

# ADDICTION CUBES®

A personal story-telling game

## INSTRUCTIONS

### Materials

- 1 – Emotion Die (d6)
- 1 – Location Die (d6)
- 1 – Issue Die (d8)
- 2 – Timeline Die (d10)
- 1 – Addiction Die (d6)
- 1 – Therapy Couch (d6)

### Objective

Use the *Emotion*, *Location*, *Issue*, *Addiction* and *Timeline* dice to tell a factual or fictional story. *Rolling a blank therapy couch die gives you a free pass on your turn.*

### Rules of Play

Roll the two timeline dice. Then roll the remaining five dice, one at a time. Use the emotion, location, issue, addiction and timeline to create your personal, factual or fictional story using the results from the dice that you have thrown. You can skip your turn if the therapy couch die lands blank side up.


**For the timeline dice:** re-roll the die until the resulting number matches your age or younger.

**If you feel you cannot tell a story based on the dice,** re-roll one of the dice. You can only do this once per turn, unless the results are identical when you re-roll the die.







**If you still find it difficult to tell a story based on the four dice,** remove one of the dice or replace it with an emotion, location or issue of your choosing.

### The Dice

#### Emotion Die

-  Happy
-  Angry
-  Sad
-  Frustrated
-  Scared
-  Excited

#### Location Die

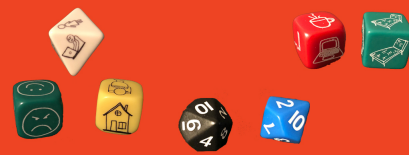
-  School
-  Home
-  Bedroom
-  Bathroom
-  Park
-  Car

#### Issue Die

-  Alcohol & Drugs
-  Relationships
-  Bullying
-  Self-Esteem
-  Grief & Loss
-  Moving
-  Punishment
-  Social Media

#### Addiction Die

-  Food
-  Alcohol & Drugs
-  Smoking
-  Shopping
-  Caffeine
-  Gaming



## ADDICTION CUBES

*A personal story-telling game*

### INSTRUCTIONS FOR TEACHERS AND CLINICIANS

Addiction Cubes is a non-direct game to assist with identifying addictions, emotions, triggers of emotions as well as identifying problems or issues in the following areas:

- Social Skills
- Emotional Regulation
- Home Life
- School Environment
- Social Circles
- Relationship Conflict
- Peer Pressure
- Conflict Resolution
- Family Dynamics
- Boundary issues
- Academics
- Addictions

Addiction Cubes, an interactive game of storytelling, allows clients to tell their own personal stories simply through the role of the dice. Depending on the images they roll, they will be able to share their experience within a variety of issues, addictions, locations, emotions, and at specific ages.

Through this fun game of storytelling, Clinicians will be able to assist clients in identifying unresolved issues as well as current problems or struggles by helping them to:

- Problem Solve
- Learn Coping Skills
- Learn how to regulate emotions
- Create a new story

Addiction Cubes can be used in further therapy sessions through the use of Narrative Therapy, Art Therapy and story-telling.