

HEALTH/SANITY CARDS

(Print on yellow cardstock.)

These cards show how substance abuse can affect a person's health and sanity. Negative effects of substance abuse are sometimes dramatic (death or insanity), at other times they are not (making a person more susceptible to colds).

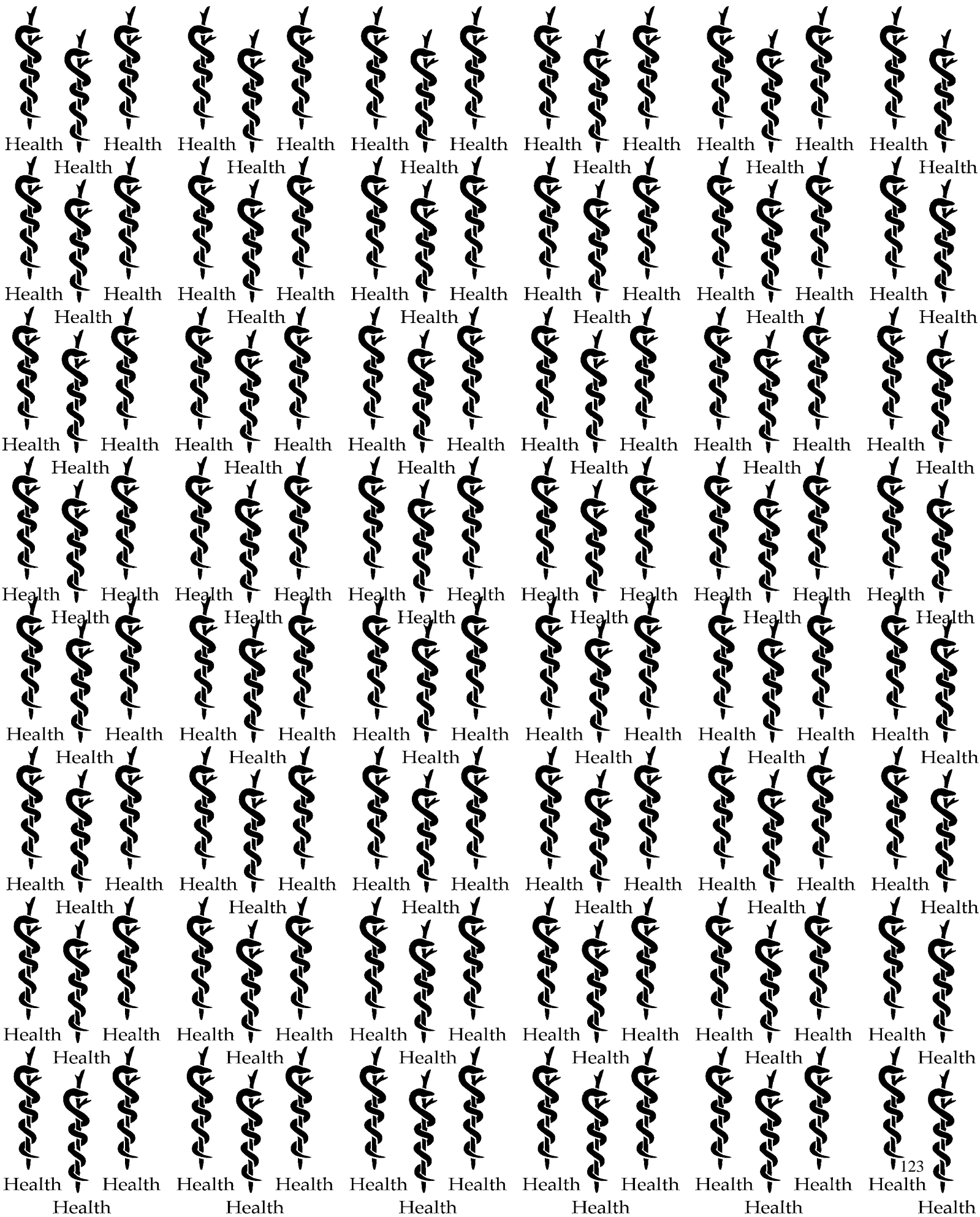


*If you don't have your health,
you don't have anything.*

Health/Sanity Card Index

General substance abuse cards (HS1-HS41)
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Other drug cards
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You used a tainted drug and now have brain damage that makes it hard to recognize faces.

