

Ditch Event



ISOLATION

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

Ignore Phonecalls



ISOLATION

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

TV Dinner



ISOLATION

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

Locked Doors



ISOLATION

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

Silent Treatment



ISOLATION

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

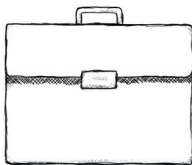
Stare at the Wall



ISOLATION

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

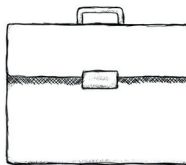
Forgot a Meeting



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

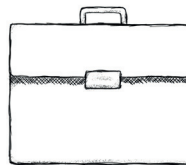
100 e-mails



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

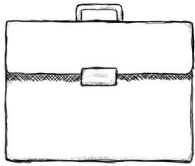
Inminent Deadline



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

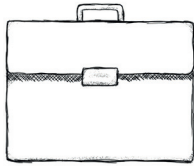
Over-Commitment



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

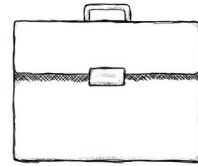
Emergency Call



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

Public Presentation



WORK

WORK PROBLEM CARD
PLACE ADJACENT TO ANOTHER
WORK PROBLEM CARD

Bulimia



ABUSE

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

Stress Eating



ABUSE

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

Ritalin



ABUSE

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

One more shot



ABUSE

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

Hangover



ABUSE

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

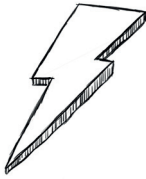
Painkillers



ABUSE

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

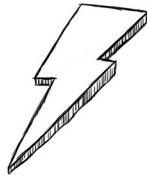
Lash Out



ANGER

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

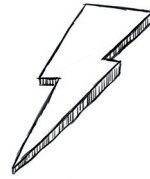
Snarky Comeback



ANGER

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

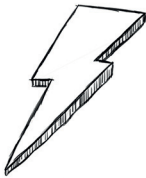
Yelling Contest



ANGER

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

Storm Out



ANGER

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

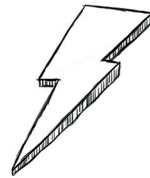
Endless Rant



ANGER

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

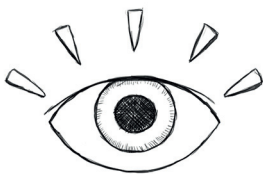
Interrupting



ANGER

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

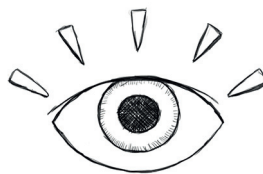
Sleep Until Midday



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

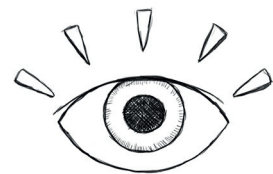
Thought Loop



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

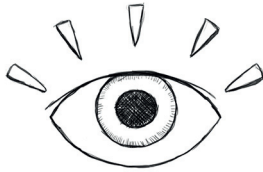
Nightmares



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

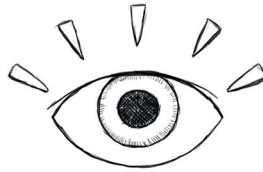
Procrastination



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

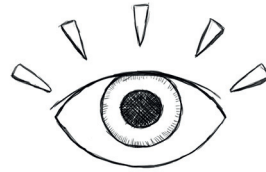
Waking up at 4



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

Rolling Around



RESTLESSNESS

RESTLESSNESS PROBLEM CARD
PLACE ADJACENT TO ANOTHER
RESTLESSNESS PROBLEM CARD

Thoughts of Suicide

ISOLATION CLINICAL CARD

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

Relationship Ends

ISOLATION CLINICAL CARD

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

Panic Attack

WORK CLINICAL CARD

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

Fired

WORK CLINICAL CARD

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

Heroin

ABUSE CLINICAL CARD

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

Crack

ABUSE CLINICAL CARD

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

Violence

ANGER CLINICAL CARD

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

Random Vandalism

ANGER CLINICAL CARD

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

Sleeping Pills OD

RESTLESSNESS CLINICAL CARD

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

Chronic Insomnia

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

MENTAL RELAPSE

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

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

Surprise Party

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

Take a Walk

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

Open Up

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

Pet a Dog

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

Visit the Zoo

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

TO DO lists

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

Remove Distractions

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

Ask for Assistance

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

Coffee Break

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

Let's talk about Batman

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

Placebo

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

Rehab Clinic Visit

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

Clear the Stash

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

Consult a Doctor

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

Phase it Out

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

Anger Management

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

Breathing Exercises

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

Hug

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

Moment of Silence

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

Apologize

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

ASMR Whispers

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

Warm Milk

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

Whale Song CD

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

Looking over You

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

Fairytale

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

INTERVENTION

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

INTERVENTION

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

INTERVENTION

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

INTERVENTION

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

INTERVENTION

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

GOOD VIBES

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

GOOD VIBES

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