

SOCIAL CARDS

(Print on red cardstock.)

These cards show how substance abuse can affect family, friends, significant others, or children. Sometimes people think that substance abuse hurts only the abuser. This is not true. Substance abuse hurts also the people closest to the abuser.



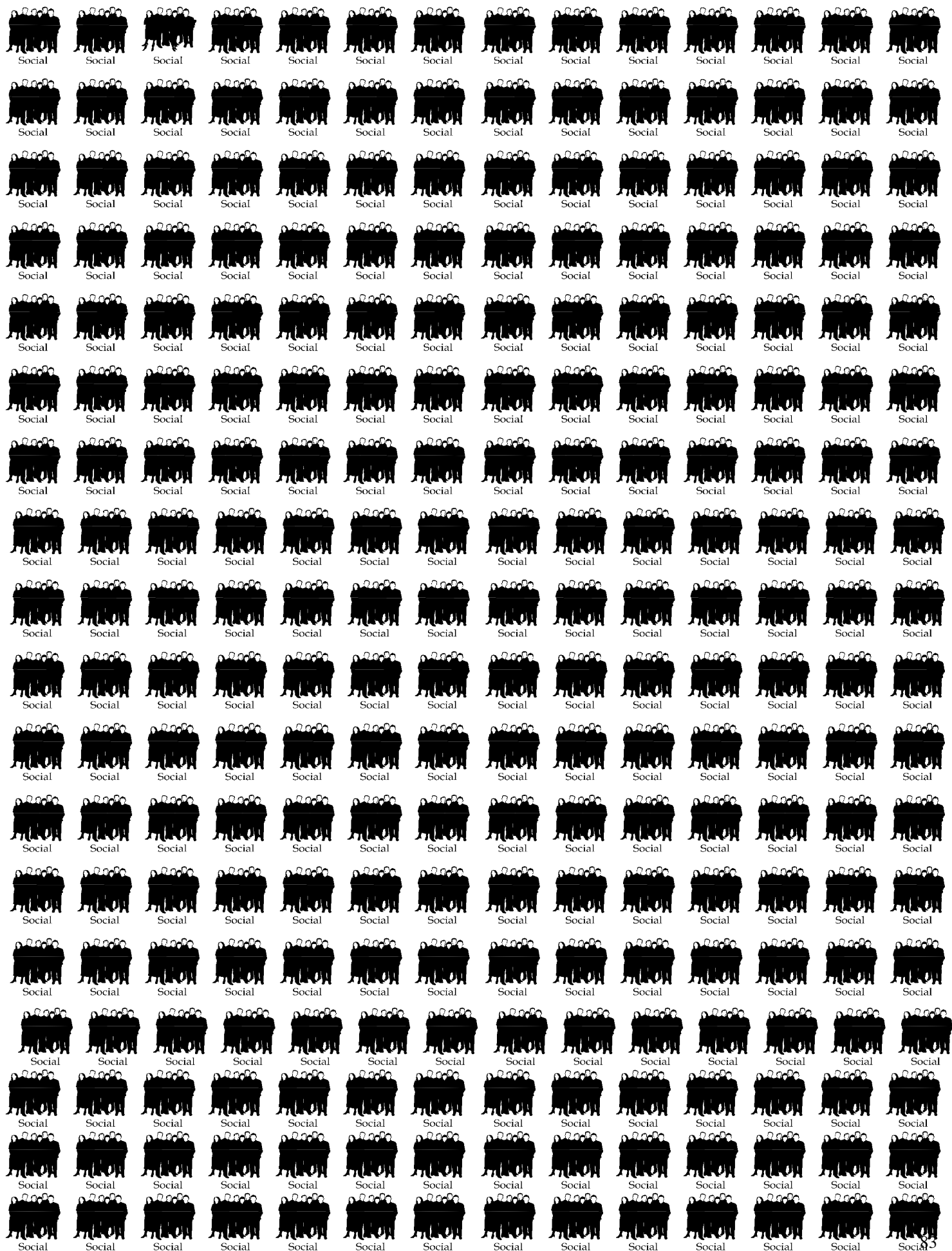
*A habit is no private hell....It is hell for those you love..
and it is the worst kind of hell for those who love you.*

Billie Holiday (1915-1959), *Blues singer*

Social Card Index

General substance abuse cards (SO1-SO35)
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Your family kicks you out of the house because you were stealing money from them to pay for drugs. You think they are being unreasonable, because you really needed the drugs.