Lose 5 physical points.

Proverb

What's done cannot be undone.

HS1

You continue to do drugs over the years. The damage to your body has taken its toll. You find it difficult to communicate clearly and often hallucinate.

Lose 5 emotions/sanity points.

Quote

All sin tends to be addictive and the terminal point of addiction is what is called damnation.

*W. H. Auden (1907-1973)
American poet*

HS2

You develop lung cancer from smoking.

Lose 5 physical points.

Proverb

He who has not health has nothing.

HS3

You have unprotected sex while trashed even though you knew the possible consequences. When you get a blood test a year later you discover that you are HIV+.

Lose 6 physical points.

Fact

Worldwide 3 out of 4 victims of AIDS contracted it through heterosexual contact.

1 in 5 victims of AIDS contracted it through intravenous drug use.

HS4

Print on
Yellow
Cardstock

Cut on
dotted
lines

You were so trashed that you drove the wrong way down the highway. You ran head-on into a van carrying 5 passengers, some of whom were children. You were badly injured and the driver and one child from the other car are killed.

Lose 4 physical points.

Lose 4 thinking/judgment points.

Lose 4 emotions/sanity points.

Quote

And if any mischief follow, then thou shalt give a life for a life, eye for eye, tooth for tooth, burning for burning, wound for wound, stripe for stripe.

*Exodus 21:23
The Bible*

HS5

You decide to engage in illegal sexual activities to raise money for your drug use. You get a venereal disease and don't find out about it for quite a while.

Lose 3 physical points.

Facts

Many venereal diseases can make a person sterile if they do not get appropriate medical attention.

HS6

You wake up from a daze not completely aware of where you are or what you did last night. Your friend tells you that she found you lying on your back in the bathroom, vomiting. She had to stay with you in the bathroom for hours to make sure you wouldn't choke on your own vomit.

Lose 2 physical points.

Lose 2 friends points.

Quote

And he smiled a kind of sickly smile, and curled up on the floor, and the subsequent proceedings interested him no more.

*Francis Bret Harte (1836-1902)
U.S. author, journalist*

HS7

You get involved with some dangerous people when buying some drugs. You knew it could cause trouble since you couldn't pay for them. They end up shooting at your house as a warning. You are terrified that they will do something else.

Lose 4 thinking/judgment points.

Pay \$200 for fixing a window and the wall.

Proverb

He who seeks trouble never misses.

HS8

Print on
Yellow
Cardstock

Cut on
dotted
lines

You have been selling drugs for some time now. You are beginning to get paranoid that people are out to get you and you are constantly "looking over your shoulder."

Lose 4 emotions/sanity points.

Quote

Just because you're paranoid doesn't mean people aren't out to get you.

Author unknown

HS9

Your drug use has lowered the defenses of your immune system. You seem to get every cold and flu that comes around.

Lose 2 physical points.

Fact

Some research suggests that alcohol, marijuana, and nitrite inhalants interfere with or suppress various components of the normal immune defense mechanism in the body.

HS10

You go to the store to buy food with some money that friends gave you. You fully intend to buy the food, but when someone offers to sell you some drugs, you decide to buy drugs instead. You figure you'll have plenty of time to eat healthy later on.

Lose 2 thinking/judgment points.

Quote

Nothing is more dreadful than ignorance in action.

*Johann Wolfgang Von Goethe (1749-1822)
German playwright*

HS11

You feel indestructible when you drink –less pain, fewer worries, and less judgment.

Lose 2 emotions/sanity points.

Quote

Courage is the complement of fear. A man who is fearless cannot be courageous (he is also a fool).

