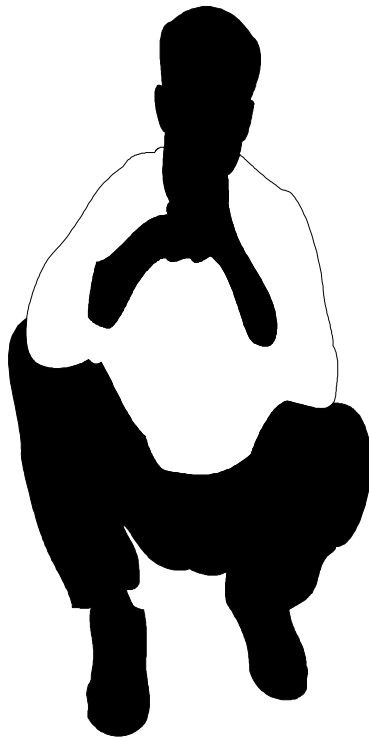


SELF-CONCEPT CARDS

(Print on blue cardstock.)

These cards show how substance abuse can affect how a person thinks about himself or herself. Substance abuse can lead to depression, lack of motivation, and loss of self-confidence.



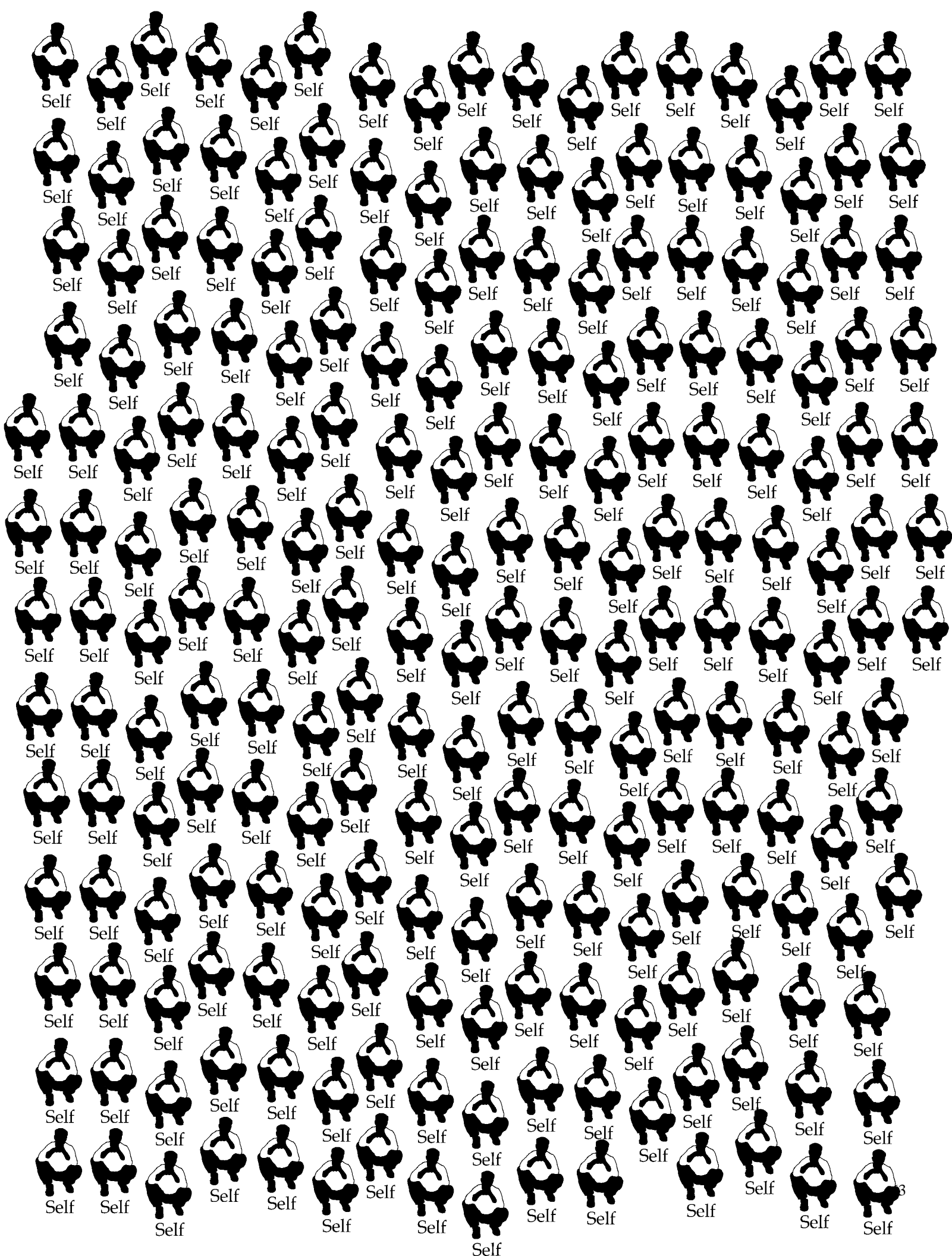
What man is ashamed of is always, at bottom, himself.

