

Downward Spiral

Adolescent Version

Appendix A:
Downward Spiral
Cards

Financial/Legal Cards

(Print on lift-off lemon 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



You were expelled from school because you frequently showed up high. Now you don't know if you will complete high school.

Lose 2 personal accomplishment points.

QUOTE

Some of us will do our jobs well and some will not, but we will be judged by only one thing – the result.

*Vince Lombardi (1913-1970)
Football Coach*

YFL1

Someone at school noticed that you were snorting cocaine in the bathroom and notified the principal. Your parents are told and you lose your allowance and all after school privileges.

Pay the bank \$50 for your allowance.

Proverb

Learn from the mistakes of others. You don't have to make them all yourself.

YFL2

Print on
terra green
cardstock.
Cut on
dotted
lines.

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

Lose 4 thinking/judgment points.

GO TO JAIL!!

Proverb

A man is known by the company he keeps.

YFL3

You spend all your money on drugs and you begin stealing from your parents.

Lose 3 family points.

Proverb

A fool and his money are soon parted.

YFL4

You used all of your money on drugs last weekend. Your friend is getting annoyed because you keep bumming food in the cafeteria.

Lose 1 friend point.

Quote

The only way to have a friend is to be one.

*Ralph Waldo Emerson (1803-1882)
Poet*

YFL5

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.

Lose 3 thinking/judgment points

Quote

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

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

YFL7

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 parents' house has burned down due to your carelessness.

Lose all your possessions except your car and pay a \$100 fine for littering.

- No money? Sell car.
- No car? Borrow from friends/family for 6 friend or family points.
- Can't borrow? GO TO JAIL

Proverb

It is an ill bird that fouls its own nest.

YFL6

You get arrested for drug dealing and you call your parents from jail. Not only are they deeply disappointed in you but you now owe them \$1,000 bail money.

GO TO JAIL!!!

You must come up with \$1,000 for bail money.

- No money? Sell possessions.
- No possessions? Ask your friends or girl/boy friend to help you out, but it will cost you 2 social support points.

Proverb

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

YFL8

Print on
terra green
cardstock.
Cut on
dotted
lines.

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

Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

*William James (1842-1942)
American psychologist*

YFL9

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.

- No money? Sell a possession.
- No possessions? Borrow from friends, family, or your girl/boy friend for a cost of 6 social support points.
- Can't borrow? GO TO JAIL and lose 3 thinking/judgment points.

Quote

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

*Edgar Watson Howe (1853-1937)
Writer*

YFL10

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 health points.

Pay the bank \$5,000 for destroying property.

- No money? Sell possessions.
- No possessions? Borrow from family, friends, or girl/boy friend for an additional 2 social support points.

Quote

I had such a wonderful life before drugs and alcohol abuse.

*Harvey Martin (1950-2001)
NFL Football player*

YFL11

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 little brother gets shot.

Lose 6 family support points.

Pay \$2,000 in hospital fees.

- No money? Sell possessions.
- No possessions? Borrow from family, friends, or girl/boy friend for an additional 3 social support points.

Quote

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

*Billy Idol (b. 1955)
Rock musician*

YFL12

Print on
terra green
cardstock.
Cut on
dotted
lines.

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

GO TO JAIL!!

Quote

Your sin will find you out.

*Numbers 32:23
The Bible*

YFL13

You got drunk before school and parked in a reserved space. Your car was towed.

Pay the bank \$25.

- No money? Sell possessions.
- No possessions? Ask a friend or your boy/girl friend, but you lose 1 friend point.
- No friend points? – GO TO JAIL.

Fact

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

YFL14

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 emotional health points.

GO TO JAIL for assault.

Proverb

A man can stand a lot as long as he can stand himself.

YFL15

You have been missing school lately because of your drug use. Your school is fed up with your absences and suspends you.

Lose 3 thinking/judgment points.

Proverb

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

YFL16

Print on
terra green
cardstock.
Cut on
dotted
lines.

You try to fool 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 for 2 turns.

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*

YFL17

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 for 2 turns.

Quote

Everything we do has consequences.

*Dennis Potter (1935-1994)
English dramatist*

YFL18

Your drug dealer "fronts" you some drugs. You thought you could sell enough to pay him back but you used them all instead. His gang is after you and wants the money or your life.

Lose 5 thinking/judgment points.

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.

GO TO JAIL!!

Proverb

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

YFL19

Quote

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

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

YFL20

Print on
terra green
cardstock.
Cut on
dotted
lines.

OK, 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, 2, or 3 You sell drugs to a college student who commits suicide while high.
Lose 4 self-esteem points
Lose 4 emotional health points

4, 5, or 6 You get busted by cops.
GO TO JAIL for 2 turns.

Proverb

Everything is temporary.

YFL21

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. You are sent to jail and during the trial you have to face the family of the man you killed.

Lose 4 emotional health points.

GO TO JAIL for 2 turns

Quote

Nothing good ever comes of violence.

*Martin Luther (1483-1546)
German priest*

YFL22

You are driving while high. You lose control of the wheel 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.

Lose 4 self-esteem points.

GO TO JAIL!!

Quote

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

*George Elliot (1819-1880)
British novelist*

YFL23

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 health points.

GO TO JAIL!!!

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*

YFL24

Print on
terra green
cardstock.
Cut on
dotted
lines.

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

Lose 4 thinking/judgment points.