*Robert Heinlein (1907-1988)
Science fiction writer*

HS12

Print on
Yellow
Cardstock

Cut on
dotted
lines

You have ruined your credit rating by failing to pay debts. You worry that you may not be able to get enough money to buy drugs and you are afraid of what you might do to get the drugs you need.

Lose 4 thinking/judgment points.

Fact

Americans spend more than 86 billion dollars each year on alcohol.

HS13

You have not been able to get any drugs for a while now and you are feeling really sick. You never thought you had a problem with drugs before but now you are pretty certain you need a doctor immediately.

Lose 4 physical points.

Pay \$200 for a doctor's fee.

Quote

Illness is the doctor to whom we pay the most heed; to kindness, to knowledge, we make promises only; pain we obey.

*Marcel Proust (1877-1922)
French novelist*

HS14

You get wasted on drugs and trash your house. At the time it seemed like good fun, but when you were cleaning up you become really angry with yourself for destroying some of your favorite things.

Lose 3 thinking/judgment points.

Roll the dice to see which possession you lose.

<u>If you roll a:</u>	<u>you lose:</u>
1 or 2	your camera
3 or 4	your jewelry
5 or 6	your stereo

Proverb

Drunkenness turns a man out of himself and leaves a beast in his room.

HS15

You have been using drugs excessively. You notice that lately you are having trouble controlling your emotions.

Lose 4 emotions/sanity points.

Quote

A little kingdom I possess, where thoughts and feelings dwell; and very hard the task I find of governing it well.

*Louisa May Alcott (1806-1861)
U.S. author*

HS16

Print on
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Cardstock

Cut on
dotted
lines

You have been stealing people's wallets to get money to buy drugs. One time you had to run out of a store because the store manager called the cops. You tell yourself you won't do it again, but the next time you want drugs you find yourself planning ways to steal jewelry at a department store. You are starting to realize that it is just a matter of time before you get caught.

Lose 4 thinking/judgment points.

Quote

I don't want to spend my time in hell looking at the bars of a prison cell.

*Sting (b. 1951)
English rock musician*

HS17

You got wasted and had unprotected sex. Neither you nor your partner (whom you barely know) want the child. Nevertheless you mutually decide to have the child because neither of you have the money for an abortion and you can get federal aid if you have the kid.

Lose 5 thinking/judgment points.

Quote

I wish either my father or my mother or indeed both of them, had minded what they were about to do when they begot me.

*Lawrence Sterne (1713-1768)
Anglo-Irish novelist*

HS18

You agree to sell some drugs to some kids, but decide to keep the drugs for yourself anyway. You think the kids are too dumb to know what the "real stuff" is like anyway. So you mix up some stuff in your kitchen that looks like just like it. They find out and beat you up, trash your house, and take the real drugs.

Lose 4 health points for the beating.

Lose 4 health points for withdrawal.

Cross off 2 of your possessions (you pick).

Quote

The evil plan is most harmful to the planner.

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

HS19

You want to quit using drugs but after a few days you become angry and aggressive and only using drugs seems to help. You feel hopeless and depressed.

Lose 3 emotions/sanity points.

Quote

I am in that temper that if I were under water I would scarcely kick to come to the top.

*John Keats (1795-1821)
English poet*

HS20

Print on
Yellow
Cardstock

Cut on
dotted
lines

Lately you don't get much pleasure out of using, you're just scared of going through withdrawal.

Lose 2 emotions/sanity points.

Lose 1 physical point.

Quote

It is not death, but dying which is terrible.

Henry Fielding (1707-1754)
Author

HS21

You've become afraid that no combination of drugs will be able to keep you from being nervous, twitchy, and jumpy anymore.

Lose 3 emotions/sanity points.

Quote

No passion robs the mind of its power of reasoning, as fear.

F. H. Bradley (1838-1879)
Geologist and writer

HS22

You have had several "black outs" due to your drug use. You are not certain whether or not someone has taken advantage of you sexually.