R.C. Collingwood (1889-1943) British philosopher.

Self-concept Card Index

General substance abuse cards(SE1-SE54)
Alcohol abuse cards(SE55-SE64)
Crack/cocaine cards(SE65-SE66)
Heroin cards(SE67)

Other drug cards
 Crystal meth..... (SE68)
 Marijuana (SE69-SE70)
Effects on children cards (SE71-SE72)



Sometimes you have so much energy that you feel you just have to get out and do something. When you can't think of anything else to do, you often turn to drugs to calm you down.

Lose 1 emotions/sanity point.

Lose 2 personal accomplishment points.

Proverb

If men have no care for the future they will soon have sorrow for the present.

SE1

You have been doing drugs and partying non-stop and lately it has gotten to be a habit. You don't even really have fun being high anymore.

Lose 4 personal accomplishment points.

Lose 2 emotions/sanity points.

Quote

If all year were playing holidays, to sport would be as tedious as to work.

*William Shakespeare (1564-1616)
English dramatist, poet*

SE2

You think that most of your drug problems are society's fault. Sure, you would like a nice secure life but you just don't think you could succeed in this society even if you tried, so why even bother?

Lose 5 personal accomplishment points.

Proverb

Man hath no greater enemy than himself.

SE3

You have always thought of yourself as an independent person. You knew you were doing drugs too often but you couldn't seem to stop. Because of your drugs you ended up in jail, and are now on parole. Now you have to report everything you do to your parole officer. You feel like a child.

Lose 5 self-confidence points.

Quote

He who cannot obey himself will be commanded.

*Friedrich Nietzsche (1844-1900)
German philosopher*

SE4

Print on
Blue
Cardstock

Cut on
dotted
lines

You don't care what anyone says to you. You want to live fast, and die young. You never think of the future or even the present. Life sucks. But still some part of you wonders if in the future you might regret some of the things you have done.

Lose 3 personal accomplishment points.

Lose 2 self-confidence points.

Quote

The destructive character lives from the feeling, not that life is worth living, but that suicide isn't worth the trouble.

*Walter Benjamin (1892-1946)
German philosopher*

SE5

You have been doing drugs for a long time. You know you use heavily, but you don't consider yourself an addict. You don't use drugs to deal with problems. For you, drugs are a way to relax with friends. And as long as you are only doing drugs for fun you feel that you can't be an addict.

Lose 2 self-confidence points.

Lose 2 personal accomplishment points.

Proverb

There are many paths to the top of the mountain, but the view is always the same.

Chinese proverb

SE6

You like to party and to you partying involves doing drugs. You realize you probably party too much—you just don't feel like you could accomplish anything, even if you tried.

Lose 3 personal accomplishment points.

Lose 3 self-confidence points.

Quote

If men cease to believe that they will one day become gods, then they will surely become worms.

*Henry Miller (1891-1980)
U.S. author*

SE7

You tell people that you know the way to be successful, make money, and have power. It is really simple—just sell drugs.

Lose 2 thinking/judgment points.

Lose 2 personal accomplishment points.

Lose 2 self-confidence points.

Quote

Ambition is the last refuge of the failure.

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

SE8

Print on
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Cardstock

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dotted
lines

Life in the real world is such a drag that you just can't deal with it. Drugs on the other hand make everything seem cool. Since your family hassles you about your drug use, you tell them lies to make your life more acceptable to them.

Lose 1 family point.

Lose 2 personal accomplishment points.

Quote

Man seeks to escape himself and does so by any means at his disposal: drugs, alcohol, or lies.