Lose 5 family points.

Quote

He reminds me of the man who murdered both his parents and then...pleaded for mercy on the grounds that he was an orphan.

*Abraham Lincoln (1809-1865)
U.S. President*

SO1

You and your buddies go on a camping trip. By mischance you end up with no drugs. You discover that you really don't have much in common with your "friends" when you are straight.

Lose 3 friends points.

Proverb

One man is an island.

SO2

You buy drugs on credit and can't pay the dealers the money. They drive by and shoot up your house. Your brother gets shot.

Lose 6 family points.

Quote

It's not the bullet with my name on it that worries me. It's the one that says "To whom it may concern."

*Anonymous Belfast Resident
Quoted in: Guardian
(London, 16 Oct. 1991)*

SO3

You have been "borrowing" your parents' wedding gifts and pawning them to buy drugs. They find out and kick you out of the house.

Lose 5 family points.

Quote

The greatest punishment is to be despised by your neighbors, the world, and members of your family.

*Edgar Howe (1853-1937)
Writer*

SO4

Print on
Red
Cardstock

Cut on
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lines

**You get wasted and lose your temper.
You hit your significant other and
he/she takes the kids and leaves you.**

Lose 5 significant other points.

Lose 4 family points.

Lose 2 emotions/sanity points.

Quote

***Rage cannot be hidden; it can only be
dissembled.***

*James Baldwin (1934-1987)
U.S. author*

SO5

**You have been living with your parents
because you cannot afford your own
place. Recently police raided the
house, and your parents end up in
trouble for drugs you had stashed in
your room.**

Lose 5 family points.

Proverb

***The ungrateful son is a wart on his
father's face; to leave it is a blemish;
to cut it off is pain.***

SO6

**Your brother was killed in a drug war
because they thought he was you.**

Lose 8 family points.

**Two of your friends were killed in a
car accident when they were both
wasted. Now you see how something
can affect everyone, not just those
who die.**

Lose 8 friends points.

Quote

***Guns are neat little things, aren't they?
They can kill extraordinary people with
very little effort.***

*John W. Hinckley (b. 1955)
attempted assassination of Pres. Reagan*
SO7

Quote

***Any man's death diminishes me,
because I am involved in mankind and
therefore never send to know for whom
the bell tolls, it tolls for thee.***

*John Donne (1572-1631)
Poet*

SO8

Print on
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lines

In a drug-induced frenzy, you destroy stuff at a friend's house. You destroyed some stuff that was very sentimental to them. Now you feel like crap, and still have to apologize to your friend.

Lose 4 friends points.

Lose 2 emotions/sanity points.

Proverb

A broken friendship may be mended but will never be sound.

SO9

Your significant other can't deal with your drug use and becomes increasingly depressed and attempts suicide.

Lose 5 significant other points.

Quote

In this country, don't forget a habit is no damn private hell. There is no solitary confinement outside of jail. A habit is hell for those you love. And in this country it is the worst kind of hell for those who love you.

*Billie Holiday (1915-1959)
Blues singer*

SO10

Due to your continued drug use, sex no longer interests you. Your significant other feels that you no longer love him/her.

Lose 3 physical points.

Lose 3 significant other points.

Quote

It provokes the desire, but takes away the performance.

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

SO11

Friends keep giving you a hard time about your "substance abuse problem." You wish they'd mind their own business. You know that it's not doing you any harm. You would be the first to notice if it was. So you start avoiding anyone who has commented on your substance abuse.

