



ISOLATION

ISOLATION PROBLEM CARD  
PLACE ADJACENT TO ANOTHER  
ISOLATION OR WORK PROBLEM CARD



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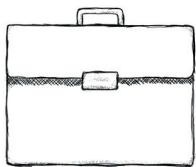
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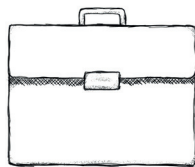
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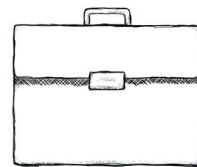
WORK

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PLACE ADJACENT TO ANOTHER  
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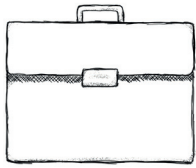
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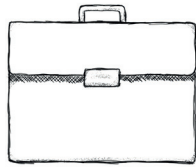
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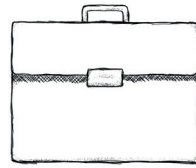
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**WORK**

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WORK PROBLEM CARD



**ABUSE**

ABUSE PROBLEM CARD  
PLACE ADJACENT TO ANOTHER ABUSE OR  
ISOLATION PROBLEM CARD



**ABUSE**

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PLACE ADJACENT TO ANOTHER ABUSE OR  
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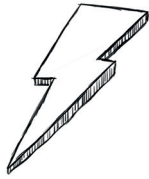
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ISOLATION PROBLEM CARD



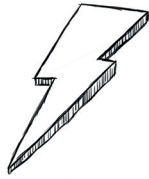
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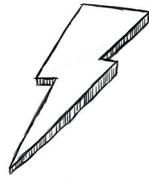
ANGER

ANGER PROBLEM CARD  
PLACE ADJACENT TO AN  
ABUSE OR WORK PROBLEM CARD



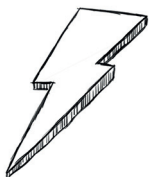
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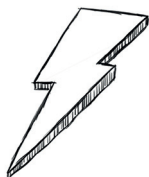
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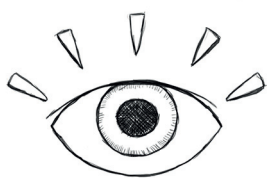
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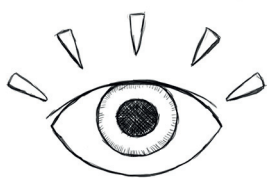
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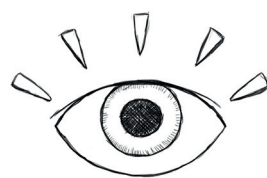
RESTLESSNESS

RESTLESSNESS PROBLEM CARD  
PLACE ADJACENT TO ANOTHER  
RESTLESSNESS PROBLEM CARD



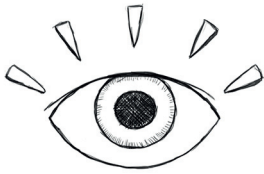
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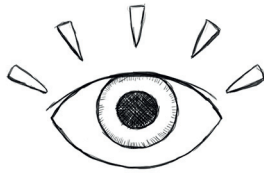
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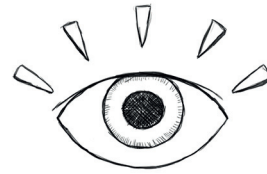
# RESTLESSNESS

RESTLESSNESS PROBLEM CARD  
PLACE ADJACENT TO ANOTHER  
RESTLESSNESS PROBLEM CARD



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# RESTLESSNESS

RESTLESSNESS PROBLEM CARD  
PLACE ADJACENT TO ANOTHER  
RESTLESSNESS PROBLEM CARD



## ISOLATION CLINICAL CARD

IF THERE ARE 3+ ISOLATION PROBLEM  
CARDS IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



## ISOLATION CLINICAL CARD

IF THERE ARE 3+ ISOLATION PROBLEM  
CARDS IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



## WORK CLINICAL CARD

IF THERE ARE 3+ WORK PROBLEM CARDS  
IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



## WORK CLINICAL CARD

IF THERE ARE 3+ WORK PROBLEM CARDS  
IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



## ABUSE CLINICAL CARD

IF THERE ARE 3+ ABUSE PROBLEM CARDS  
IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



## ABUSE CLINICAL CARD

IF THERE ARE 3+ ABUSE PROBLEM CARDS  
IN THE ROUTINE, PLAY THIS CARD  
TO END THE GAME



**ANGER CLINICAL CARD**  
 IF THERE ARE 3+ ANGER PROBLEM CARDS  
 IN THE ROUTINE, PLAY THIS CARD  
 TO END THE GAME



**ANGER CLINICAL CARD**  
 IF THERE ARE 3+ ANGER PROBLEM CARDS  
 IN THE ROUTINE, PLAY THIS CARD  
 TO END THE GAME



**RESTLESSNESS CLINICAL CARD**  
 IF THERE ARE 3+ RESTLESSNESS PROBLEM  
 CARDS IN THE ROUTINE, PLAY THIS CARD  
 TO END THE GAME



**RESTLESSNESS CLINICAL CARD**  
 IF THERE ARE 3+ RESTLESSNESS PROBLEM  
 CARDS IN THE ROUTINE, PLAY THIS CARD  
 TO END THE GAME



