


Appendix A

THE CARDS



CONSEQUENCE 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.



FINANCIAL/LEGAL CARDS

(Print on green cardstock.)

These cards show how substance abuse can affect a person's financial and legal status. Although initial losses may be small, continued drug use can lead to huge financial losses as well as long jail terms.



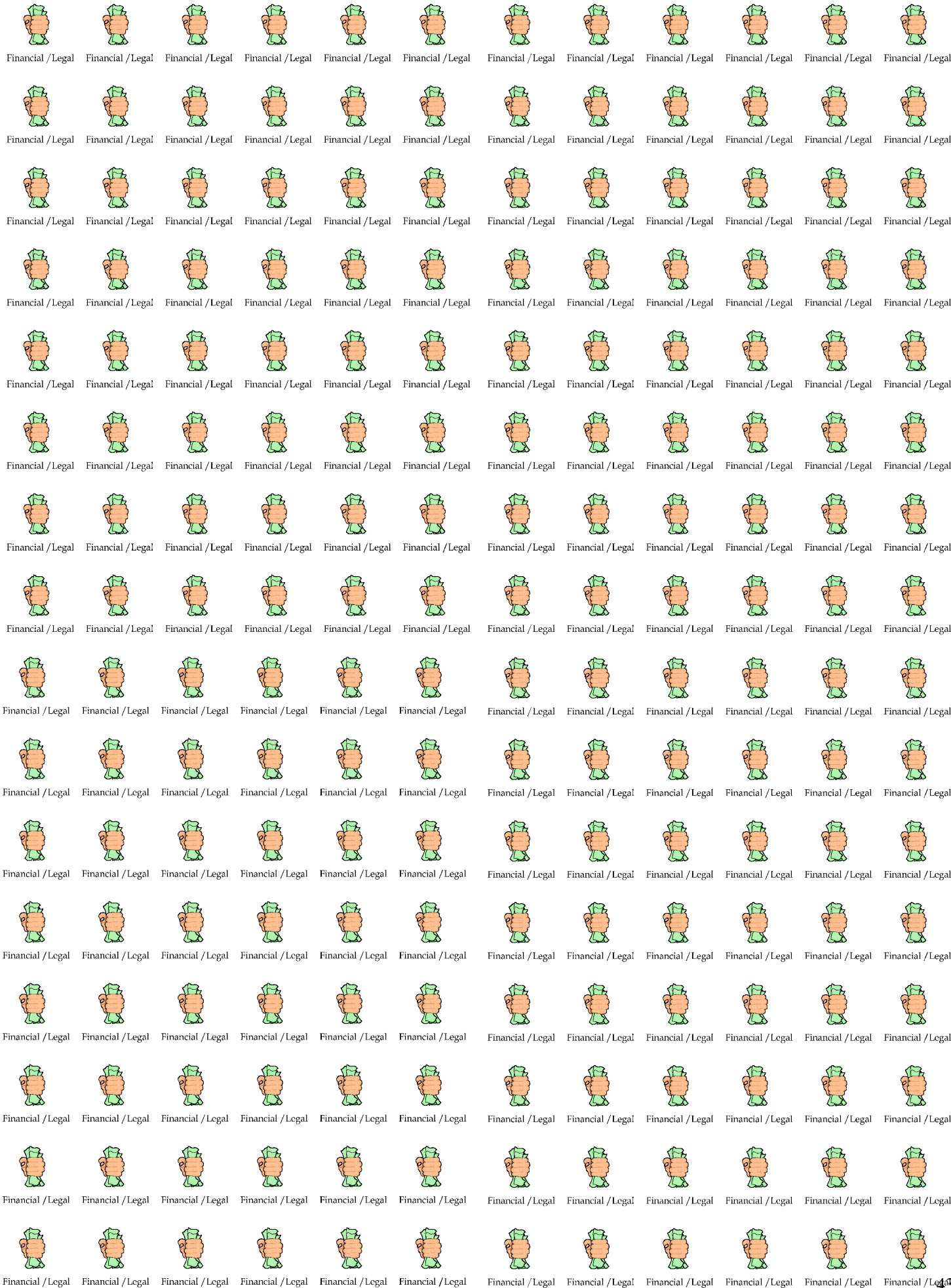
***What you do when drunk,
you must pay for when sober.***

Proverb

Financial/Legal Card Index

General substance abuse cards(FL1 -FL50)
Alcohol abuse cards(FL51-FL61)
Crack/cocaine cards(FL62-FL65)

Other drugs
Heroin (FL66-FL67)
Inhalants.....(FL68)
Marijuana (FL69-FL72)



You are fired from your job because you continually show up high to work. Now you earn a dollar a day picking up trash for the state.

