



The inspirado gameplay

GUIDE






2020 UPDATE

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Introduction

Inspirado recovery game is a solution-focused, action-oriented resource, designed to support recovery from addiction.

It can be played in five different ways (gameplays):

-  Talking Cards [Card game]...pg 2
 -  Sound Off...pg 3
 -  Thoughts & Feelings...pg 4
 -  Play-Plan [Card game]...pg 5
 -  Original Inspirado...pg 6
- ↑ Increasing level of complexity
↓ Applies



General Setting up Guide

- Choose a gameplay, then set up the playing pieces.
- Read out the Inspirado Hub preamble
(Download here: www.inspiradohubs.co.uk/resource-page)
- Give each player a ReCap Pot sheet
(Download here: www.inspiradohubs.co.uk/resource-page)
- Videos of gameplay are available at:
(www.inspiradohubs.co.uk/gameplay)

General Playing Guide

- As a token-based game, players gain or lose morale chips depending on their reaction to the various situations that arise during gameplay.
- Players DO NOT gain nor lose chips when they read out the inspirational card.
- Players restart when they lose all their morale chips.
- Used cards are returned to the bottom of the deck.
- The traditional dice (🎲) is used to move around the board.
- The emoji dice (😊) represent a player's emotions. (See pg 4)
- When 2 or more players meet on the same tile, the last player to arrive rolls the emoji dice. This roll determines the last player's influence on the tile:
 - BOOSTER roll = Positive influence - each player on the tile gains a chip.
 - DOWNER roll = Negative influence - each player on the tile loses a chip.
 - CONTROLLED roll = No influence - players do not gain or lose a morale chip.
- Players can prevent the loss of a chip by using the 'Talk-Yourself-Out' feature (see pg 3). They do this by discussing how they prevent the negative peer influence.
- During Original Inspirado gameplay, players can also prevent the loss of chip by playing either a relapse prevention card or, a wild card or, a support/trigger card. (see pg 5)




General Finishing & Winning Guide

- For all gameplays, the player with the highest number of chips wins.
- For board gameplays, a player with seven or more chips on or closest to the Crossover tile (🌉) can finish the game. A player with less than seven chips continues round the outer ring of the board.
- **Morale Chips represent recovery capital.**
At the end of the game, players use their accrued chips to discuss aspects of their personal recovery journeys. The ReCap Pot sheets shared earlier can serve as a guide to discuss a player's recovery capital.

Share your ideas

Gameplay can continue beyond the 5 setups suggested.

Share creative ways you are playing the game, via the play diary

(www.inspiradohubs.co.uk/playdiary) and social media:    @inspiradohubs

Playing TALKING CARDS

This is a card game setup that involves discussion of real-life scenarios and quotations as illustrated on alert cards and inspirational cards (i.e. Talking Cards).