Lose 3 emotions/sanity points.

Fact

"Black outs," (memory lapses), are one of the symptoms associated with the development of alcoholism.

HS23

You seem to be on a constant quest to get high. You'd even consider snorting nutmeg if you thought it would give you a buzz.

Lose 2 thinking/judgment points.

Quote

Some people are so fond of ill-luck that they run half-way to meet it.

Douglas Jerrold (1803-1857)
English playwright

HS24

Print on
Yellow
Cardstock

Cut on
dotted
lines

Because of drug use you are having more and more difficulty remembering things lately.

Lose 2 emotions/sanity points.

Quote

I only wait for the final amnesia, the one that can erase an entire life.

*Luis Buuel (1900-1983)
Spanish filmmaker*

HS25

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

Lose 3 thinking/judgment points.

Lose 2 physical points.

You must pay the bank \$350 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 you 2 additional social support points.

Fact

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

National Drug Institute

HS26

You have gotten it into your head that anytime a drug starts affecting you too much you can combat the effects by drinking alcohol. Tonight, however, you end up overdosing and a friend has to keep you from drowning in your own vomit.

Lose 2 thinking/judgment points.

Lose 2 physical points.

Proverb

This is the way the world ends, not with a bang but with a whimper.

*T. S. Elliot (1888-1965)
British poet*

HS27

You make a lot of money dealing. It is easy money and you spend it as quick as you get it. You never save any money, so you either have money or you are totally broke.

Lose 2 thinking/judgment points.

Quote

Fortune is like glass—the brighter the glitter the more easily broken.

*Publius Syrus (1st century)
Philosopher*

HS28

Print on
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Cardstock

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dotted
lines

You and your friends get wasted while watching a movie and are goofing around with a gun. Not realizing it was loaded, you shoot yourself in the leg.

Lose 4 physical points.

Lose 2 thinking/judgment points.

Proverb

*A fool brings a staff
to beat his own head.*

HS29

You make enough money to be comfortable from your day job. You deal drugs to buy the luxuries that you want, but probably don't need. Lately, you have been dealing more and more to make money and it is affecting your actual job and your family life.

Lose 2 thinking/judgment points.

Quote

*It is not the man who has too little but
the man who craves more that is poor.*

*Seneca (8 B.C. - 65 A.D.)
Roman philosopher*

HS30

You have noticed that the big drug dealers have a lot of money and you think that some of it should be yours. You know you probably can't make that much money honestly and you almost feel like you are being cheated out of your share of money if you don't deal drugs.

Lose 3 thinking/judgment points.

People keep bringing up your past mistakes and the only way you can deal with it is to use drugs.

Lose 2 thinking/judgment points.

Lose 2 emotions/sanity points.

Quote

*The loss which is unknown is no loss at
all.*

*Publius Syrus (1st century)
Philosopher*

HS31

Quote

*Even brute beasts... do not fall into the
same traps...twice*

*St. Jerome (342-420)
Christian saint*

HS32

Print on
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lines

You are selling some drugs on the street. A friend steals \$2,000 worth of the drugs. You don't have enough money to pay the supplier and they think you stole the drugs. They stop by your apartment. You aren't home but they beat up your significant other and threaten to return and "finish the job" if you don't find the money.

Lose 4 significant other points.

Quote

He that hath wife and children have given hostages to fortune.

*Francis Brown
Author*

HS33

Sometimes you are amazed by how your attitudes toward other people, toward stealing, and even killing, have been changed through continued drug use.

Lose 3 thinking/judgment points.

Quote

A drug is a chemical compound. The compound is not a menace until a human being treats it as if consumption bestows a temporary license to act like an asshole.

*Frank Zappa (b.1940)
Rock musician and songwriter*

HS34

Your emotions seem to be out of control. It seems like everything sets you off into an uncontrollable rage. You get in fights all the time now. The only time you feel good is when you are high.

Lose 4 emotions/sanity points.