Lose 2 personal accomplishment points.

Collect only \$30 dollars when you pass a pay square.

QUOTE

Neither man nor woman can be worth anything until they have discovered that they are fools. This is the first step towards becoming agreeable; and until it be taken there is no hope.

*Lord Melbourne (1779-1849)
English statesman, Prime Minister*

FL1

You got high to give yourself a boost of confidence before a recent job interview. Because you were on drugs you had a hard time communicating and the interview didn't go well.

Lose 4 self-confidence points.

Lose your next paycheck.
(Do not collect \$200 when you pass the money square.)

Proverb

A man's folly is his worst foe.

FL2

While you were high, your friends robbed a store and you unknowingly drove the getaway car.

Lose 4 thinking/judgment points.

Roll the dice to determine your fate:

If you roll a: _____ then:

- 1 or 2 You are lucky—this time!
3 or 4 Your friends get caught but say you didn't know anything about it, you still get put on probation.
5 or 6 Your friends all say that you knew what was going on all along and that you even helped rob the store. You are sent to jail.

Proverb

He sins as much who holds the bag as he who puts into it.

FL3

You miss your fifth car payment because you have been spending your money on drugs, and your car is repossessed.

You lose your car and receive no money or benefits from it. If you have already lost your car, you lose one possession.

Proverb

A fool and his money are soon parted.

FL4

Print on
Green
Cardstock

Cut on
dotted
lines

You used all of your money on drugs and can't pay rent.

Give the bank all the money you currently have. You must sell one possession to raise \$200 for rent money. If you have no possessions, you may ask friends, family, or your significant other to get you out of the bind, but the cost is 4 social support points. If you still owe \$200, you are picked up by police and sent to jail.

Fact

At least 735,000 people in the U.S. are homeless.

FL5

You were on drugs and drinking in a bar. You started harassing the staff. A police officer asked you to leave and you punched him. You were arrested for disorderly conduct, resisting arrest, and assault for striking a police officer.

If you roll a: _____ You get:

- 1 or 2 Judge More Den Reasonable an \$800 fine.
- 3 or 4 Judge Notso Nice an \$800 fine and jail.
- 5 or 6 Judge Byda Book a \$2,000 fine and jail.

Proverb

Anger punishes itself.

FL6

You got arrested for possession of illegal substances and end up in jail. In order to get out you need to get \$1,000 bail money.

Go to jail.

If you roll a: _____ the outcome is:

- 1 or 2 Friends raise the money for you, say they just want you to get back on your feet.
- 3 or 4 Parents have to fork over the cash. Lose family points. If you have no family points pay the bank \$1,000.
- 5 or 6 Friends raise money, but you have to pay them back. Pay bank \$1,000. If you cannot, you lose 4 friends points.

Proverb

He who cannot swim must go to the bottom.

FL7

You get arrested for drug dealing.

Go to jail!!!

Proverb

The thief is sorry he is to be hanged, not that he is a thief.

FL8

Print on
Green
Cardstock

Cut on
dotted
lines

You spent all of your money on drugs and can't make house payments. The bank forecloses.

You lose all your possessions and can no longer use them to raise money.

Proverb

He is too poor to buy a rope to hang himself.

FL9

You were fired for using drugs on the job.

You no longer have a job and therefore do not collect any money when you cross the pay square. If you ever roll 3 of a kind (during regular play) you can get your job back. If you have less than 3 dice, you cannot get your job back. If you already don't have a job—go to jail!!!

Fact

Substance abusers are involved in more job mistakes, experience 3 to 4 more on-the-job accidents, and use 3 times more sick leave than non-drug-abusing employees.

FL10

You were driving on drugs and passed out. The car drove out of control onto private property and through the front window of a house. You were injured, and destroyed \$5,000 worth of property. You must pay for damages. You wish you had never gotten into the car.

Lose 4 physical points.

Pay the bank \$5,000 for destroying property or sell possessions to raise money. If you are still short, you may ask family or friends to bail you out, but it will cost you 5 social support points.

Proverb

It is too late to mend.

FL11

You have been dealing drugs for a while now and you've been careful to keep your family separate from this part of your life. You thought your family was safe. A rival drug dealer decides to take you out in the parking lot of a mall when you are with your family. Your daughter gets shot.

Lose 6 family points.

Pay \$2,000 dollars in hospital fees.

Quote

*There is nothing fair in this world.
There is nothing safe in this world.*

*Billy Idol (b. 1955)
Rock musician*

FL12

Print on
Green
Cardstock

Cut on
dotted
lines

You sold some drugs for \$500 but now you think someone may have reported you to the police.

Roll a die!!!!