Setting up

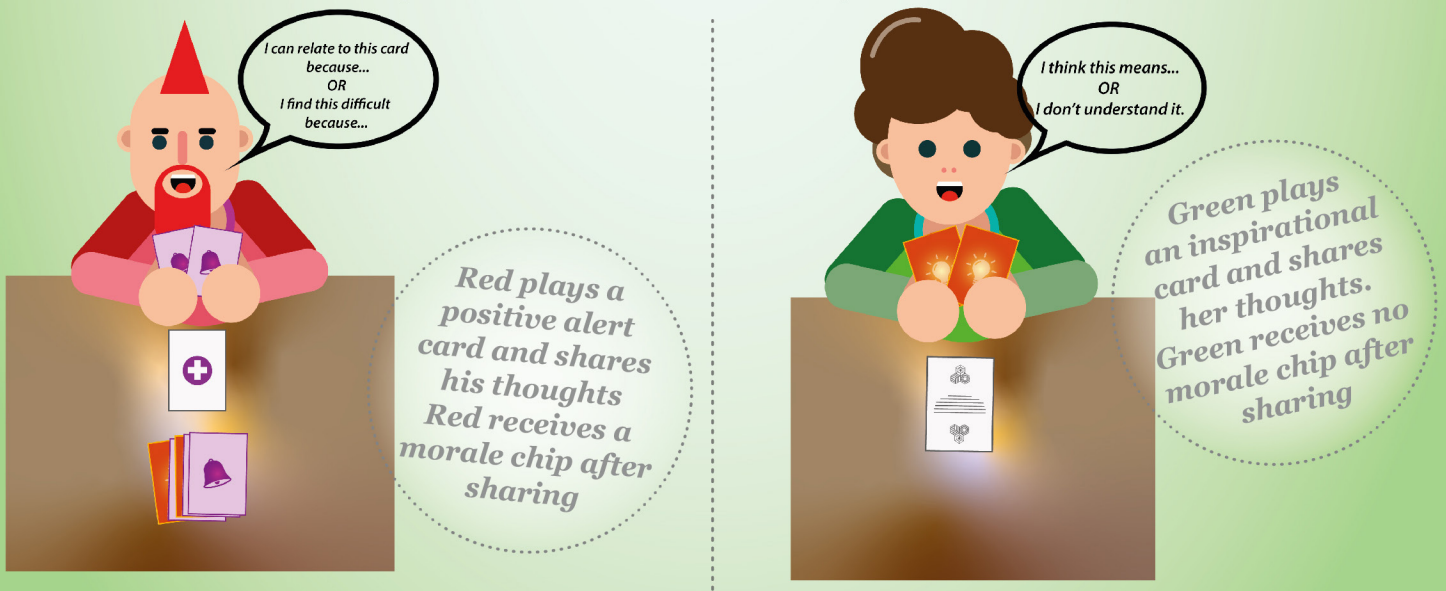
- You will need: 25 alert cards (🔔), 25 inspirational cards (💡) and 100 morale chips.
- The talking cards are picked at random and shuffled together to make a deck.

Starting the game

- Each player receives 3 cards.
- Players take turns to play.

Playing 'Talking Cards'

- On a turn, players share if and how they relate to a card from their hand of three.
- A player gains a chip after sharing a thought on an alert card illustration.
- Used cards are replaced with a new card from the top of the deck.



NB: The facilitator or any player can help in the event of any difficulty with the quotation.

Finishing and Winning

- There is no defined end-point in this setup. Players may agree on when to end gameplay.
- The player with the highest number of chips wins.
- Players take turns to discuss what their chips mean in real life.
- Refer to the winning and finishing guide on pg 1.

Playing SOUND OFF

This is a board game setup that involves moving round the board and giving personal accounts for event tiles players land on.

Setting up

You will need: the board, playing pieces, traditional dice, emoji dice, 50 alert cards, 50 inspirational cards, 50 recovery plan cards and 100 morale chips.



Starting the game

- Play begins from the Start tile.
- Players take turns to roll the dice (🎲) and count forward around the board.

Playing 'Sound Off'

- Players take turns to discuss how they can or cannot relate to the event tiles they land on.
- The emoji dice is only used in Sound Off when two or more players meet on the same tile. (see pg1)
- Players gain a morale chip(s) when they respond to event tile as seen below:

Tile	Actions
	Pick and share thoughts on alert card illustrations.
	Pick up the inspirational card and discuss your interpretation of the quote.
	Talk about the people/ things/events etc in your life that you are grateful for.
	Talk about things you are good at OR any other thing you consider as strength.
	Discuss how ONE of the following (Hunger, Anger, Loneliness and Tiredness) affect your recovery
	Talk about behaviours/resentments you are working on.
	Talk about a person(s), a pet(s) or any other thing that protects you from a lapse or relapse.
	Discuss comeback plans in the event of a lapse/relapse.
	Talk about how you manage a bad day.
	Share aspects of your recovery plans
	Share moment(s) that led to your need for change. Players get TWO chips here after share.

Finishing and Winning

- Players finish on this tile
- Players with 7+ morale chips can finish the game.
- Players with less morale chips continue round the board.
- Refer to the winning and finishing guide on pg1.

TALK-YOURSELF-OUT (TYO) FEATURE



- This is an optional feature allows players to talk themselves out before they lose a morale chip.
- The TYO feature will require a sheet of paper and a pen to mark and cancel out TYOs gained or used.
- Players get ONE TYO at the start of the game.
- They get an additional TYO when they have morale chips which is a multiple of two eg. 2,4,6,8...12

Playing THOUGHTS & FEELINGS

This a board game setup that involves players responding to event tiles by either sharing personal accounts or the roll of the emoji dice.

Setting up

You will need: the board, playing pieces, traditional dice, emoji dice, 50 alert cards, 50 inspirational cards, and 100 morale chips.