Lose 2 friends points.

Quote

I might show facts as plain as day but since your eyes are blind you'd say "Where? What?" and turn away.

*Christina Rossetti (1830-1894)
Poet*

SO12

Print on
Red
Cardstock

Cut on
dotted
lines

You have become so selfish and self-centered concerning your drug use that you lie to, and use the people closest to you, in order to get drugs.

Lose 2 family points.

Lose 2 friends points.

Lose 2 significant other points.

Quote

You have no right to be born, for you make no use of life. Instead of living for yourself... you seek only to fasten your feebleness onto other strengths.

*Charlotte Bronte (1816-1855)
English novelist*

SO13

It seems odd to you that when you need a fix that you could do anything to get it—you steal from your own mother to get money for drugs.

Lose 4 emotions/sanity points.

Lose 2 family points.

Quote

How sharper than a serpent's tooth it is to have a thankless child.

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

SO14

Your friend volunteers his house as a place to do drugs one weekend. One day when your friend is out you attempt to break in and steal his stereo and compact disks, but he catches you in the act.

Lose 6 friends points.

Quote

It is easier to forgive an enemy than to forgive a friend.

*William Blake (1757-1827)
English poet and artist*

SO15

Sometimes you are amazed by how tough it is to feel any emotions at all. It is as though the drugs have cut off your feelings altogether. You don't even care about your family or friends anymore.

Lose 2 emotions/sanity points.

Lose 2 family points.

Quote

The worst sin toward our fellow creatures is not to hate them but to be indifferent to them; that's the essence of inhumanity.

*George Bernard Shaw (1856-1950)
Anglo-Irish playwright, critic*

SO16

Print on
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lines

One thing that bothers you about your continued drug use is the time lost with family and friends, but you still can't get yourself to stop.

Lose 3 family points.

Lose 2 friends points.

Quote

Lost time is never found again.

*Benjamin Franklin (1706-1790)
U.S. statesman, writer*

SO17

You try to get friends to use drugs with you so you will feel less guilty about using. You don't feel bad about encouraging friends to use because that is really their own decision.

Lose 4 friends points.

Quote

All a man can betray is his own conscience.

*Joseph Conrad (1857-1924)
English novelist*

SO18

You ask your brother to pick up a package for you. Although he didn't know it, he was picking up your supply of drugs. Your brother gets stabbed and nearly dies when the deal goes bad. Now you wish you hadn't gotten him involved.

Lose 6 family points.

Proverb

I have often regretted my speech, never my silence.

SO19

Your family says that they can no longer tolerate your drug use. They can't stand watching you hurt yourself, and it is hurting the family. They tell you that if you mess up once more, they will no longer consider you family.

Lose 4 family points.

Quote

Sin lies only in hurting other people unnecessarily. All other "sins" are invented nonsense. (Hurting yourself is not sinful—just stupid.)

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

SO20

Print on
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lines

You were driving while on drugs and lost your license. It was a blast and the whole thing would be sort of funny if you didn't have to bum rides off your friends, who are getting sick of being your driver.

Lose 4 friends points.

Proverb

A fool will laugh while he is drowning.

SO21

Your significant other got a Christmas bonus and was going to use it to buy Christmas presents. You took the money without saying anything, to buy yourself drugs.

Lose 4 significant other points.

Quote

Whenever a man commits a crime, God finds a witness... every secret crime has its reporter.

*Ralph Waldo Emerson (1803-82)
U.S. essayist, poet, philosopher*

SO22

You are on drugs and hit on your best friend's significant other. Your best friend is so upset that he/she never wants to have anything to do with you again.

Lose 4 friends points.

Proverb

They hurt themselves that do wrong.

SO23

Your six-year-old brother was visiting you and you were on drugs. You didn't think it was noticeable, but your brother became upset and frightened and said that you were "different" and that he "didn't like you anymore."

Lose 4 family points.

