

THE RECOVERY CARD

(Print on white cardstock.)



The recovery square at the center of the spiral is simply the opportunity to get into recovery. It isn't an instant cure and it doesn't erase any of the damage accumulated in the downward spiral. There aren't very many recovery squares – recovery isn't likely if a person continues to abuse substances and a person often has to hit bottom before he or she is ready for recovery. *

* If you don't continue to recover, you may be playing *Downward Spiral* again.

You finally caught on and got off drugs for good. Now you can play the game of life, but you won't forget the price you paid in friends, health, and money in the downward spiral of substance abuse.



Congratulations! You win.

Quote

***Light is meaningful only
in relation to darkness.***

*Louis Aragon (1897-1982)
French poet*

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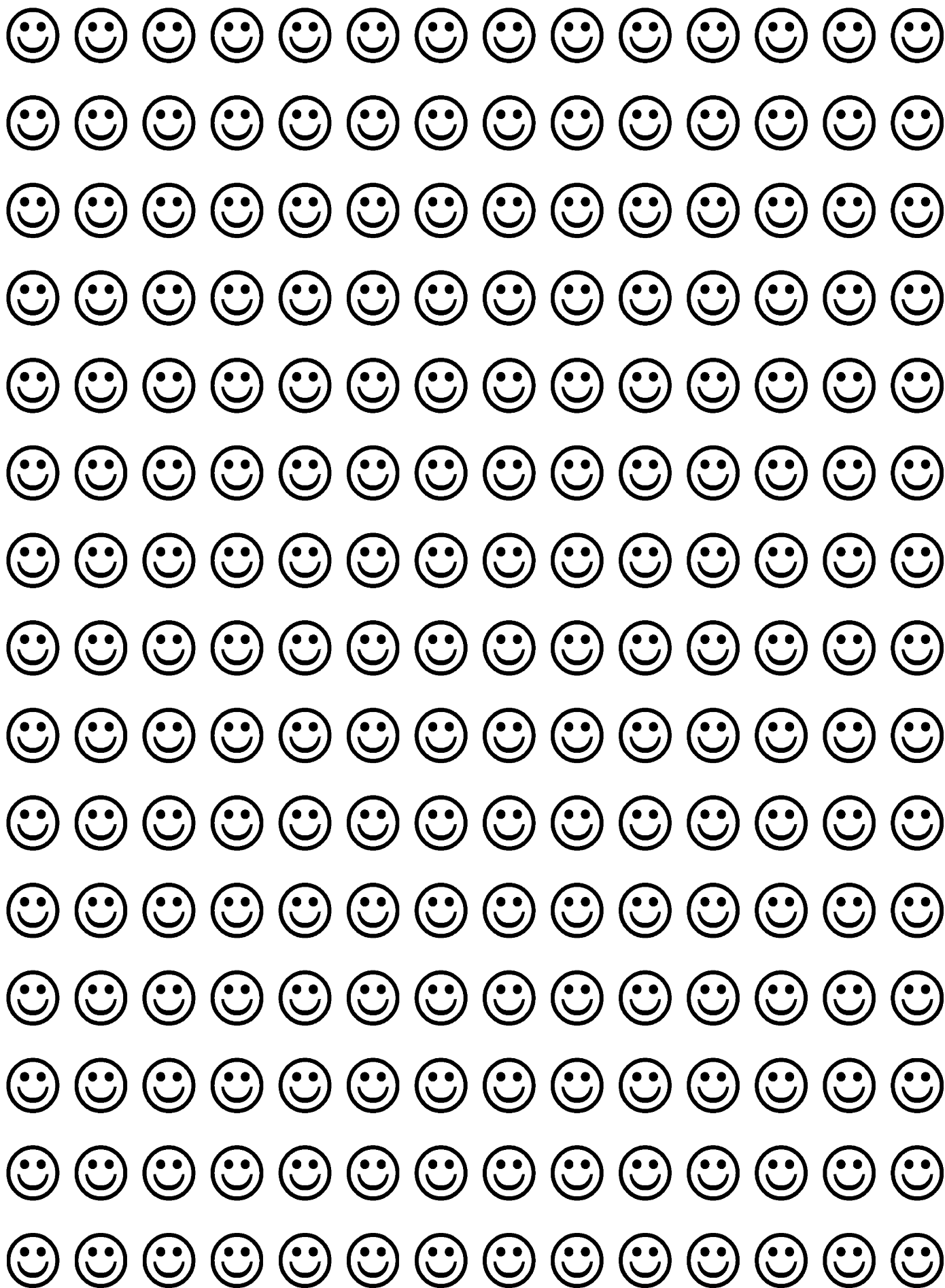
Quote

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Print on
hot pink
cardstock

Cut on
dotted
lines.



Appendix A

THE 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)*.

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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