Starting the game

- Play begins from the Start tile
- Players must roll a BOOSTER roll (emoji dice) to exit centre tile and receive 3 morale chips
- Players take turns to roll the dice and count forward around the board



Playing Thoughts and Feelings

Players gain a morale chip(s) when they respond to event tile as seen below:

Tile	Actions
	Pick up an alert card, then roll the emoji dice for a BOOSTER.
	Pick up the inspirational card and discuss your interpretation of the quote.
	<ul style="list-style-type: none"> • Roll the emoji dice for a BOOSTER. • REMAIN on this tile until you get a BOOSTER roll.
	<ul style="list-style-type: none"> • Roll the emoji dice for a BOOSTER. • Lose TWO chips and move down to the light bulb tile as indicated by the arrow for a DOWNER roll.
	Roll the emoji dice for a BOOSTER.
	Talk about things you are good at OR any other you consider as strength.
	Talk about a person(s), or any other things that protects you from a lapse or relapse.
	<ul style="list-style-type: none"> • Share a moment(s) that led to your need for change. • Players get TWO chips here after the share.
	Share aspects of your recovery plans
	<ul style="list-style-type: none"> • Restart on this tile after a lapse on an outer tile of the board. • Receive THREE morale chips after restart on this tile.

THE EMOJI DICE



BOOSTER ROLL

The booster roll (smiling and winking face) secures a morale chip.



CONTROLLED ROLL

Players do not lose or gain a morale chip with the controlled roll (neutral face).



DOWNER ROLL

Players lose a morale chip with the downer roll (angry face, arrogant/cheeky face and sad face).

Finishing and Winning

- Players finish on this tile
- Players with 7+ morale chips can finish the game.
- Players with less morale chips continue round the board.
- Refer to the winning and finishing guide on pg1.

Playing PLAY-PLAN

This is an all-card game that involves players responding to Talking Cards with Recovery Plan cards.



Setting up

- You will need: 25 alert cards, 25 inspirational cards, 50 recovery plan cards and 100 morale chips.
- Separate cards into two decks - talking cards (see pg2) and recovery plan cards.

Starting the game


- Each player receives 3 recovery plan cards (🎴) and 5 morale chips.
- Players take turns to play.

Playing 'Play-Plan'

- On a turn, players respond to the top card of the talking card deck with a recovery plan card from their hand of three.
- Used cards are replaced with a new card from the top of the deck.


The illustrations below demonstrates how a player either gains or loses morale chips:

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Positive Card


Players gain a morale chip when they respond to a POSITIVE ALERT card with any of these RECOVERY PLAN cards.



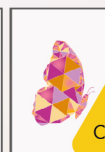
High Motivation Card




Easy-To-Do Card




Support/Trigger Card



Wild Card




NOTE
Apart from the Wild Card, players LOSE a chip when they respond a NEGATIVE CARD with any of these cards




Negative Card


Players gain a morale chip when they respond to a NEGATIVE ALERT card with any of these RECOVERY PLAN cards.




Difficult-To-Do Card




Low Motivation Card




Wild Card



NOTE
Apart from the Wild Card, players LOSE a chip when they respond a POSITIVE CARD with any of these cards



RELAPSE PREVENTION CARD
This card can be used when a player loses their last morale chip.



REVIEW CARD
A player can replace some or all of their recovery plan cards with this card.

Find out more about the Inspiradonian approach to recovery planning at: www.inspiradohubs.co.uk/about

Finishing and Winning

- There is no defined end-point in this setup. Players may agree on when to end gameplay.
- The player with the highest number of chips wins.
- Players take turns to discuss what their chips mean in real life.
- Refer to the winning and finishing guide on pg1.

Playing ORIGINAL INSPIRADO

This a board game setup that involves players responding to event tiles with either the recovery plan cards or the roll of the emoji dice.

Find below a summarised version of the game manual.

Setting up

You will need: the board, 8 playing pieces, traditional dice, emoji dice, 50 alert cards, 50 inspirational cards, 50 recovery plan cards and 100 morale chips.