Proverb

Where can one be happier than in the bosom of his family.

SO24

Print on
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Cut on
dotted
lines

You are wasted and started to kiss an acquaintance. The next morning he/she was really angry and complained that you had been sexually harassing him/her.

Lose 4 friends points.

Quote

O God, that men should put an enemy in their mouths to steal their brains away. That we should with joy, pleasure, revel, and applause, transform ourselves into beasts.

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

SO25

You need some extra money to support your drug use. You are too embarrassed to ask your parents for money, so you lie to your family saying you need the money for food. They later find out you spent the money on drugs. They no longer trust you.

Lose 4 family points.

Quote

We never know the worth of water till the well is dry.

*Thomas Fuller (1608-1661)
English clergyman*

SO26

You get high at a party and try to get someone you know to have sex with you. Your significant other finds the two of you together and breaks up with you.

Lose 6 significant other points.

Quote

The accidental reveals the man.

*Pablo Picasso (1881-1973)
Artist*

SO27

You sold your wedding ring to buy drugs. Your significant other is upset that the symbol of your marriage means so little to you.

Lose 4 significant other points.

Lost 1 personal satisfaction points.

Proverb

He that is unkind to his own, will be unkind to others.

SO28

Print on
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dotted
lines

You have wanted to "get to know" someone better for quite some time. At a party, you try to make sure that they get drugged, so you can take advantage of them. He or she figures out what you were trying to do and loses all respect for you, and tells his or her friends about your motives.

Lose 4 friends points.

Proverb

Forced love does not last.

SO29

You were out with some friends getting high on drugs. When your significant other asks where you have been, you lose your temper and start screaming at him/her. You say a lot of things that you now wish you hadn't.

Lose 4 significant other points.

Lose 2 emotions/sanity points.

Quote

When angry, count to ten before you speak; if very angry, a hundred.

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

SO30

Your sister called while you were on drugs and you don't really remember what you said to her. When you call her in the morning she is mad and says she does not want to talk to you anymore. You wish you could go back and say things differently.

Lose 4 family points.

Quote

It's the things I might have said that fester.

Clemence Dane (1888-1965)
British playwright

SO31

You were too high to go to work. The boss says that the next time you miss work you are fired. You don't care; you don't feel like doing anything anyway. You have an argument with your significant other about your missing work.

Lose 4 significant other points.

Quote

There is nothing worse than an idle hour... People who have many such hours are simply animals waiting docilely for death.

H.L. Mencken (1880-1956)
U.S. journalist

SO32

Print on
Red
Cardstock

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lines

You get trashed on drugs and end up taking a date back to your house for unprotected sex. Your dating partner catches you and leaves you.

Lose 6 significant other points.

That's not all, folks!!! Roll a die...

If you roll a:

- 1 or 2 You are lucky—no STDs this time.
- 3 or 4 You get a curable venereal disease—
Lose 2 physical points.
- 5 or 6 You get infected with the AIDS virus—
Lose 6 physical points.

Fact

More than 1.5 million Americans are now believed to be HIV+.

SO33

You sold the present your significant other got you for your birthday so you could spend the money on drugs.

Lose 4 significant other points.

Quote

Men are divided between those who are as thrifty as if they would live forever, and those who are as extravagant as if they were going to die the next day.

*Aristotle (384-322 B. C.)
Greek philosopher*

SO34

Several of your friends have gotten into fights trying to keep you from getting into one when you are drunk or high.

Lose 4 friends points.

Fact

Violent crime has been linked with alcohol use:

87% of murderers had been drinking.

35% of violent crimes are committed by people who have been drinking.

SO35

You were in a drinking contest at a party and managed to drink the most of anyone there. You thought you were pretty cool and very amusing, but your date thought you were a "slobbering pig" and went home with someone else.

Lose 3 significant other points.

Fact

The life expectancy for heavy drinkers is 12 years shorter than for moderate or non-drinkers.