Proverb

***A man is a stark fool
all the time he is angry.***

HS35

You wake up in bed with someone you don't know and who you never remember having met. You're not even sure if you had sex or not, but now you wonder if you've caught AIDS or herpes.

Lose 3 emotions/sanity points.

Fact

Drug use can lead to episodes where individuals experience "black outs," where they continue to behave and interact with people but later have no recall of what they did or said.

HS36

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lines

You did some drugs and didn't think that it would affect your driving. But on the way home you lose control of your car and slam into a telephone pole causing severe neck and back injuries.

Lose 6 physical points.

Lose your car.

Quote

Yet is every man his own greatest enemy and as it were his own executioner.

*Sir Thomas Browne (1830-1897)
English doctor & author*

HS37

Your drug use affects your reproductive system and makes you sterile.

Lose 5 physical points.

Quote

It is horrible to see oneself die without children.

*Napoleon Bonaparte (1769-1821)
French Emperor*

HS38

Lately you find that you don't feel like having sex anymore. Drugs make you feel better and you don't have to think about your problems or anyone else afterwards.

Lose 2 emotions/sanity points.

Quote

Making love is the sovereign remedy for anguish.

*Frederick Leboyer (b. 1918)
Author*

HS39

You got into a fight with one of your roommates while you were high on drugs. You felt like your roommate was trying to annoy you, even though she wasn't doing anything specific. Later you realize it was a stupid reason to get into a fight. You wish you could control your emotions better.

Lose 2 friends points.

Lose 2 emotions/sanity points.

Proverb

Peace flourishes when reason rules.

HS40

Print on
Yellow
Cardstock

Cut on
dotted
lines

You start selling drugs to get some easy money for your habit. While selling dope you were stabbed for a \$20 rock. You survive but have scars and muscle damage.

Lose 4 physical points.

Quote

There is no crime without a precedent.

*Seneca (8 B.C. - 65 A.D.)
Roman philosopher*

HS41

You were driving drunk and got into an accident. The glass from the rear view mirror got embedded in your eyes. The doctor said that you might not recover your vision.

Lose 5 physical points.

Fact

1 in 140 people die in automobile accidents.

1 in 3 people are injured in automobile accidents.

National Highway Safety

HS42

You and your friend are in a car wreck. Both of you had been drinking. You were not wearing a seatbelt. Your friend is O.K., but you injure your legs and will be confined to a wheelchair for the rest of your life.

Lose 6 physical points.

Fact

500,000 people are injured or disabled in drunk-driving wrecks yearly.

HS43

You had been experiencing sharp pains in your side for several days. When you go to see the doctor, he tells you that you have damaged your liver due to your excessive drinking.

Lose 5 physical points.

Fact

Cirrhosis of the liver, in which normal cells are damaged and are replaced by scar tissue, is one of the major health problems associated with alcohol. Cirrhosis kills about 30,000 Americans every year.

HS44

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lines

You got drunk at a party and got hit by a car trying to walk across the street. Your leg was badly injured and you'll always have a limp to remind you of how one stupid thing can affect you for a lifetime.

Lose 4 physical points.

Fact

Of the alcohol-related deaths in the U. S., 1 out of 2 are accidents and 1 in 4 are suicides.

HS45

You get pretty drunk at a party. You lean too close to a fire and burn off your hair. Your clothes catch on fire.

Lose 3 physical points.

Quote

We drink to one another's health and spoil our own.

*Jerome K. Jerome (1859-1927)
British author*

HS46

You drink too much and pass out in a sauna. Luckily your friend finds you. You wake up dehydrated and confused.

Lose 3 thinking/judgment points.

Quote

One drink is too many for me and a thousand is not enough.

*Brendan Behan (1923-1964)
Irish playwright*

HS47

You have been drinking and decide to have unprotected sex. The possible consequences upset you but luckily nothing happens.

Lose 3 thinking/judgment points.

Fact

Individuals who consume alcohol are more likely to abandon safe-sex practices.