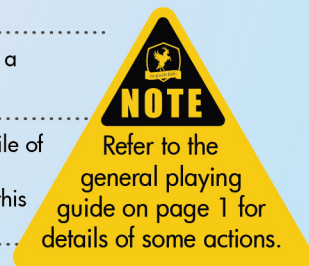
Starting the game

- Play begins from the Start tile
- Players must roll for a BOOSTER (emoji dice) to exit centre tile. Upon exit, players receive;
 - 3 Morale chips and,
 - 3 Recovery cards (🛡️).
- Players take turns to roll the dice and count forward around the board

Playing Original Inspirado

Players gain a morale chip(s) when they respond to event tile as seen below:

Tile	Actions
	Pick up an alert card, and respond with one of the three recovery plan cards. See illustrations on page 5 on how to respond to gain a morale chip.
	Pick up the inspirational card and discuss your interpretation of the quote.
	Roll the emoji dice for a BOOSTER.
	Roll a BOOSTER or play the Difficult-to-do card or wild card. Players REMAIN on this tile losing a chip per round for DOWNER roll.
	Respond with either a wild card or a Easy-to-do card.
	Respond with either a wild card or a Support/Trigger card.
	<ul style="list-style-type: none"> • Restart on this tile after a lapse on an outer tile of the board. • Receive THREE morale chips after restart on this tile.
	<ul style="list-style-type: none"> • Roll the emoji dice for a BOOSTER. • Lose TWO chips and move down to the light bulb tile as indicated by the arrow for a DOWNER roll.
	Change ONE of the three recovery plan cards.
	Respond with either a wild card or a High Motivation card. Players get TWO chips here.



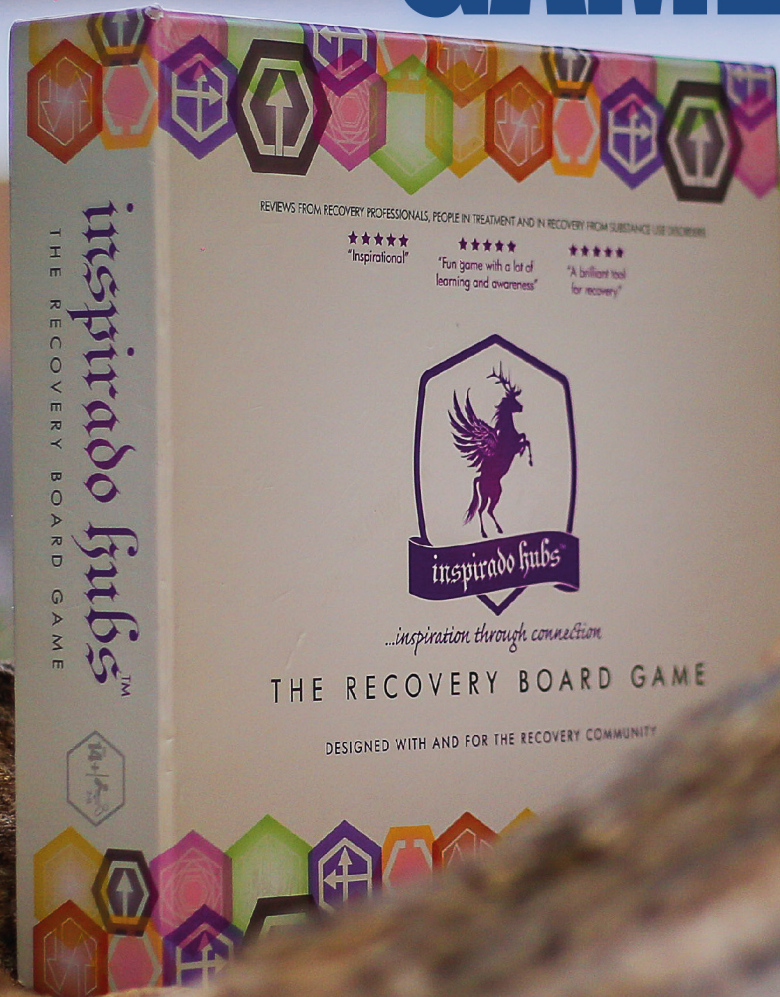
Finishing and Winning

- Players finish on this tile
- Players with 7+ morale chips can finish the game.
- Players with less morale chips continue round the board.
- Refer to the winning and finishing guide on pg 1.

MORE
THAN




inspiring
meaningful
conversations

▶ JUST A
GAME



Book a virtual playdate at
www.inspiradohubs.co.uk/playdate
for a one on one tutorial session.

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