*Jean Cocteau (1889-1963)
French author and filmmaker*

SE9

You know you do a lot of drugs, in fact, too many drugs. Your family is worried but it is none of their business. Anyway, drugs don't seem to make life any worse than it already has become.

Lose 3 personal satisfaction points.

Lose 3 personal accomplishment points.

Quote

There are few things more dreadful than dealing with a man who knows he is going under, in his own eyes and in the eyes of others.

*James Baldwin (1924-1987)
U.S. author*

SE10

You joined a gang at an early age. You feel that you joined to survive the harsh life of the streets, but you were also sucked into the allure of easy money of drug dealing. However, you are now really confused about who you are. You feel you are no longer truly in touch with who you are as a person.

Lose 5 self-confidence points.

Quote

In the animal kingdom, the rule is eat or be eaten; in the human kingdom, define or be defined.

*Thomas Szasz (b. 1920)
Psychiatrist*

SE11

You try to convince yourself that the real reason you give drugs to your friends is because you are a nice person. Sometimes you wonder if the real reason that you buy them drugs is because you are not sure that they would like you as much if you didn't.

Lose 3 self-confidence points.

Quote

Public opinion is a weak tyrant compared with our own private opinion. What a man thinks of himself, that it is which determines, or rather indicates, his fate.

*Henry David Thoreau (1817-1862)
U.S. philosopher, author, naturalist.*

SE12

Print on
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Cardstock

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dotted
lines

You think you are amusing when you are high on drugs. People say you are funny, but you now realize it is only because you do stupid things.

Lose 1 personal satisfaction point.

Quote

There is an unseemly exposure of the mind as well as the body.

*William Hazlitt (1778-1830)
English essayist*

SE13

After a bad experience on drugs, you tell yourself that you have got to change. But after a while, you forget about your promise, and it's not until you do something stupid again that you remember your broken promise.

Lose 3 personal accomplishment points.

Quote

Change is not made without inconvenience, even from worse to better.

*Richard Hooker (1554-1600)
English theologian*

SE14

You know that your drug use is getting to be a problem, but it seems hard to change. You have established yourself as "user" to your friends and somehow it seems hard to alter your image or your friends' expectations.

Lose 3 self-confidence points.

Proverb

A friend to everybody is a friend to nobody.

SE15

You can't remember the last time that you went to a party where you didn't get high. You get nervous at the thought of going to a party straight. In fact, lately anytime you are not high you feel restless.

Lose 3 self-confidence points.

Proverb

A man's folly is his worst foe.

SE16

Print on
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Cardstock

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dotted
lines

Strangely, you find yourself doing more and more drugs even though you don't really feel good when you do them and you don't particularly feel like getting high.

Lose 2 personal accomplishment points.

Quote

*It is not I who become addicted;
it is my body.*

*Jean Cocteau (1889-1963)
French author & filmmaker*

SE17

You have always wanted to accomplish something special in your life but lately have not been very motivated to pursue your dreams. You just go through the motions, and only seem to be interested in activities that involve drugs.

Lose 5 personal accomplishment points.

Quote

*Lazy people are always anxious
to be doing something.*

*Luc de Clapiers (1715-1747)
French novelist*

SE18

You keep telling yourself that, if you could just stop partying as much, and perhaps work a little harder, things would start to get better. However, every time you try, someone or something gets in the way, and you start doing drugs again.

Lose 3 personal accomplishment points.

Quote

*People are always blaming their
circumstances for what they are. I don't
believe in circumstances. The people
who get on in this world are the people
who get up and look for the
circumstances they want, and, if they
can't find them, make them.*

*George Bernard Shaw (1841-1887)
Author*

SE19

You have been getting stoned and high a lot lately and just can't seem to get motivated to do anything.

Lose 2 personal accomplishment points.

Quote

*The important question is not, what will
yield to man a few scattered pleasures,
but what will render his life happy.*

*Joseph Addison (1672-1719)
English essayist*

SE20

Print on
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Cardstock

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dotted
lines

Between doing drugs and crashing after the binges, you haven't been able to work out much. You are getting out of shape, and no longer feel attractive.

Lose 3 personal satisfaction points.

Quote

Maybe it picks you up a little, but it sure lets you down in a hurry.

*Betty Ford (b.1918)
Former First Lady of the United States*

SE21

You have been using drugs a lot and lately just haven't seemed to be able to keep up with your work at home or at work. You have always considered your family to be the most important thing in your life and you feel like you are letting them down.