If you roll a: _____ then:

2 or 4 or 6 you are just paranoid.
1 or 3 or 5 the police are interested—go to jail.

Quote

Be sure, your sin will find you out.

*The Bible
Numbers 32:23*

FL13

You got drunk and parked on the sidewalk. Now you have to pay a \$25 parking ticket.

Pay the bank \$25. If you do not have the money, you must sell a possession to raise money. If you cannot raise the money, you may ask a friend for the money, but you lose 1 friends point. If you have no friends points left—go to jail.

Fact

1.8 million drivers in America are arrested each year for driving while intoxicated.

FL14

A "friend" rats on you, and tells the police where you stash your drugs. You feel it is necessary to "disappear" for a while, because there is a warrant out for your arrest.

Roll a die!!!

If you roll a: _____ then:

1 or 2 or 3 you manage to evade police until the whole thing blows over—lose one turn.
4 or 5 or 6 the police track you down. You are sent to jail and bail is set at \$2,000.

Quote

There is no den in the wide world to hide a rogue. Commit a crime and the earth is made of glass.

*Ralph Waldo Emerson (1803-1882)
Poet*

FL15

You have been missing work lately because of your drug use. Your boss is fed up with your absences and docks your pay until you can prove yourself more dependable.

Collect only \$150 instead of \$200 when you pass the pay square. If you roll a three of a kind (all dice the same number) you can get back up to full pay.

Proverb

Those who are once found to be bad are presumed so forever.

Latin proverb

FL16

Print on
Green
Cardstock

Cut on
dotted
lines

You try to con someone out of money so you can buy drugs. When the person doesn't fall for your trick, you mug him and get arrested.

Go to jail!!!

Pay \$500 for legal fees.

Quote

You can fool some of the people some of the time, and all of the people some of the time, but you can't fool all the people all the time.

*Attributed to P. T. Barnum (1810-1891)
American circus showman*

FL17

You felt sick and went to the hospital because you thought you were dying. The doctor did some tests and found out that you were actually going through withdrawal. You feel like you are going to die. Now you will have to pay \$3,000 for rehab and an emergency room visit.

Lose 4 physical points.

You must pay the bank \$3,000. If you do not have the money, sell possessions to raise money. If you still do not have enough money you may ask your family to bail you out at a cost of 6 family points. If you have no family points left, you are sent to jail for not paying hospital bills.

Proverb

We die as we live.

FL18

You buy some drugs from some gang members on credit since you are broke. You have no way to pay the money back, and now the gang either wants the money or your life.

Lose 5 thinking/judgment points.

Give the bank any cash you currently have. Sell whatever possessions you need to in order to raise \$1,000 to give to the gang. If you can't raise the money, the gang beats you up—lose additional 6 physical points.

Proverb

A fool's tongue is long enough to cut his own throat.

FL19

You get high and start lighting fireworks inside your house. The couch catches on fire, and when the fire department and police arrive you end up getting arrested.

Lose 5 thinking/judgment points.

Pay \$400 dollars to the bank for bail money. If you do not have the money, sell possessions until you raise the money. If you have no possessions, you can ask family, friends, or your significant other to bail you out, but the cost is 3 social support points.

Quote

It is worse than a crime, it is a blunder.

*Joseph Fouché (1759-1820)
French minister of police under Napoleon*

FL20

Print on
Green
Cardstock

Cut on
dotted
lines

Everything is going great. You party, sell drugs, and make lots of money. You feel invincible.

Roll a die!!!

If you roll a: then:

1 or 2 you are lucky for now.

3 or 4 you sell drugs to a college student who commits suicide while high.

Lose 4 self-esteem points.

Lose 4 emotions/sanity points.

5 or 6 You get busted by cops.
Go to jail.

Quote

Adversity is sometimes hard upon a man; but for one man who can stand prosperity, there are a hundred that will stand adversity.

*Thomas Carlyle (1775-1881)
Scottish essayist, historian*

FL21

You decide to rob a store to get some cash for drugs. You don't want to hurt anyone, but you fire your gun in a panic and kill the storeowner. The whole incident was videotaped. The police pick you up several hours later. You are sent to jail and during the trial you have to face the family of the man you killed. You tell them it was an accident, but no one believes you.

Lose 4 emotions/sanity points.

Go to jail for 2 turns. You must raise \$5,000 to pay for court fees. Sell possessions. If you can't raise enough money, your friends, family, or significant other can help you out, but it will cost you 6 social support points.

Proverb

A word and a stone let go cannot be called back.

*Thomas Fuller (1608-1661)
English cleric*

FL22

You are driving while high. You swerve a little bit and hit something on the edge of the road, but you don't stop to find out what it was. The next day you are arrested for hit and run. You hit a 10-year old boy standing on the sidewalk with his parents.