**MENTAL RELAPSE**  
 ONLY PLAYED BY DEPRESSED PLAYER  
 DISCARD THIS CARD TO CHOOSE A CARD FROM  
 THE DISCARD PILE TO TAKE TO YOUR HAND



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 ONLY PLAYED BY DEPRESSED PLAYER  
 DISCARD THIS CARD TO CHOOSE A CARD FROM  
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**DEPRESSED PLAYER**

- » HAND OF 5 CARDS AT ANY POINT
- » WINS IF SHE PLAYS A CLINICAL CARD
- » GAME ENDS IF BOTH DECKS RUN OUT

**START OF THE GAME:**

- » DEPRESSED PLAYER GOES FIRST
- » START GAME WITH 1 WORK, 1 ISOLATION, 1 ABUSE, 1 RESTLESSNESS (IN THAT ORDER)

**EVERY ROUND:**

- » CAN ADD PROBLEM CARDS, OBEYING ADJACENCIES
- » CAN PLAY A CLINICAL CARD IF ABLE TO END THE GAME
- » CAN DISCARD ALL HER CARDS INTO THE (COMMON) DISCARD PILE AND DRAW 5 CARDS.



**PROBLEM CARDS**

6 PROBLEM CARDS OF EACH PROBLEM TYPE  
 2 CLINICAL CARDS OF EACH PROBLEM TYPE

- » YOU CAN PLAY A WORK CARD ADJACENT TO ANOTHER WORK CARD
- » YOU CAN PLAY AN ISOLATION CARD ADJACENT TO ANOTHER ISOLATION OR WORK CARD
- » YOU CAN PLAY AN ANGER CARD ADJACENT TO A WORK OR ABUSE CARD
- » YOU CAN PLAY A RESTLESSNESS CARD ADJACENT TO ANOTHER RESTLESSNESS CARD
- » YOU CAN PLAY AN ABUSE CARD ADJACENT TO ANOTHER ABUSE OR ISOLATION CARD





ISOLATION SOLUTION CARD  
 REPLACE AN ISOLATION PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



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 TAKE THE PROBLEM CARD TO YOUR HAND



WORK SOLUTION CARD  
 REPLACE A WORK PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



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**WORK SOLUTION CARD**  
 REPLACE A WORK PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



**ABUSE SOLUTION CARD**  
 REPLACE AN ABUSE PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



**ABUSE SOLUTION CARD**  
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**ANGER SOLUTION CARD**  
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**RESTLESSNESS SOLUTION CARD**  
 REPLACE A RESTLESSNESS PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



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**RESTLESSNESS SOLUTION CARD**  
 REPLACE A RESTLESSNESS PROBLEM CARD.  
 TAKE THE PROBLEM CARD TO YOUR HAND



DISCARD AFTER THE DEPRESSED  
 PLAYER PLAYS A CARD TO CANCEL  
 IT AND TAKE IT TO YOUR HAND.  
 THEN TAKE A NORMAL ACTION.



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 PLAYER PLAYS A CARD TO CANCEL  
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## INTERVENTION

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PLAYER PLAYS A CARD TO CANCEL  
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PLAYER PLAYS A CARD TO CANCEL  
IT AND TAKE IT TO YOUR HAND.  
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## GOOD VIBES

ONLY PLAYED BY CAREGIVER PLAYER  
DISCARD THIS CARD TO CHOOSE A CARD FROM  
THE DISCARD PILE TO TAKE TO YOUR HAND

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ONLY PLAYED BY CAREGIVER PLAYER  
DISCARD THIS CARD TO CHOOSE A CARD FROM  
THE DISCARD PILE TO TAKE TO YOUR HAND

## CAREGIVER PLAYER

- › HAND OF 5 CARDS AT ANY POINT
  - › WINS IF NO PROBLEM CARDS IN PLAY
  - › GAME ENDS IF BOTH DECKS RUN OUT
- EVERY ROUND:
- › CAN PASS HER TURN, KEEP HER CARDS
  - › CAN REPLACE CARDS, PROVIDED SHE REPLACES THE RIGHT TYPE OF PROBLEM CARD.
  - › CAN (AT ANY POINT) PLAY INTERVENTION CARDS ON ANY CARD PLAYED BY THE DEPRESSED, AND TAKE THE OTHER PLAYER'S CARD TO HER HAND.
  - › CAN DISCARD ALL HER CARDS INTO THE (COMMON) DISCARD PILE AND DRAW 5 CARDS.

## PROBLEM CARDS

6 PROBLEM CARDS OF EACH PROBLEM TYPE  
2 CLINICAL CARDS OF EACH PROBLEM TYPE

- › YOU CAN PLAY A WORK CARD ADJACENT TO ANOTHER WORK CARD
- › YOU CAN PLAY AN ISOLATION CARD ADJACENT TO ANOTHER ISOLATION OR WORK CARD
- › YOU CAN PLAY AN ANGER CARD ADJACENT TO A WORK OR ABUSE CARD
- › YOU CAN PLAY A RESTLESSNESS CARD ADJACENT TO ANOTHER RESTLESSNESS CARD
- › YOU CAN PLAY AN ABUSE CARD ADJACENT TO ANOTHER ABUSE OR ISOLATION CARD