Lose 4 personal satisfaction points.

Proverb

He who is of no use to himself, is of no use to anyone.

SE22

You notice that you usually get high because you don't like to feel. You don't get high to be daring or to relax. Rather, you get high so you can become numb to the world around you. When you are on drugs you don't have to deal with anything or anyone.

Lose 3 personal satisfaction points.

Quote

What makes loneliness an anguish is that I have no one to share my burden.

*Dag Hammarskjöld (1905-1961)
Swedish statesman*

SE23

You can't seem to establish a relationship with someone you truly care about. You realize that your standards are too high, that you are way too picky, but not when you get high. When on drugs, it seems that anyone who is nice to you is good enough for sex.

Lose 4 personal satisfaction points.

Quote

*"Yes," I answered you last night.
"No," this morning sir, I say. Colors
seen by candlelight will not look the
same by day.*

*Elizabeth Barrett Browning (1806-1861)
English poet*

SE24

Print on
Blue
Cardstock

Cut on
dotted
lines

You have been trying to stop using drugs for a while. However, you find it is hard to stop using when your friends still use and the drugs are often available.

Lose 2 self-confidence points.

Lose 2 personal satisfaction points.

Proverb

Self-preservation is the first law of nature.

SE25

You are at a party, high on drugs and feeling lonely. You begin to kiss someone at the party. The next morning you realize you were kissing a person that you and your friends usually despise. Now you feel like a fool.

Lose 4 personal satisfaction points.

Proverb

When a person can no longer laugh at himself, it is time for others to laugh at him.

*Thomas Szasz (b. 1920)
U.S. psychiatrist*

SE26

You were wasted on drugs and started talking to an acquaintance about some very personal business. The next morning people teased you about things that you didn't want anyone to know about you.

Lose 4 personal satisfaction points.

Quote

A prudent haste is wisdom's leisure.

SE27

You don't feel like you have control of your life anymore. Drugs seem to have taken control of your life and you do things that you are ashamed of and you know you will keep doing them to keep your drugs.

Lose 4 physical points.

Lose 4 personal satisfaction points.

Quote

*Who have you sold yourself to?
Who have you sold your soul to?*

*Billy Idol (b. 1955)
Rock musician*

SE28

Print on
Blue
Cardstock

Cut on
dotted
lines

You sometimes feel as though you have not accomplished anything in your life and that you probably couldn't even if you tried. You sometimes wish you could change a lot of the stupid things you have done and said while high.

Lose 4 personal accomplishment points.

Quote

He lived a life of going-to-do and died with nothing done.

*James Aubrey (b. 1947)
Screen actor*

SE29

No matter how hard you try, you eventually get cravings for drugs. Then you convince yourself that it will be OK to use one more time. But every time you do this you end up going on a drug binge, and it is not till you drop from exhaustion that you stop.

Lose 4 personal accomplishment points.

Lose 2 self-confidence points.

Fact

A symptom of addiction is craving. Craving is an overwhelming desire to use a drug to increase positive feelings or to avoid negative feelings.

SE30

Lately it seems to you that it is not so much that you want drugs, but you are afraid of what others will say if you stop.

Lose 4 self-confidence points.

Quote

Opinions are made to be changed.

*Lord Byron (1788-1824)
English poet*

SE31

You always had this feeling that one day you would do something special. You have made a lot of money dealing drugs, but you haven't done anything you can be proud of. You are beginning to realize that money alone won't make you happy. You are getting increasingly depressed and wonder if you'll ever be able to change.

Lose 5 personal accomplishment points.

Lose 3 personal satisfaction points.

Proverb

A man who is proud of his money rarely has anything else to be proud of.

SE32

Print on
Blue
Cardstock

Cut on
dotted
lines

It's not only that you find drugs make you care less about other people, first and foremost you find you care less about you.

Lose 5 personal satisfaction points.

Quote

Life has value only when it has something valuable as its object.

*George Hegel (1770-1831)
German philosopher*

SE33

You find that more and more you have to come up with new ways to conceal your drug use from family.

Lose 3 self-confidence points.

Lose 2 family points.

Quote

What man is ashamed of is always at bottom himself.

*R.G. Collingwood (1889-1943)
British philosopher*

SE34

Stealing from other people used to seem wrong to you, but on drugs it just doesn't seem like such a big deal anymore, especially since you know you are smart enough not to get caught.

Lose 4 personal satisfaction points.