SO36

Print on
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lines

You get drunk at the bowling alley and pass out. Your significant other has to pick you up and is very embarrassed.

Lose 3 significant other points.

Fact

At blood alcohol levels of .20 (twice the legal limit for driving) most people have difficulty staying awake and gross body movements can only be made with some assistance.

SO37

You use alcohol to manipulate friends. You often encourage your friend to drink because he does really stupid things that you think are funny when he's drunk. Last night however, you didn't think it was too funny. You got your friend drunk, and he crashed his motorcycle and nearly killed himself.

Lose 4 friends points.

Lose 2 personal satisfaction points.

Quote

He who encourages a man to get drunk through kindness must do penance... if for spite, he is to be adjudged as a homicide.

Early Christian Laws in England

SO38

You get drunk and come home late. Your significant other asks where you have been and you get mad and push him/her. You both end up falling down the stairs. The fall causes a miscarriage and you lose your unborn child.

Lose 6 family points.

Proverb

Anger begins with folly and ends in repentance.

SO39

You are depressed and drunk and decide that you are going to kill yourself. Your significant other tries to stop you, and you accidentally shoot him/her.

Lose 6 significant other points.

Fact

1/2 of all homicides and 1/3 of all suicides in the U.S. are alcohol related.

SO40

Print on
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Cut on
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lines

One of your friends got into a fight at a bar because of the rude things you were saying. Your friend said he will no longer tolerate your, "Dr. Jekyll, Mr. Hyde" personality changes when you drink.

Lose 4 friends points.

Proverb

Drunkenness makes some men fools, some men beasts, and some devils.

SO41

Some of your friends who had never touched alcohol started drinking under your pressure. Now one of them has become obnoxious about drinking, it's all they talk about, and they have lost interest in other activities that they used to enjoy.

Lose 3 friends points.

Quote

By the time a bartender knows what drink a man will have before he orders, there is little else about the man worth knowing.

*Don Marquise (1878-1937)
U.S. humorist*

SO42

A friend of yours was really depressed. You thought it would do him good to get drunk, to get his mind off his problems. He got drunk all right but he was so bummed out he was no fun to be with, and you left him and went to a party. That night your friend killed himself. You wonder if you should have gotten him drunk after all.

Lose 6 friends points.

Lose 2 personal satisfaction points.

Lose 2 emotions/sanity points.

Fact

35% of all suicides were drinking before committing suicide.

SO43

You are high on crack and hear a noise in the house. You shoot at the noise only to discover that it was the dog. Your significant other is furious and the children are afraid of you.

Lose 4 family points.

Lose 2 thinking/judgment points.

Proverb

All asses do not go on four feet.

SO44

Print on
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Cardstock

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lines

You went out with a friend you had not seen in a long time. You got high on cocaine as usual. The next morning your friend says, "You seem like a completely different person when you are on drugs and I didn't particularly like that person." Your friend suggests you get off drugs, if you want to hang out with him or her.

Lose 3 friends points.

Proverb

He who won't be advised can't be helped.

SO45

Your younger sister found heroin in your room and tried it. Now she is addicted.

Lose 5 family points.

Quote

Whatever a man sows, that shall he also reap.

*Galatians 6:7
The Bible*

SO46

You hook up your friend with some heroin from some people you trust. The heroin is really high-grade stuff, only your friend does not usually use heroin that pure, and it kills him.

Lose 8 friends points.

Quote

The scars of others should teach us caution.

*St. Jerome (342-440)
Christian Saint*

SO47

You shoot up heroin with a dirty needle; you get AIDS and give it to your partner.

Lose 6 physical points.

Lose 6 significant other points.

Quote

AIDS obliges people to think of sex as having possible the direct consequences; suicide or murder.

*Susan Sontag (1933-2004)
Essayist*

SO48

Print on
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Cardstock

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lines

You shoot up with a dirty needle and get hepatitis and then pass it on to your family.

Lose 4 physical points.

Lose 4 family points.

Lose 2 thinking/judgment points.