HS48

Print on
Yellow
Cardstock

Cut on
dotted
lines

You get drunk, lose your temper and pick a fight in a bar. You break your arm and now the person is considering suing you.

Lose 4 physical points.

Quote

Be not hasty in thy spirit to be angry, for anger resides in the bosom of fools.

*The Bible
Ecclesiastes 7:9*

HS49

You drink too much, but you feel that if you stop drinking you will have to face all the stupid and damaging things that you've done, and you are not sure you can deal with it.

Lose 2 emotions/sanity points.

Quote

Because in much wisdom is much grief, and increasing knowledge results in increasing pain.

*The Bible
Ecclesiastes 1:18*

HS50

You were partying and got really drunk. On the way home from the party you thought it was funny to spray paint clever sayings on the city hall.

Lose 2 thinking/judgment points.

Fact

Nearly half of all convicted inmates admitted to jails throughout the U.S. had been under the influence of alcohol at the time of the criminal offense.

HS51

You know alcohol can cause some health problems, but it wouldn't be legal if it were really dangerous. So you keep on drinking.

Lose 5 health points.

Lose 3 thinking/judgment points.

Fact

Alcoholism causes malnutrition, skin disorders, decreased resistance to infection, weakness of bones and muscles, and 1 in 5 alcoholics develops cirrhosis of the liver.

HS52

Print on
Yellow
Cardstock

Cut on
dotted
lines

Snorting cocaine causes the cartilage in your nose to dissolve.

You have been smoking crack and have permanently damaged your heart.

Lose 5 physical points.

Lose 6 physical points.

Fact

Prolonged use of cocaine can result in dissolving the cartilage of the nose, malnutrition, vitamin deficiency, loss of interest in sex, and fertility.

HS53

Fact

5% of young adults use crack cocaine.

HS54

Your continued cocaine use rotted the inside of your nose. Despite warnings from your doctor, you continue using. Over time, you damage your optic nerve and become blind.

You used cocaine and had a heart attack, and are now stuck in the hospital.

Lose 6 physical points.

Lose 5 physical points.

Quote

Cocaine habit-forming? Of course not. I ought to know. I've been using it for years.

*Tallulah Bankhead (1903-1968)
U.S. screen actor*

HS55

Fact

Cocaine abuse results in 75,000 emergency room visits yearly.

HS56

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Cardstock

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dotted
lines

Last night you and a few of your friends were snorting coke and drinking. Some of the things they said really upset you, and you ended up trashing your room and breaking some of your stuff.

You have been smoking crack for awhile now and feel like you've become brain dead. Even the simplest decision seems to take tons of effort.

Lose 2 thinking/judgment points.

Lose 4 physical points.

Roll a dice to see which possessions you lose.

If you roll a: then you lose:
1 or a 2 your computer and computer disks.
2 or a 3 dome jewelry and your TV/VCR.
4 or a 5 your stereo and camera.

Proverb

Drunkenness is nothing but voluntary madness.

HS57

Quote

You are killing time, and it will kill you right back.

*Meatloaf (b. 1947)
Rock musician*

HS58

You go to the doctor to get a physical for a new job. The doctor says you won't be eligible for the company's health insurance because your crack smoking has damaged your heart.

Even after you stop using cocaine for awhile you continue to have sweaty palms, panic attacks, and a racing heart.

Lose 4 physical points.

Lose 5 physical points.

Proverb

Diseases are the tax on pleasure.

HS59

Quote

The only thing we have to fear is fear itself.

*Franklin D. Roosevelt (1882-1945)
U.S. President*

HS60

Print on
Yellow
Cardstock

Cut on
dotted
lines

You've been smoking crack for a while and are paranoid that everyone is out to get you. You get nervous when anyone looks at you for too long.

Lose 4 emotions/sanity points.

Quote

Our greatest foes are within.

*Miguel Cervantes (1547-1616)
Spanish writer*

HS61

It seems odd but most of the time when you are on crack you just forget to eat. One time, while relatively sober, you were frightened by how thin and pale you looked.