Lose 2 personal accomplishment points.

Quote

Punishment is lame but it comes.

*George Herbert (1593-1633)
English clergyman, poet*

SE35

Your significant other left you because of drug use years ago. You still dream about how it used to be, and the family you might now have if you'd gone straight.

Lose 5 personal accomplishment points.

Quote

In love, as like most passions, the recollection of what you have had and lost, is always better than what you can hope for in the future.

*Stendhal (1783-1842)
French author*

SE36

Print on
Blue
Cardstock

Cut on
dotted
lines

You have been using drugs for a while and can't seem to shake an overwhelming sense of dread and hopelessness. You feel like giving up.

Lose 5 personal satisfaction points.

Quote

No one conquers who does not fight.

*Gabriel Briel
Author*

SE37

Some people who used to get along with you say you have become a bore since you are only interested in partying. You wonder if it is true.

Lose 4 self-confidence points.

Lose 2 friends point.

Quote

Bore: a person who talks when you wish him to listen.

*Ambrose Bierce (1842-1914)
U.S. author*

SE38

You have been abusing drugs a lot lately. Your friends begin avoiding you because of your erratic behavior. You don't feel like you can do anything about your behavior.

Lose 2 personal accomplishment points.

Lose 2 friends points.

Lose 2 self-confidence points.

Quote

Vitality shows in not only the ability to persist, but the ability to start over.

*F. Scott Fitzgerald (1896-1940)
U.S. author*

SE39

You and your family are watching a video taken at your sister's wedding. You are shocked and disgusted by how you look and sound. You were high, but you hadn't realized how noticeable it was, until now. You realize you have disappointed your family and yourself.

Lose 3 personal satisfaction points.

Lose 4 self-confidence points.

Lose 2 family points.

Quote

There can be no deep disappointment where there is not deep love.

*Martin Luther King, Jr. (1929-1968)
U.S. clergyman, civil rights leader*

SE40

Print on
Blue
Cardstock

Cut on
dotted
lines

You have been selling drugs and making a lot of money. One thing you love about it is giving extravagant gifts to all your friends and you seem to have more friends than ever. Sometimes you wonder if these "friends" will be around if the gifts stop.

Lose 2 self-confidence points.

Lose 2 personal satisfaction points.

Quote

Love is not to be purchased and affection has no price.

*St. Augustine (354-430)
Christian Saint*

SE41

You aren't invited to your sister's wedding because your family is afraid that you will show up high on drugs again.

Lose 4 personal satisfaction points.

Lose 2 family points.

Quote

Character is much easier kept than recovered.

*Helen Rowland (1875-1950)
U.S. journalist*

SE42

You join a gang. You think it is going to make things easier for you. Over time you realize that many of your friends are being killed in drug related shoot-outs. You are becoming more and more depressed.

Lose 4 personal satisfaction points.

Lose 4 personal accomplishment points.

Lose 6 friends points.

Quote

This is the end, my only friend. The end of our elaborate plans. The end. No safety or surprise. The end. I'll never look into you eyes again.

*Jim Morrison (1943-1971)
Singer for the rock group, "The Doors"*

SE43

You feel like you can always rely on drugs. Friends or family can sometimes let you down, but you feel that drugs are always there when you need it.

Lose 3 family points.

Quote

We have met the enemy and they are us.

*Walt Kelly (1913-1973)
Comic strip artist*

SE44

Print on
Blue
Cardstock

Cut on
dotted
lines

You allow yourself to get into bad situations when you are using drugs. But when withdrawal hits, you wonder, "what was I thinking?" Only you do it again.

Lose 2 personal accomplishment points.

Lose 3 thinking/judgment points.

Lose 2 self-confidence points.

Quote

***You live and learn,
or you don't live long.***

*Robert Heinlein (1907-1988)
U.S. sci-fi writer*

SE45

You continue to use drugs. You eat poorly and never exercise. You feel yourself slipping into a deep, dark, pit of despair.

Lose 5 emotions/sanity points.

Proverb

Everything becomes intolerable to the man who is once subdued by grief.

SE46

You feel as if bad things just happen to you. So you use drugs to forget how bad your life is.

Lose 3 personal satisfaction points.

Lose 3 personal accomplishment points.

Quote

It is not heroin or cocaine that makes one an addict, it is the need to escape from a harsh reality.