Quote

A junkie runs on junk time. When his junk is cut off, the clock runs down and stops.

*William Burroughs (b. 1914)
U.S. author*

SO49

While on LSD you hallucinated that one of your best friends was a vampire-monster-alien-robot and that you needed to kill him. Luckily, you didn't manage to hurt him, but he is still very angry with you.

Lose 5 emotions/sanity points.

Lose 5 friends points.

Quote

There is no sin except stupidity.

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

SO51

You find that you use work as an excuse to continue using crystal meth. You can work for weeks on end. Your children only see you when you come home to crash. The drug makes you feel like the Bunny from the battery commercial -only you crash.

Lose 2 physical points.

Lose 2 family points.

Quote

The child's sob in silence curses deeper than a strong man in his wrath.

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

SO50

Once, while sober, you had to keep an eye on your own son to make sure he didn't die from alcohol poisoning. It seemed strange how the roles had reversed and you wonder if it is your fault.

Lose 1 self-confidence point.

Lose 2 family points.

Proverb

***Even as the father
so shall the son be.***

SO52

Print on
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Cardstock

Cut on
dotted
lines

You make a lot of money dealing and you love showering gifts on your kids. They love the toys but are always asking what your job is. They're sure it is something important and you don't want to disappoint them by telling them that you are a drug dealer and a criminal.

Lose 2 family points.

Lose 2 personal satisfaction points.

Lose 2 personal accomplishment points.

Quote

Better honor than shameful wealth.

Eustace Deschamps (1345-1406)
Poet

SO53

You get high and pass out. Neighbors hear your baby crying and call the police. You are arrested for neglect and must go to court to maintain custody of the child. Your child is put in foster care until the court decides if you are a fit parent and you have to find the money to pay for a lawyer.

Lose 4 family points.

Pay the bank \$ 1,200 to cover lawyer expenses.
Sell possessions to raise money. If you still cannot raise the money family, friends, or your significant other can bail you out at a cost of 5 Social Support points.

Quote

Man ought to be man and master of his fate; but children are at the mercy of those around them.

John Lubeck
Writer

SO54

You have used a lot of the money you usually spend on the kids on drugs. You can't afford to get your kids new clothes and they often go to school without lunch money. The other kids tease them for being so "dorky." Your kids are getting very resentful toward you and feel you no longer love them.

Lose 4 family points.

Quote

Grown-ups never understand anything for themselves, and it is tiresome for children to be always and forever explaining things to them.

Antoine De Saint-Exupery (1900-1944)
French novelist

SO55

You use drugs daily but even the drugs don't help. You are becoming more and more depressed. You think that it can't possibly be affecting your children until the school counselor calls to tell you that your children have become depressed and withdrawn.

Lose 4 family points.

Lose 2 emotions sanity points.

Quote

No individual is isolated. He who is sad saddens others.

Antoine De Saint-Exupery (1900-1944)
French novelist

SO56

Print on
Red
Cardstock

Cut on
dotted
lines

You get drunk and pass out. You forget to pick your child up at school. He/she wanders the streets until nightfall, upset and not wanting to come home. A police officer brings him/her home and wakes you out of a stupor.

Lose 5 family points.

Quote

And often times, the excuse of a fault makes the fault the worser by the excuse.

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

SO57

Your child finds your drug supply and gives it to kids at school and gets expelled.

Lose 5 family points.

Quote

The gods visit the sins of the fathers upon the children.

*Euripides (485-406 BC)
Greek tragedian*

SO58

You are high on drugs but decide to pick up your child from school anyway. You get into an accident and your child loses a leg.

Lose 4 family points.

Quote

No greater sorrow than to recall in our misery the time when we were happy.

*Dante Alighieri (1265-1321)
Italian poet*

SO59

Your child blames himself/herself for your drug use and attempts suicide.

Lose 6 family points.

Quote

Nothing fortuitous happens in a child's world. There are no accidents. Everything is connected with everything else and everything can be explained by everything else.

