

Playing is easy:

- 1) Role the dice.
- 2) Move your playing piece to the appropriate square.
- 3) Receive a card that matches the color/symbol of the square.
- 4) Read the card to players.
- 5) Keep track of what occurs on your score sheet.
- 6) You lose if you die, go to jail 4 times, or voted as having the most “damage” by other players.



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

Lose 5 Family pts.

Fact

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

A Sample Card

[Downward Spiral](#) is a board game, similar to Monopoly™, in which players take on the role of someone who has decided to continue to abuse substances and the subsequent effects to one's health, social support network, and financial/legal situation. It is backed by research that supports its effectiveness!! Contact [Dr. Don Dansereau](#) for information on our research.

To purchase a put-it-together manual, please contact **Lighthouse Institute Publications** at: www.chestnut.org/LI/bookstore/index.html

A **limited** number of copies of ***Downward Spiral*** are available for purchase through the IBR. Please e-mail Cindy Hayes at c.hayes@tcu.edu for more information.