*Shirley Chisholm (b. 1924)
U.S. Senator*

SE47

You've always thought you had your drug use under control. But now you notice that you are having more and more cravings for drugs and that you need the drugs to help keep you from feeling sick.

Lose 3 self-confidence points.

Quote

Do not bite the bait of pleasure, till you know there is no hook beneath it.

*Thomas Jefferson (1743-1826)
U.S. President*

SE48

Print on
Blue
Cardstock

Cut on
dotted
lines

You were using drugs and had unprotected sex. You catch a curable venereal disease and have to get treatment. It was very embarrassing and not very pleasant and you don't want anyone to know.

Lose 1 personal satisfaction point.

Pay bank 50 dollars to cover doctor's fee.

Quote

Experience is a hard teacher because she gives the test first and the lesson after.

Vernon Law (b. 1930)
Baseball pitcher

SE49

You don't feel like you have a drug problem, but folks won't seem to leave you alone. A stranger saw you on the street and tried to get you help. You got pissed and slugged him, even though he just wanted to help.

Lose 2 personal satisfaction points.

Lose 2 emotion/sanity points.

Proverb

Drunkenness is an egg from which all vices are hatched.

SE50

A friend of yours was date-raped. The assailant apparently claims he was so high that he doesn't remember a thing, but he says he's certain that she must have been willing. Your friend was not willing and remembers the whole event vividly. You feel that you would never do that, but begin to wonder what things you have done that you can't remember doing.

Lose 2 personal satisfaction points.

Fact

70% of assailants (date rapists) were on alcohol or drugs.

SE51

You were having trouble staying awake at work, especially after a night of partying. You don't want to give up partying so you get some "coke" from a friend of yours to help keep you awake. You figure it's for medicinal purposes and not for fun so you won't get addicted.

Lose 2 personal accomplishment points.

Lose 2 thinking/judgment points.

Quote

*Welcome to my nightmare.
I think you're gonna like it.
I think you're gonna feel
right at home.*

Alice Cooper (b. 1948)
Rock musician

SE52

Print on
Blue
Cardstock

Cut on
dotted
lines

You feel that you will never have any self-discipline and frankly you don't even care. You want to do what you want, when you want, and you don't want anyone else telling you what you need to do—especially when it comes to drugs. Your attitude has made it difficult for your family to deal with you.

Lose 4 personal accomplishment points.

Lose 2 family points.

Quote

Growing up...is a terribly hard thing to do. It is much easier to skip it and go from one childhood to another.

*F. Scott Fitzgerald (1861-1940)
U. S. author*

SE53

You know you won't be able to accomplish anything until you stop doing drugs, but you just don't care. Nothing seems worth the effort.

Lose 2 personal accomplishment points.

Lose 2 self-confidence points.

Quote

To try may be to die, but not to care is never to be born.

William Redfield (1927-1976)

SE54

You use alcohol to reward yourself for a job well done, partly done, and sometimes not done at all.

Lose 1 personal accomplishment point.

Fact

Although alcohol causes feelings of pleasure in low doses, it is a brain depressant and in high doses can cause motor impairment, coma, and even death.

SE55

You know you drink a lot but that doesn't mean anything. Lots of people do. The bad things that keep happening are caused by bad luck, not alcoholism. It is perfectly normal to drink a case of beer a day.

Lose 2 personal accomplishment points.

Lose 2 thinking/judgment points.

Quote

The greatest of faults is to be conscious of none.

*Thomas Carlyle (1795-1881)
Scottish historian*

SE56

Print on
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Cardstock

Cut on
dotted
lines

You know you drink a lot but you need it to deal with all the crap. You have lost several jobs because of your drinking and you are worried that your drinking may cause you to lose your current job. You wish your employers would just loosen up a bit and let you be.

Lose 5 personal accomplishment points.

Quote

Even though a number of people have tried, no one has found a way to drink for a living.

*Jean Kerr (b. 1923)
Author*

SE57

At the last party you went to, you got so drunk that you passed out on the floor. People took your clothes off and took pictures. You were completely humiliated. Lately you've had this recurring nightmare that people were circulating the pictures.

Lose 4 personal satisfaction points.

Lose 4 self-confidence points.

Quote

He who grapples with me and struggles against my strength inevitably seeks the earth with his back.

A Saxon poet in reference to alcohol

SE58

You use alcohol to relax. Family and friends always are on your case. Sometimes the only way you can keep from blowing up or breaking down is to have a few drinks.

