



ADDICTION & SUBTRACTION

A New You Is In the Cards

Addiction and Subtraction is designed to help you break the cycle of addiction – in a fun way.

The Easy 5 Step Setup

Step 1: Remove the Trigger Tracker, My Future Self and the two cards with the pair of eyes.

Step 2: Fill out the Trigger Tracker card by writing your bad habit or behavior on the left hand side (shorthand will do, since you're the only one reading it).

On the right side, write a brief description of the craving or “trigger” that you experience that makes it so difficult to stop the habit.

Step 3: On the My Future Self card, write down what your new

habit is that will replace your negative habit. This is what you will do every time you feel a craving or trigger of the old habit.

Step 4: Reinsert the My Future Self card and the Trigger Tracker back in the deck. You can revise or add to either card, and may need to as you pay closer attention to your body and mind and make adjustments.

Step 5: Place the cards with eyes in places you are likely to succumb to your bad habit (i.e. fridge).

Be sure to shuffle the deck of 34 cards at the beginning of each day, so the cards are random.

Optional: You can position the other image cards anywhere you think it may help.

Playing The Game

The game is simple to play. When you get a craving, do the suggestion on a card for the specified period of time.

The objective is to play as many cards in a row without giving in to your bad habit. Complete the challenge on every card.

In the beginning, play as many cards as you can without giving in. With experience and weaker cravings, see how few cards you can play.

Keep score, track your triggers and your progress, and *have fun*.

Winning The Game

You win Addiction and Subtraction when you abstain from your bad habit, addiction or negative behavior for 21 days.

Credits

The following people made this game possible.

Game Concept: Jason Comely
Game Testing: Ben Sidaway, Joan Mulder
Graphic Art: Yasemin Yapagaci

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