Go to jail!!

Lose 4 self-esteem points.

Quote

Our deeds determine us, as much as we determine our deeds.

*George Elliot (1819-1880)
British novelist*

FL23

While high you broke one of your significant other's most sentimental possessions. You feel bad about it and decide to make up for it by taking her/him out for dinner.

Lose 2 emotions/sanity points.

Lose 1 significant other point.

Pay the bank \$45 to cover restaurant expenses. If you have no money, sell one possession to raise money. If you have no possessions, you may ask your parents for the money but it will cost you 1 family point.

Proverb

Passion makes a man a beast, but wine makes him worse.

FL24

Print on
Green
Cardstock

Cut on
dotted
lines

While drunk and high you somehow convinced yourself that it would be hilarious to vandalize some buildings and ended up getting caught by police, and had to spend the night in jail.

Lose 4 thinking/judgment points.

Go to jail. Also, you need to raise \$200 bail money. Sell a possession if you need to, or you may ask family, friends, or your significant other to bail you out, but it will cost you 2 social support points.

Proverb

The smaller the drink, the cooler the blood, and the clearer the head.

FL25

Out of curiosity you figured out how much you spent on drugs. You calculate that you spent roughly \$2,500 on drugs this month alone.

Pay the bank \$2,500. If you have no money, sell one possession to raise money. If you have no possessions, you may ask your friends or your significant other to cover the expenses but it will cost you 6 social support points.

Quote

Drug misuse is not a disease; it is a decision...like the decision to step in front of a moving car. You would not call that a disease, but an error of judgment.

*Philip K. Dick (1928-1982)
Science fiction writer*

FL26

You borrow \$300 from family and friends so you will have enough money to purchase some drugs.

Lose 2 friends points.

Lose 2 family points.

Pay the bank \$300 dollars. If you have no money, sell one possession to raise money. If you have no possessions, you may ask your family, friends or your significant other to cover the expenses, but it will cost you 4 social support points.

Quote

What a man sows, shall he and his relations reap.

*Clarissa Graves (1892 - 1985)
British poet and translator*

FL27

You and some friends decide to go in together on the purchase of some drugs. They ask you to pay \$500 up front and promise that they will pay you back—but they never do.

Pay the bank \$500 to cover expenses. If you have no money, sell a possession to raise the money. If you have no possessions, you may ask friends, family, or your significant other to help you out, but it will cost you 2 social support points.

Proverb

Opportunity makes a thief.

FL28

Print on
Green
Cardstock

Cut on
dotted
lines

You buy \$1,000 worth of drugs just so you will have some available if you need it.

Pay the bank \$1,000 to cover expenses. If you have no money, sell a possession to raise the money. If you have no possessions, you may ask friends, family, or your significant other to help you out, but it will cost you 2 social support points.

Proverb

Since the wine is drawn it must be drunk.

FL29

You often find that most of your conversations concern the times you have been drunk or used drugs. You tell friends about your exploits at a bar and end up spending \$30 in the process.

Pay the bank \$30 to cover expenses. If you have no money, sell a possession to raise the money. If you have no possessions, you may ask friends, family, or your significant other to help you out, but it will cost you 3 social support points.

Proverb

They drunkard is discovered by his praise of wine.

FL30

You have to go to a chiropractor once a month for back rehabilitation for an old "party wound" (you jumped off a balcony into a pool but missed). Each visit costs \$45, so you end up spending \$540 a year just to keep your back in working order.

Lose 4 physical points.

Pay the bank \$540 to cover doctor's expenses. If you have no money, sell a possession to raise money. If you have no possessions, you may ask your family or significant other for the money but it will cost you 3 social support points.

Proverb

What you do drunk you must pay for when sober.

FL31

You put your hand through one of the windows of your neighbor's car and puke on it while you were tripping on drugs. Now you have to pay \$215 to replace it. Your neighbor hates you.

Lose 2 friends points.

Pay the bank \$215 to replace a window. If you have no money, sell a possession to raise money. If you have no possessions, you may ask your family, friends, or significant other for the money but it will cost you 2 social support points.

Quote

A bad neighbor is a misfortune much as a good one is a great blessing.

*Hesiod (c. 700 B. C.)
Roman author*

FL32

Print on
Green
Cardstock

Cut on
dotted
lines

You do all the bills at your house. Lately, you have been using the money that should have been spent on bills, on drugs. Your significant other finds out when he or she goes to apply for a car loan and is refused because of bad credit that you created. You say that you are just going through a bad time. Your significant other demands that you pay all the debts you caused and clear up the credit rating.

