terms and you lose.

**Getting Out of Jail:** Unless the card says otherwise, lose 1 turn when you "Go to Jail."

### **OPPORTUNITY CARD**












**Opportunity Squares/Card:** There are 2 possibilities if you land on an opportunity square:

1. You can earn back points for remembering what things happened to other players in the game. Each consequence, fact, quote, or proverb remembered from other players' cards is worth 1 point anywhere on the score sheet. You cannot remember consequences, facts, or quotes from your own cards. You cannot write down other players' cards as they are occurring. After the player who landed on the square has had an opportunity to try and earn back 4 points (1 point for each thing correctly remembered), the player to his/her left has the opportunity to earn back up to 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 person remembered enough to earn a point. Do not keep the opportunity card, it will be re-used throughout the game.
2. If you land on an opportunity square, you can earn back points for a specific dimension. If you have not lost any points for the specified dimension, select a similar dimension and gain those points back instead.

# **QUICK RULES TO PLAYING....** **DOWNWARD SPIRAL**

You play the role of someone who decides to continue abusing drugs (alcohol is a drug). Your goal is to outlast the other players or recover.

- Get a game piece, a score sheet, a copy of quick rules to playing, a pencil, and \$200 from the Reader/Banker.
- Roll all three dice and move your game piece.
- Draw a card with the same icon/color as the square you land on (see below for details).
- Read the card out loud or hand it to the Reader/Banker to read to everyone, and then he/she gives it to you. Keep each card (except the Opportunity Card) until the end of the game.
- Keep track of your score, possessions, and jail time on your score sheet.

<p>Land on this  → Get a Health Card</p> <p>Land on this  → Get a Self-Concept Card</p> <p>Land on this  → Get a Chance Card</p> <p>Land on this  → Get a Social Card</p> <p>Land on this  → Get a Financial/ Legal Card</p> <p style="text-align: center;"><b><i>Downward Spiral Part 1</i></b></p>	<p>Land on this  → Get an Opportunity Card (see additional rules if necessary)</p> <p>Land on this  → Get a Recovery Card (you win)</p> <p>Land on this  → Get a Death Card (you lose)</p> <p>Land on this  → Safe Square (roll again)</p> <p>Land on, or pass this  → Collect \$200</p> <p>Land on this  → Move up or down one level in the spiral. This is also a Safe Square (roll again)</p>
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