Lose 2 personal accomplishment points.

Lose 2 emotions/sanity points.

Quote

Alcohol doesn't console, it doesn't fill up anyone's psychological gaps, all it replaces is the lack of God. It doesn't comfort man.

*Marguerite Duras (b. 1914)
French author*

SE59

When down, or when you are just plain tired of being depressed, you sometimes drink just to get out of the rut.

Lose 3 personal satisfaction points.

Fact

Alcohol has been linked to depression and suicide. In 23% of all suicides, the person was intoxicated at the time of death.

SE60

Print on
Blue
Cardstock

Cut on
dotted
lines

You use alcohol to forget guilty feelings. But when you sober up you feel guilty for drinking, too.

Lose 2 personal satisfaction points.

Quote

Alcohol is necessary for a man so that now and then he can have a good opinion of himself undisturbed by the facts.

*Finley Peter Dunne (1867-1936)
U.S. journalist*

SE61

You went to family picnic. You had a few drinks but didn't think anyone could tell you had been drinking. Later on you see a video of yourself at the picnic, and were embarrassed by how stupid you acted.

Lose 2 self-confidence points.

Quote

Drink not the third glass, which thou canst not tame when once it is within thee.

*George Herbert (1593-1633)
English clergyman, poet*

SE62

You get drunk and high and embarrass yourself by throwing up in front of neighbors at a neighborhood social.

Lose 3 personal satisfaction points.

Lose 1 self-confidence points.

Fact

Throwing up is one of the body's last defenses when the liver cannot break down dangerous substances such as alcohol or drugs. If a person were unable to throw up, the dangerous substances would begin to build up in the blood stream, and brain damage or death could result.

SE63

Lately you have not had enough money to eat right, but you always seem to scrape up enough money to go drinking.

Lose 2 personal satisfaction points.

Lose 2 physical points.

Proverb

Thousands drink themselves to death before one dies of thirst.

SE64

Print on
Blue
Cardstock

Cut on
dotted
lines

You start selling drugs. You end up selling crack to a 6-year-old kid and it kills him.

Lose 6 personal satisfaction points.

Quote

It were better for him that a millstone were hanged about his neck, and he were cast into the sea, than that he should offend one of these little ones.

*The Bible
Luke 17:22*

SE65

You have been using cocaine for weeks. When you run out, you become very depressed and suicidal.

Lose 2 physical points.

Lose 2 personal satisfaction points.

Fact

6% of young adults use cocaine.

SE66

Sometimes the only thing that reminds you how much you use drugs is the tracks on your arm.

Lose 4 personal accomplishment points.

Fact

Many addicts who inject heroin develop severe ulcerated lesions.

SE67

You are so desperate for crystal meth that you begin to swap sex for money or drugs.

Lose 2 personal satisfaction points.

Lose 2 self-confidence points.

Lose 2 emotions/sanity points.

Quote

We say slavery has vanished from civilization, but that is not true. Slavery still exists... Its name is prostitution.

*Victor Hugo (1802-1885)
French novelist*

SE68

Print on
Blue
Cardstock

Cut on
dotted
lines

You made a lot of plans at the beginning of the year for what you wanted to accomplish. It is now the end of the year and you haven't done most of the things you planned on. In fact, most of your time was spent getting stoned.

Lose 3 personal accomplishment points.

Proverb

Nothing ventured, nothing gained.

SE69

You know you are using too much marijuana, but pot isn't really a hard-core drug, like cocaine. You feel it is O.K. to be high as long as you're happy.

Lose 4 personal accomplishment points.

Lose 4 thinking/judgment points.

Quote

Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.

*Carl Jung (1875-1961)
Swiss psychiatrist*

SE70

A smoke alarm went off in your home in the middle of the night. It took you a while to realize it was a false alarm. You were ashamed to discover that you had run to save the drugs, and not your kids.

Lose 3 family points.

Lose 3 personal satisfaction points.

Quote

The only cure for grief is action.

*George Henry Lewes (1817-1878)
English philosopher*

SE71

You sold your child's birthday presents to buy drugs.

Lose 4 family points.

Lose 4 personal satisfaction points.

Quote

A torn jacket is soon mended, but hard words bruise the heart of a child.

*Henry Wadsworth Longfellow (1807-1882)
U. S. poet*

SE72

Print on
Blue
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.



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