Lose all the cash you currently have. Sell 3 possessions to pay the debt (you pick which possessions to sell). If you have no possessions left, you lose 6 significant other points.

Proverb

Accusing the times is only accusing yourself.

FL33

You are convinced that you could never use a tainted drug because you "test" the drugs before using. Tonight, however, you use a drug that has an odorless poison in it and now must be taken to the hospital.

Lose 3 thinking/judgment points.

You must pay the bank \$350 dollars to cover medical costs. If you do not have the money, you must sell a possession to raise the money. If you have no possessions left, you may ask friends or family to help you out, but it will cost an additional 2 social support points.

Fact

1 in 29 people admitted to the emergency room for drug-related treatment will die.

FL34

You find that you can no longer afford to support your habit. You decide to sell some drugs for friends and end up getting caught by police.

Go to jail!!! You must come up with \$2,500 for bail money. Sell possessions to come up with enough money if you need to, or ask your friends, family, or significant other to help you out, but it will cost you 4 social support points.

Quote

*The source of all my bliss,
and all my woe,
That found'st me poor at first,
and keep'st me so.*

*Oliver Goldsmith (1728-1774)
Anglo-Irish author, poet*

FL35

You mentioned the name of your drug dealer to a "friend" who turned out to be an undercover cop. They arrested the dealer, and his people want revenge on you for snitching. They don't care that you didn't mean to, and you are afraid for your life. They burn down your house for revenge.

Lose all your possessions.
(Cross them all off your score sheet.)

Proverb

You can never go home.

FL36

Print on
Green
Cardstock

Cut on
dotted
lines

When you were already high, you ended up blowing \$200 on drugs for some "newfound friends" that you met at a bar.

Pay the bank \$200 to cover expenses. If you have no money, sell a possession to raise money. If you have no possessions, you may ask your family, friends, or significant other for the money, but it will cost you 2 social support points.

Proverb

A rich man knows not his friends.

FL37

You lend your friend \$50 and later find out he used it to buy some drugs. It kind of pissed you off that he didn't tell you what he needed it for.

Lose 2 emotions/sanity points.

Pay the bank \$50 dollars to cover expenses. If you have no money, you lose an additional 3 self-esteem points.

Proverb

Neither a borrower nor a lender be.

FL38

You could keep up with the parties but not with work. As a result, you lost your job and are now having a hard time getting enough money to buy drugs. You really want your job back.

You lose your job and no longer collect a \$200 wage when you pass the pay square. If you already had lost your job, pay the bank \$200. If you don't have the money, sell possessions to raise money. If you still do not have money, you can ask your friends, family, or significant other to help you out, but it will cost you 2 additional social support points.

Quote

God doesn't require us to succeed; he only requires that you try.

*Mother Teresa (1910-1997)
Roman Catholic missionary in India*

FL39

You spend \$100 on drugs.

Pay the bank \$100. If you do not have \$100, sell one possession. If you have no possessions, use 2 friends, family, or significant other points to get out of the bind.

Fact

In terms of the economic burden on society, alcohol and other drug abuse in the U.S. is estimated to exceed 200 billion dollars.

FL40

Print on
Green
Cardstock

Cut on
dotted
lines

You get high and decide it would be fun to shoot at the bright lights on the freeway. You hit and injure a mother of two and her 7-month old baby.

Go to jail!!

Pay \$2,000 in legal fees. If you have no cash you must sell a possession to pay the fine. If you have no possessions, you can borrow the money from friends, family, or your significant other, but it will cost you 6 social support points. If there is no one you can borrow the money from, stay in jail an extra turn.

Lose 4 self-esteem points.

Quote

It is good to die before one has done anything deserving of death.

Anaxandrides

From a scroll fragment of ancient Greece

FL41

You try to talk your significant other into being a prostitute so you can get money for drugs. Your significant other leaves you and takes the car and all your possessions (they belonged to both of you).

Lose all your possessions.

Proverb

Vice is its own punishment and sometimes its own cure.

FL42

You decide to make some money for drugs by being a prostitute. Your first "John" is an undercover cop.

Go to jail!!

Lose 3 self-esteem points.

Proverb

Evil comes to fall on him that goes to seek it.

FL43

You have been breaking into friends' houses when you know they are at work. You have been stealing cash and jewelry to get money for drugs. A neighbor catches you and calls the police.

Go to jail!!

Lose 4 friends points.

Quote

True friendship is like sound health, the value of it is seldom known until it is lost.

*Charles Caleb Colton (1780-1832)
English author and clergyman*

FL44

Print on
Green
Cardstock

Cut on
dotted
lines

You get wasted at a party and offer people a ride to a bar. On the way to the bar you get pulled over by police and have to spend the night in jail. You lose your license.