*John Berger (b. 1926)
Author*

SO60

Print on
Red
Cardstock

Cut on
dotted
lines

Your kids are caught using drugs at school and they say they got the drugs from you.

Lose 5 family points.

Fact

Serious involvement with drugs is related to whether other family members are also drug users.

SO61

Your kids need clothes for school and you don't have the money. You borrow \$200 dollars from relatives. You know your kids need clothes but you really need to buy some drugs instead. Your children just don't understand and say that you are neglecting them.

Lose 4 family points.

Proverb

The beginning of wisdom is to call things by their right names.

Chinese Proverb

SO62

Your child is so embarrassed by your drug use that she refuses to be seen with you in public and will even pretend that he/she doesn't know you.

Lose 5 family points.

Quote

Children begin by loving their parents. After a time they judge them. Rarely, if ever, do they forgive them.

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

SO63

There is a dry spell for drugs and you are getting desperate. You ask your kids if they know anyone at school who sells dope. Your kids get in trouble at school for soliciting illegal substances.

Lose 5 family points.

Proverb

As ye sow, so shall ye reap.

SO64

Print on
Red
Cardstock

Cut on
dotted
lines

You always justified your drug dealing as a way to provide a better life for your kids. You always told them it was wrong, and not to get involved. You just found out that one of your children has been arrested for dealing drugs at school.

Lose 4 children points.

Lose 2 personal satisfaction points.

Lose 1 thinking/judgment point.

Quote

The ends cannot justify the means for the simple and obvious reason that the means employed determine the nature of the end produced.

*Aldous Huxley (1894-1963)
British novelist*

SO65

You are wasted on drugs and become really obnoxious at a parent-child day at school. Your kid tells you that he now feels like the teacher and other kids are avoiding him/her because of your behavior.

Lose 5 family points.

Quote

Reputation, Reputation, Reputation. I have lost my reputation, I have lost the immortal part of myself and what remains is bestial.

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

SO66

You know that if you keep using drugs, you may lose custody of your children, but you know withdrawal will be hell and recovery would be even more difficult.

Lose 5 family points.

Lose 2 personal accomplishment points.

Quote

It is better to drink deep griefs than taste shallow pleasures

*William Hazlitt (1778-1830)
British essayist*

SO67

Your kids see you shooting up and lose all respect for you.

Lose 5 family points.

Quote

If we could see ourselves as others see us we would laugh on the spot.

*E.M. Cloran
Philosopher*

SO68

Print on
Red
Cardstock

Cut on
dotted
lines

Your child is born deformed and the doctor says that the birth defects are caused by your continued drug use. You have to explain to your significant other that birth defects are caused by your drug use.

Lose 3 significant other points.

Lose 2 family points.

Fact

** Fetal alcohol syndrome involves birth defects among pregnant women who drink heavily (happens once every 750 births.)*

**Heavy caffeine use can slow the baby's growth.*

**Multiple-drug use in either parent can change the genes and cause birth defects.*

SO69

Your children are taken away to live in a foster home because of your drug abuse.

Lose 6 family points.

Proverb

Let pain deserved without complaint be borne.

SO70

You are wasted. You lose your temper when your child asks why you weren't home for supper. You shove the child into a wall and give him/her a bloody nose. Your child's teacher asks what happened. When your child explains, the teacher reports you to child protective services.

Lose 5 family points.

Quote

People who treat other people as less than human must not be surprised when the bread they have cast on the water comes floating back to them poisoned.

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

SO71

You are driving your mate and your child home. You are wasted and end up crashing the car. You survive the accident but your partner is dead and your child is in critical condition. You feel that if you had just not driven everything would still be all right.

Lose 8 significant other points.

Lose 5 family points.

Quote

*For of all sad words of tongue or pen,
the saddest are these; it might have been.*

*John Greenleaf Whittier
(1807-1892)
Poet*

SO72

Print on
Red
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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