Lose 4 physical points.

Quote

People who don't keep themselves healthy ought to have the decency to get themselves buried, and not waste time about it.

*Henrik Ibsen (1828-1906)
Norwegian dramatist*

HS62

Spending \$50 a day for crack didn't bother you until you no longer had the \$50 a day to spend on it. Now you are considering dealing drugs to make up the difference.

Lose 3 thinking/judgment points.

Quote

My candle burns at both ends; it will not last the night; but, ah, my foes, and oh, my friends—it gives a lovely light.

*Edna St. Vincent Millay (1892-1950)
Author*

HS63

You go to a party and get pretty drunk. You end up buying some coke with money that had been set aside to pay some bills. After snorting it, you find that you are unable to fall asleep, and you experience sharp pains in your chest.

Lose 2 thinking/judgment points.

Lose 4 physical points.

Fact

Since the early 1980's, hospital emergency rooms have reported a 700% increase in cocaine-related overdoses.

HS64

Print on
Yellow
Cardstock

Cut on
dotted
lines

You did too much cocaine and haven't been able to sleep for days. Your boss at work noticed your erratic behavior and threatened to fire you if you didn't straighten up.

Lose 4 physical points.

Fact

1) Regular users of cocaine report feelings of restlessness, irritability, anxiety, and sleeplessness.

2) The very first dose of cocaine could be your last. Some individuals' livers do not have the appropriate enzyme for breaking down cocaine.

HS65

You really wanted to get high. Your friends offered to share their needle with you and you decide it was worth the risk. Unbeknownst to you, one of your friends has AIDS, and now so do you.

Lose 6 physical points.

Fact

72% of AIDS cases in women are related to drug use.

32% of AIDS cases are related to intravenous drug use.

HS66

You trust that the people above you will always get high quality heroin. To your surprise, you end up using some heroin that is so pure that it nearly kills you.

Lose 2 thinking/judgment points.

Lose 2 physical points.

Pay \$1,000 for emergency room fees.

Fact

One out of seven drug-related hospitalizations are due to heroin use.

National Institute on Drug Abuse

HS67

You really wanted to get high. Your friends offer to share their needle with you and you decide it is worth the risk. One of your friends had hepatitis and now, so do you.

Lose 5 physical points.

Quote

*Footsteps echo in memory
Down the passage which we did not take
Towards the door we never opened
Into the rose garden.*

*T. S. Eliot (1888-1965)
Anglo-American poet, and critic*

HS68

Print on
Yellow
Cardstock

Cut on
dotted
lines

You began using crystal meth to give you enough energy to deal with your demanding job. Now you go days without sleeping and find you are unable to concentrate on your job.

Lose 2 thinking/judgment points.

Lose 2 self-esteem points.

Proverb

Any job worth doing is worth doing well.

HS69

The last time you smoked pot, you didn't enjoy it as much as usual. You were really freaked out by how intense everything seemed and you couldn't control your anxiety. You spent the evening in a dark, silent room waiting for the "high" to wear off.

Lose 2 emotions/sanity points.

Quote

Marijuana is.... self-punishment. It makes you acutely sensitive and in this world, what worse punishment could there be?

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

HS70

You smoke some marijuana without knowing that it has been laced with PCP. Your hallucinations are so vivid and long lasting that you question your sanity and are rushed to the emergency room.

Lose 4 emotions/sanity points.

Pay \$200 for medical treatment.

Quote

The lightning flashing through my skull; mine eyeballs ache and ache; my whole beaten brain seems as beheaded, and rolling on some strong ground.

*Herman Melville (1819-1891)
U. S. author*

HS71

You use drugs a lot and you know your kids are aware of it. You don't really want them hooked on drugs so you keep telling them to stay off drugs.

Lose 2 thinking/judgment points.

Proverb

The follies of fathers are no warning to the children.

HS72

Print on
Yellow
Cardstock


Cut on
dotted
lines

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.



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

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