Go to jail!!

You need to raise \$2,000 in bail money.
Sell possessions to raise money. If you still need money you can ask friends, family, or your significant other to bail you out, but it will cost you an additional 4 social support points.

Fact

For each 37 arrests made in Texas, at least one will be a drunk driver.

U. S. Department of Health and Human Services

FL45

You lost your job because of drug use.

You no longer collect a \$200 wage when you pass the square. If you already had lost your job, pay the bank \$200. If you roll a 3 of a kind (all 3 dice have the same number) during regular play you can get your job back. If you have less than 3 dice you cannot get your job back. If you are already unemployed—go to jail.

Quote

An "unemployed" existence is a worse negater of life than death itself.

José Ortega y Gasset (1883-1955)
Spanish essayist

FL46

You spend the money you and your significant other had put in trust for your child's college tuition on drugs.

Pay \$5000.

or

Lose 5 significant other points.

Lose 5 family points.

Lose 4 personal accomplishments points.

Lose 3 thinking/judgment points.

Quote

Misfortunes one can endure. They come from the outside. They are accidents. But to suffer for one's own faults - ah! There's the sting of life.

Oscar Wilde (1854-1900)
Anglo-Irish playwright, author

FL47

You lost your job because of drug and alcohol abuse. Your parents spend part of their retirement fund to keep you and your family from going homeless.

Lose your job. (You no longer collect \$200 when you pass the pay square.)

Lose 6 family points.

Lose 3 personal accomplishment points.

Quote

Alcoholism isn't a spectator sport. Eventually, the whole family gets to play.

Joyce Rebeta-Burditt (b. 1938)
Author

FL48

Print on
Green
Cardstock

Cut on
dotted
lines

Your significant other is suing you for alimony (or palimony) because you ruined his (or her) credit rating as well as taking the money out of your joint account to buy drugs.

Pay \$500 in legal fees. If you have no cash, you must sell a possession to pay the legal fees. If you have no possessions, you can borrow the money from friends, or family, but it will cost you 6 social support points.

and

Roll a die. If it comes up an even number, you don't have to pay alimony/palimony. If it comes up an odd number you must send your ex-significant other half your paycheck. You collect only \$100 dollars when you pass the pay square.

Quote

Those two fatal words, mine and thine.

*Miguel De Cervantes (1547-1616)
Spanish writer*

FL49

While drunk, you accidentally break your friend's expensive sunglasses. You wish they would just buy a cheaper pair in the future, but now you owe your friend \$65.

Pay the bank \$65. If you have no money, sell one possession to raise money. If you have no possessions, you may ask your parents for the money but it will cost you 1 family point.

Lose 1 friend point.

Proverb

Let the drunkard alone and he will fall of himself.

FL51

You have been lying about your drug use. You call in sick to work and then go out and get wasted. One day your boss calls to find out how you are doing. Your significant other, who thinks you are at work, answers the phone. All hell breaks loose. You are fired and your significant other leaves you.

Lose your job. Do not collect \$200 when you pass the pay square. If you already had lost your job, pay the bank \$200. If you roll three of a kind during the game, you can get your job back.

Lose 5 significant other points.

Quote

When the truth is buried, it grows, it chokes, it gathers such an explosive force that on the day it breaks out, it blows everything up with it.

*Emile Zola (1840-1902)
French novelist*

FL50

You were drinking with a friend who dared you to drink 20 shots of alcohol. You did and had to be taken to the hospital for alcohol poisoning.

Lose 4 physical points.

Lose 2 thinking/judgment points.

You must pay the bank \$250 to cover the hospital expenses. If you do not have the money, sell possessions until you can cover the cost. If you have no possessions to sell, you may ask friends or family to cover the cost for you but it will cost you 3 social support points.

Fact

58% of young adults do not perceive occasional heavy drinking as dangerous.

FL52

Print on
Green
Cardstock

Cut on
dotted
lines

You get drunk and crash your car head on into another car and kill the driver. You go to jail for DWI and manslaughter.

Go to jail!!

Lose 6 emotions/sanity points.

Quote

It's frightening how easy it is to commit murder in America. Just a drink too much.

*W.H. Auden (1907-1973)
Poet*

FL53

The cops bring you home for drunk and disorderly conduct.

Lose 3 emotions/sanity points.

Pay \$200 fine.

Proverb

Drunkenness does not produce faults, it uncovers them.

FL54

The police stop you for driving while intoxicated. They then inform you that you hit and killed a 6-year-old girl on the crosswalk a block back. You hadn't even noticed that you had hit someone.