GO TO JAIL!

Proverb

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

YFL25

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

Pay the bank \$500.

- No money? Sell possessions.
- No possessions? You may borrow from friends, family, or your girl/boy friend but it will cost you 2 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*

YFL26

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 firefighters 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.

YFL27

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.

- No money? Sell possessions.
- No possessions? You may ask friends, family, or your girl/boy friend to help you out, but it will cost you 2 social support points.

Proverb

Opportunity makes a thief.

YFL28

Print on
terra green
cardstock.
Cut on
dotted
lines.

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 mile back. You hadn't even noticed that you had hit someone.

Lose 6 emotional health points.

GO TO JAIL for 2 turns.

Quote

Here's to alcohol: the cause of, and answer to, all of life's problems.

*Matt Groening (b. 1954)
American cartoonist.*

YFL29

You often find that most of your conversations concern the times you have been drunk or used drugs. While talking with friends you start craving drugs and can't stop yourself from buying some.

Pay the bank \$30 to cover expenses.

- No money? Sell possessions.
- No possessions? You may ask friends, family, or your girl/boy friend to help you out, but it will cost you 3 social support points.

Quote

If you don't like the road you're walking, start paving another one.

*Dolly Parton (b. 1946)
American musician*

YFL30

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

Lose 6 emotional health points.

GO TO JAIL!!

Quote

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

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

YFL31

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 health points.

Lose 2 thinking/judgment points.

Pay the bank \$250 to cover the hospital expenses.

- No money? Sell your possessions.
- No possessions? Borrow from family, friends, or girl/boy friend but it will cost you 3 social support points.

Fact

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

YFL32

Print on
terra 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.

- No money? Sell a possession.
- No possessions? Borrow from family, friends, or girl/boy friend at a cost of 4 social support points.

Quote

Stupidity has a knack of getting its way.

*Albert Camus (1913-1960)
French philosopher*

YFL33

You and a friend are driving home from your dealer's house. Your friend thinks you are being pulled over and yells at you to eat the drugs. You overdose and are taken to the hospital.

Lose 3 thinking/judgment points.

Pay the bank \$350 dollars to cover medical costs.

- No money? Sell a possession.
- No possessions? Borrow from friends or family at a cost of 2 friend or family points.

Fact

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

YFL34

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

GO TO JAIL!!

You must come up with \$500 for bail money.

- No money? Sell possessions.
- No possessions? Ask your friends, family, or girl/boy friend to help you out, but it will cost you 2 social support points.

Quote

To enjoy freedom we have to control ourselves.

*Virginia Woolf (1882-1941)
English author*

YFL35

You have been lying about your drug use. You've been skipping school and using drugs instead. The principal at your school calls your parents – now you are caught. Your parents take away your allowance for a month.

Collect only \$150 the next time you pass the pay square.

Lose 5 family points.

Proverb

The best mind-altering drug is truth.

YFL36

Print on
terra green
cardstock.
Cut on
dotted
lines.

When you were already high, you ended up blowing \$200 on drugs on some "new found friends" that you met at a party.

Pay the bank \$200 to cover expenses.

- No money? Sell a possession.
- No possessions? You may ask your family, friends, or girl/boy friend for the money, but it will cost you 2 social support points.

Quote

Money without brains is always dangerous.

*Napoleon Hill (1883-1970)
American Author*

YFL37

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 emotional health points.

Proverb

Be true to your work, your word, and your friend.

YFL38

Since you lost your job you need more money to buy drugs and decide to pawn your dad's X-Box. He finds out and makes you buy him a new one or find someplace else to live. He doesn't trust you anymore.

Pay the bank \$300 for a new X-Box.

- No money? Sell possessions.
- No possessions? Ask your friends or girl/boy friend to help you out, but it costs you 3 social support points.

Quote

Honor your father and your mother, so that your days may be long...

*Ten Commandments
The Bible*

YFL39

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.

- No money? Sell your possessions.
- No possessions? Borrow from friends, family, or girl/boy friend at a cost of 6 social support points.
- Can't borrow? Stay in jail an extra turn.

Quote

Associate yourself with men of good quality if you value your own reputation for it's better to be alone than in bad company.

*George Washington (1608-1661)
1st US President*

YFL40

Print on
terra 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.

Lose 4 self-esteem points.

GO TO JAIL!!

Quote

It is better to suffer wrong than to do it.

*Thomas Fuller (1608-1661)
English Cleric*

YFL41

You try to talk your girl/boy friend into being a prostitute so you can get money for drugs. Your girl/boy friend leaves you and crashes your car.

Lose all your possessions.

Proverb

He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.

YFL42

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

Lose 3 self-esteem points.

GO TO JAIL!!

Proverb

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

YFL43

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

Lose 4 friend points.

GO TO JAIL!!

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*

YFL44

Print on
terra green
cardstock.
Cut on
dotted
lines.

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

GO TO JAIL!!

Fact

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

U. S. Department of Health and Human Services

YFL45

You like to relax and forget about your problems by taking xanax. You know you’re using too much, but you like the feeling. You have a seizure while eating at a restaurant with your family.

Lose 2 family points.

Proverb

Life’s problems wouldn’t be called “hurdles” if there wasn’t a way to get over them.

YFL46

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 GO TO JAIL.

Fact

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

YFL47

Print on
terra green
cardstock.
Cut on
dotted
lines.