



## The Numbers Game

Counselor/group leader should read directions on the last page first and explain the game to the rest.

1. During the average 30 day month, how many days would you say that you currently **FEEL HAPPY**?
2. Prior to entering this program, how many days out of the average 30 day month did you **DRINK** any alcohol at all?
3. How many **BLOOD RELATIVES** would you say have or had a substance use problem?
4. What **AGE** would you say was your **WORST YEAR** for substance abuse? (Pick an age)
5. Based on your own self-assessment of your history, on a scale from 0 to 10, how serious of a **SUBSTANCE USE PROBLEM** do you feel you had/have? (0 is not at all, 10 is extremely serious)
6. How many times in your life have you been **ARRESTED** either when using, because of using, selling or buying (substances) or somehow related to something you did while using?
7. How easy is it for you to have fun without using any substances on a scale from 0-10 (0 means “I can’t have fun without getting high” and 10 means that you always have fun)
8. How many days ago was the last time you had **TOO MUCH** (alcohol, drugs, etc.) – (You overdid it based on your own self-assessment) – Give an answer in “Days ago”
9. When you were at your worst: In an average 365 day year, how many days out of the year would you estimate that you **DRIVEN** while **INTOXICATED**?
10. How many days ago was the last time you **LOST CONTROL** of your **EMOTIONS**? (Cried, anger outburst, etc.) (0= today)
11. How **ANGRY** of a person would you say that you are overall on a scale of 0-10? (0 being not angry at all and 10 is feeling mad and angry all the time)
12. How long ago (in days) did you do your favorite **SOBER ACTIVITY**? (0 is within past 24 hrs.)
13. On a scale from 0 – 10, how good do you feel when you have put together a good amount of time **NOT USING** your substance of choice? (0 means “I don’t know”, 1 means rotten, 10 is amazing)
14. When you were actively using, what percentage of the time did you **USE ALONE**
15. Think of your **WORST FEAR**. Now try to estimate the odds of one day facing that fear (0-100%)
16. On a scale of 0 to 10, how scary was your **WORSE SCARE** you experienced related to substance use (Ex -Overdose, arrest, family throwing you out, homelessness, medical, etc.)
17. How many different friends or family members have **COMPLAINED** or expressed concern about your alcohol/drug use in the past year (even a little)?
18. Honestly, in the past 30 days, how many days have you had an urge to use but you **RESISTED**?
19. How many **FIGHTS** (physical or verbal) would you estimate you’ve been in, in the past year that were at least in part related to your alcohol or drug use?
20. How many times in an average year at the height of your use did you **GO TO WORK** or **SCHOOL** high?
21. Think of an enjoyable **ACTIVITY** you used to try to get high before or while you did it (Sex, bowling, golf, fishing, movies.) How many days since you did that activity sober? (0=never)
22. What is the most **MONEY** you would guess you’ve spent on drugs/alcohol (for personal use) at one time?
23. How long ago was the last time you did something (or something happened to you) that you **REGRET**, related to substance use/abuse? (Answer in days, 0= today)
24. On a scale of 0-100 where are with regard to your **PROGRESS** with your overall **LIFE GOALS**?
25. On a scale of 0-10 (10 being extremely comfortable) - When answering the previous 24 questions what was your overall **COMFORT LEVEL** thinking of honest answers?



<b>Days Feeling Happy (0-30)</b>	<b>Days Drinking (0-30)</b>	<b>Blood Relatives with Substance Use (Any number)</b>	<b>Worst Age for Substance Use (Any age)</b>	<b>Substance Use Problem (0-10)</b>
<b>Lifetime Arrests (Any number)</b>	<b>Ability to have sober fun (0-10)</b>	<b># Days since you last overused substances (Any #)</b>	<b>Days DRIVEN INTOXICATED in year (0-365)</b>	<b># Days since you last lost control of emotions (Any #)</b>
<b>Angry Person (0-10)</b>	<b>Days Since Doing Favorite Sober Activity (Any #)</b>	<b>How Good Do You Feel When NOT USING D.O.C.? (0-10)</b>	<b>Percent USING ALONE (0-100%)</b>	<b>Chance of Facing WORST FEAR (0-100%)</b>
<b>WORST SCARE rel. to Substance Use (0-10)</b>	<b>Friends/family who have COMPLAINED in past year (Any #)</b>	<b>Days in past month RESISTED URGES (0-31)</b>	<b>FIGHTS in past year re: substance use (Any #)</b>	<b>Days went to WORK/SCHOOL high in a year (0-365)</b>
<b>Days ago you did Favorite ACTIVITY without using (Any #)</b>	<b>MONEY spent on substances at one time (Any #)</b>	<b>Days since you did something you REGRET (Any #)</b>	<b>PROGRESS toward LIFE GOALS (0-100)</b>	<b>Overall COMFORT LEVEL being honest (0-10)</b>



## **Directions:**

The group leader/counselor should give everyone in the group a copy of the 5 x 5 grid on the second page. The group leader should then read each question and each group member should make their best guess for each answer and put it in the corresponding box in their grid. Answers should be NUMBERS only within the range provided for each question

Once everyone has filled all of their boxes, the objective is to get 5 boxes crossed off in a row. You can cross off a box by correctly guessing who in the group has a higher or lower answer than you.

This is done by going around the room taking turns. When it is your turn, pick a box that you want to try to get crossed out. Pick another person in the room and let them know the box you selected and then identify whether you think that person has a higher or lower number in the box than you do. Then you and the person you selected should reveal your answers for that box with the rest of the group. If you guessed correctly you can put an X over the box. If you are wrong then you do not get an X. If by some chance you and the person you picked got had the exact same answer then you get an X and you get to go again. Then it moves on to the next person's turn. Only the person guessing can write an X.

When someone wins, then at the end of the group, take time to discuss everyone's answers to the questions so that people have an opportunity to share their thoughts and feelings about the different topics in this exercise. *This is the most important part of the exercise.* The game should warm everyone up to start sharing more openly about the many topics reviewed in this exercise. The goal is to build rapport in the group as members share about their lives while also addressing many of the motivators for changing substance use behaviors

## **Final Discussion Question:**

**After completing this exercise, what are some of the things that stood out to you when you think about the cost that substance use may have had in your life? (Not just financial, but ways it impacted you and various life areas like family, employment, legal, etc)**