Go to jail.

You must raise \$7,500 by selling your possessions or you stay in jail for 2 turns.

Lose 6 personal satisfaction points.

Lose 6 personal accomplishment points.

Lose 3 emotions/sanity points.

Quote

I don't believe in accidents. These are only encountered in history. There are no accidents.

*Elie Wiesel (b. 1928)
Writer, Nobel Peace Prize winner, and survivor of Auschwitz.*

FL55

You know it is unhealthy, but two things you really enjoy are drinking beer and smoking. One night you were enjoying both when you fell asleep and passed out. Your cigarette fell on the floor and caught the rug and curtains on fire. Luckily someone noticed the flames and called the fire department. You easily could have died if the firemen hadn't dragged you out of there.

Lose 3 thinking/judgment points.

Lose all of your possessions, except your car.

Fact

Individuals who smoke are more than three times as likely to drink beer frequently (5 or more times per week) than those who do not smoke.

FL56

Print on
Green
Cardstock

Cut on
dotted
lines

At the bar last night you were in such a good mood that you decided to open up a tab and pay for your friends' drinks. You ended up getting so drunk you lost track of who was buying what and somehow ended up with a bill for \$250.

Lose 1 self-esteem point.

Pay the bank \$250. If you have no money, sell one possession to raise money. If you have no possessions, you may ask your family, friends, or your significant other to cover the expenses but it will cost you 3 social support points.

Proverb

The drunken man's joy is often the sober man's sorrow.

FL57

You spent \$40 at the bar over the weekend.

Pay the bank \$40 to cover expenses. If you have no money, sell a possession to raise the money. If you have no possessions, you may ask friends to help you out, but will cost you 2 friends points.

Proverb

The first draught a man drinks ought to be for thirst. The second for nourishment, the third for pleasure, and the fourth for madness.

FL58

You did a "flaming shot" at the bar the other night and ended up burning your throat. As a precaution you were taken to the emergency room and the visit is going to cost you \$215.

Pay the bank \$215 to cover expenses. If you have no money, sell a possession to raise money. If you have no possessions, you may ask your family, friends, or significant other for the money but it will cost you 3 social support points.

Quote

Once the harm is done, even a fool understands it.

*Homer (c. 700 B. C.)
Greek poet*

FL59

You get drunk and crash your car into a telephone pole. You are unhurt but your car is gone.

You lose your car and no longer have the opportunity to sell it to raise money. If you have already sold your car, you owe the insurance company \$6,500. If you cannot raise the money, you may have your family bail you out, but the cost is 5 social support points. If you have no family social support points—go directly to jail.

Fact

With a blood alcohol concentration of .1% (the legal limit in most states), a person is 6 to 7 times more likely to get in an accident.

FL60

Print on
Green
Cardstock

Cut on
dotted
lines

You think you can appear sober by driving slowly and carefully. You are pulled over for driving 15-mph in a 45-mph zone.

Pay \$200 ticket. If you have no cash you must sell a possession to pay the fine. If you have no possessions, you can borrow the money from friends, family, or your significant other, but it will cost you 6 social support points. If there is no one you can borrow the money from, go to jail. Lose 3 thinking/judgment points.

Quote

A good scare is worth more to man than good advice.

Edgar Watson Howe (1853-1937)
Writer

FL61

You got pretty drunk at a party and decided to get high on cocaine. The neighbor's car seemed like a nice private place to snort, so you broke in. They noticed someone in their car and called the police. You left quickly but lost \$100 worth of coke and \$40 in cash.

Pay the bank \$140 to cover expenses. If you have no money, sell a possession or possessions to raise money. If you have no possessions, you may ask your family, friends, or significant other for the money, but it will cost you 3 social support points.

Quote

When it snows in yer nose you catch cold in yer brain.

Allen Ginsberg (1926-1997)
U.S. poet

FL62

Someone at work noticed that you were snorting cocaine in the bathroom and notified the boss. You lost one week's pay.

Pay the bank \$200 or forfeit your next paycheck. If you are presently unemployed—go to jail!!

Fact

Nearly 1 in 5 of all U.S. workers are estimated to have used dangerous drugs on the job.

FL63

You smoke crack and become really paranoid. When you hear a noise outside you decide it is a maniac killer and shoot at the neighbor who was taking out the garbage.

Lose 5 emotions/sanity points.

Go to jail for assault (miss one turn).

Quote

That is the bitterest of all—to wear the yoke of our wrongdoing.

George Elliot (1819-1880)
British author

FL64

Print on
Green
Cardstock

Cut on
dotted
lines

You are so desperate for crack that you hold up a mini-mart. An off-duty police officer happens to be in the store and fires two shots into your leg. You are sent to the hospital and then to jail.

