Downward Spira

Adolescent Version

Appendix B:
Downward Spiral
Score Sheets

DOWNWARD SPIRAL SCORE SHEET

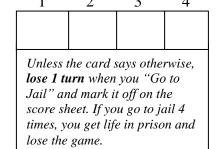
	POINTS														
Dimension	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Emotional Health															
Physical Health															
Thinking/ Judgment															
Girl/Boy Friend Support															
Family Support															
Friend Support															
Personal Satisfaction															
Personal Accomplishment															
Self-Confidence/ Self-Esteem															

Note: If you lose all 15 points in any row, start to mark off consequences in a similar dimension. For example, if you lost all 15 Physical Health points, you would start to lose either the Emotional Health or Thinking/Judgment points.

Value of Personal Possessions

Possession	Value	Lose					
Car	\$5,000		Selling an Item If you have no money,				
Laptop	\$1,000		you may attempt to sell your possessions to raise money that you				
Flat Screen TV	\$500		Announce which item you intend to sell.				
iPod	\$200		You can sell the item and receive the full value from the bank. You keep the differ-				
CDs/DVDs	\$200		ence between what you owe and the value of the possession.				
Jewelry	\$150		If the object is not worth enough to cover your debt, continue to				
Cell Phone	\$100		sell possessions until the dollar amount of the debt is covered.				

Times sent to Jail



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