Lose 4 physical points.

You need to come up with \$1,500 dollars to cover medical costs. Sell possessions to come up with the money or ask friends, or your significant other to help you, but at a cost of 4 social support points. You also need \$10,000 bail money or you stay in jail for two turns. Sell possessions to come up with the money or ask family, friends, or your significant other to help you, but at a cost of 8 social support points.

Quote

The disease of an evil conscience is beyond the practice of all the physicians in the world.

*William Gladstone (1809-1898)
English Prime Minister*

FL65

You decide to deal heroin to supply your habit. A friend steals your supply and you now owe your supplier \$7,500.

Sell your possessions to raise money. If you cannot raise enough money, you can have friends, family, or your significant other bail you out, but it will cost you 6 social support points.

Quote

It pays to know who your friends are, but it also pays to know you ain't got any friends.

*Bob Dylan (1941)
U.S. singer*

FL66

You and some "friends" are looking for a way to get the money for heroin. Your friends want to hold up a convenience store to get the money. You don't like the idea much, but your "friends" threaten to beat you up if you don't go along with the plan. You hold up a convenience store and get caught by an off-duty cop.

Go to jail!!

Pay \$500 fine. If you do not have enough money to pay the fine, sell one or more of your possessions to pay the fine. If you still cannot pay the fine, borrow the money from your friends, family, or significant other. The cost is 6 social support points. If you have no one to borrow the money from, stay in jail an extra turn.

Quote

'Tis better to suffer wrong than to do it.

*Thomas Fuller (1608-1661)
English cleric*

FL67

You are always looking for new ways to get high. You steal spray paint to inhale and get arrested for theft.

Roll a die to see which judge you'll get.

If you roll a: _____ you get:

1 or 2 Judge More Den Reasonable & a \$25 fine
3 or 4 Judge Notso Nice & a \$500 fine
5 or 6 Judge Byda Book & a \$500 fine and jail

Fact

Headaches, nausea, dizziness, slurred speech, double vision, muscle spasms, coma, and death may result from inhaling spray paint.

FL68

Print on
Green
Cardstock

Cut on
dotted
lines

You got high and got the "munchies" but had no money on you. You get caught shoplifting some bean dip from the convenience store and now must pay a \$500 fine.

Pay the bank \$500 to cover expenses. If you have no money, sell a possession to raise money. If you have no possessions, you may ask your family, friends, or significant other for the money but it will cost you 4 social support points.

Proverb

Experience keeps a dear school; but fools will learn no other.

FL69

While driving home stoned, you become confused and fascinated by bright white lights. You drive up a freeway exit and onto the interstate driving the wrong way. Police charge you with reckless driving and driving under the influence.

Go to jail!!

Pay \$500 fine. If you do not have enough money to pay the fine, sell one or more of your possessions to pay the fine. If you still cannot pay the fine, borrow the money from your friends, family, or significant other. The cost is 6 social support points. If you have no one to borrow the money from, stay in jail an extra turn.

Quote

Marijuana makes you the kind of sensitive where you insist on everyone listening to the drum solo in Iron Butterfly's "In-a-Gada-Da-Vida." fifty or sixty times.

*P.J. O'Rourke (b. 1947)
U. S. journalist*

FL70

You are checking through airport security. You see a drug dog sniffing around. The dog became very interested in you, but you know you didn't bring any of your stash with you so you feel safe. What you didn't know was a "good" buddy of yours slipped a couple joints into your bag as a surprise. It certainly was a surprise when you got arrested for possession.

Go to jail!!

Quote

Unseen in the background, Fate was quietly slipping the lead into the boxing glove.

*P.G. Wodehouse (1881-1975)
British novelist*

FL71

You toss a joint out of the window of your car as you pull out of your driveway. It lands in a pile of dry leaves. When you get home you discover your house has burned down due to your carelessness.

Lose all your possessions except your car and pay a \$100 fine for littering. If you have no cash you must sell your car to pay the fine. If you don't have a car, you can borrow the money from friends, family, or your significant other, but it will cost you 6 social support points. If there is no one you can borrow the money from, go to jail.

Proverb

It is an ill bird that fouls it's own nest.

FL72

Print on
Green
Cardstock

Cut on
dotted
lines

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.

For more information, please contact:

Institute of Behavioral Research
Texas Christian University
TCU Box 298740
Fort Worth, TX 76129
(817) 257-7226
(817) 257-7290 FAX
Email: ibr@tcu.edu
Web site: www.ibr.tcu.edu

© Copyright 2003 TCU Institute of Behavioral Research, Fort Worth, Texas. All rights reserved.