



## **“Life” Jeopardy**

The Jeopardy game at the end of this activity is also accessible on Jeopardy Labs – [Click here for direct link to jeopardylabs.com](https://jeopardylabs.com)

### ***Introduction***

Rather than just looking at strictly addiction jeopardy or mental health jeopardy this is “Life Jeopardy” with the focus on functioning, improving, learning and growing in life in general regardless of what a person may be struggling with. These are qualities, behaviors, attitudes, skills and other aspects of a successful and meaningful life

### ***Rules***

Game play is the same as the traditional “Jeopardy” game show for the most part, except it is not required to answer in the form of a question and players only gain points for correct answers but do not lose points for wrong guesses. When someone gets an answer correct, they get the points for that box. Obviously, boxes with more points are more difficult as in the Jeopardy game show. The group leader should make sure to explain how each category works using the description provided for each category

In person, draw the jeopardy board on a white board and mark it with a marker as people get the correct answers by putting the group members initials in the box of any correct answers they may get. This way you can add up points at the end for each group member by counting the boxes with their initials in them at the end of the game. If done via telehealth, put the jeopardy board up on “share screen” and use the virtual pen to cross out boxes as they are answered while writing group members initials inside of the grid boxes of questions that they get correct (to keep score)

There is a final jeopardy question for the very end, that is option. For final jeopardy, group members should tally their points, then choose how much they want to wager on the final jeopardy question. Double their wager if they get the answer correct or subtract their wager if they get it wrong. Via telehealth final jeopardy answers and wagers can be submitted through the “chat” feature with group members chatting their answer and wager to the group leader before the final jeopardy answer is revealed. In person use a pen and paper and group members can submit their answers and wagers secretly on a slip of paper with their name and the answer written on it passed discreetly to the group leader prior to revealing the correct final jeopardy answer

### ***Process***

This Jeopardy activity brings up many important and positive qualities, behaviors, attitudes, skills and other aspects of a successful and meaningful life. If there is time, as a group review these and discuss the process questions as a group (provided at the end)

***Option 2*** – Play the “Life” Jeopardy game on Jeopardy Labs.com – [CLICK HERE FOR LINK TO JEOPARDY LABS](https://jeopardylabs.com)



## LIFE JEOPARDY

<b><i>Inner Qualities</i></b> <i>(The definition is provided, come up with the word)</i>	<b><i>Managing Environment</i></b> <i>(These words all have a double meaning)</i>	<b><i>Life Skills</i></b> <i>(Examples are provided, then you guess)</i>	<b><i>Taking Care of Business</i></b> <i>(The answer rhymes)</i>	<b><i>The Big Picture</i></b> <i>(Riddles based on deeper things outside of typical day to day concerns)</i>
<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>	<b>200</b>
<b>300</b>	<b>300</b>	<b>300</b>	<b>300</b>	<b>300</b>
<b>400</b>	<b>400</b>	<b>400</b>	<b>400</b>	<b>400</b>
<b>500</b>	<b>500</b>	<b>500</b>	<b>500</b>	<b>500</b>



## Jeopardy Grid Questions and Answers:

### **Qualities of the Inner Person** – *Definition provided, you come up with the word*

100 Strength in the face of pain, difficulty, grief or fear – **(Courage)**

200 - Drive, desire, the reason for acting – **(Motivation)**

300 - The capacity for understanding one's own or another's thoughts, feelings, motives, and problems, self-awareness - **(Insight)**

400 - The ability to bounce back especially after something difficult – **(Resilience)**

500- The quality of honestly upholding and sticking to your values – **(Integrity)**

### **Managing Your Environment** – *These words all have a double meaning*

100 - They score these in sports, and you need to have them in your life to make progress – **(Goals)**

200 - Part on a gun, but also something to recognize and then avoid when you are in addiction or mental health recovery – **(Trigger(s))**

300 - Underwear provides this, and having positive people you can talk to provides this too – **(Support)**

400 - This is great when it comes to movies shows and plays but it's not a great thing to have in your daily life – **(Drama)**

500 - People lock up their money in one of these, but this also describes a life free from danger and harm - **(Safe)**

### **Life Skills** – *Examples are provided, then you guess based on them*

100 - Talking, Listening, Sharing, Expressing – **(Communication)**

200 - Counting to 10, breathing, positive self-talk, consequential thinking, grounding, stress management – **(Coping Strategies/Skills)**

300 - Identify the problem, gather information, brainstorm solutions, weigh your choices, take action - **(Decision Making)**

400 - Relaxation, walking, healthy eating, proper sleep, setting aside “me” time, taking breaks, rewarding yourself – **(Self Care)**

500 - Maintain limits with self and others, protecting your personal and emotional space, avoid negativity – **(Setting \*or Maintaining Boundaries)**



### **Taking Care of Business – *The answer rhymes***

- 100 - If you want to cure your financial ills, people who succeed always pay their \_\_\_\_\_ (**Bills**)
- 200 - If you want to stay out of trouble, then avoid this one flaw, instead of living dishonestly just abide by the \_\_\_\_ (**Law**)
- 300 - Moving from place to place may seem arousing, but most people who have their life together have stable \_\_\_\_ (**Housing**)
- 400 - Boredom stinks, it's like waiting around in the lobby, so if you want to get rid of boredom you need get yourself a \_\_\_\_ (**Hobby**)
- 500 - Working, raising kids, and having places you need to be, are all different forms of \_\_\_\_\_ (**Responsibility**)

### **The Big Picture – *(Riddles based on deeper things outside of typical day to day concerns)***

- 100 - Every word needs to have one to avoid being nonsense and every life needs this to avoid being empty – (**Meaning**)
- 200 - This is not one of the main five senses but when you make a positive connection with a group of people you feel a sense of \_\_\_ - (**Belonging**)
- 300 – A meaningful life has this, but spell it a bit differently it is a sea creature like a dolphin that starts with letter P - (**Purpose/Porpoise**)
- 400 - This is not an auditory hallucination rather it's positive silent voice in your head guiding you in which way you should go – (**Conscience**)
- 500 – TWO ANSWERS You've got to give these to get these and when you have these for yourself you show these to others (**Love and Respect**)

### **Final Jeopardy Question – (Optional) – Choose one**

1. Definition – “freedom from the control, influence, support, aid, or the like, of others” – What important word is this defining? – Answer **Independence**
2. Definition - a settled way of thinking or feeling, typically one that is reflected in a person's behavior. You need this to be positive to succeed – What word is this describing? – Answer- **Attitude**
3. What simple, cost free activity does ALL of the following if you do it regularly – Answer - **Reading**
  - a. improves brain connectivity.
  - b. increases your vocabulary and comprehension.
  - c. empowers you to empathize with other people.
  - d. aids in sleep readiness.
  - e. reduces stress.
  - f. lowers blood pressure and heart rate.
  - g. fights depression symptoms.
  - h. prevents cognitive decline as you age



## The Next Steps – Optional Process Group for After the Jeopardy Game

**Read:** Words matter. When words dictate actions attitudes and actions then words matter even more so. Every day in life it is so important to stay engaged in the process of active self-awareness. It is critical to our growth as a person to regularly ask ourselves "Who am I?" and "What qualities, behaviors, attitudes and other attributes help define who I am today." If we stop asking those types of searching and insight-oriented questions, we can easily forget who we are and fall into a pattern of denial and disbelief; and possibly even a state of hypocrisy over the course of time, if we are not careful.

Looking at words that define traits, characteristics, behaviors and skills that make us better can serve as a form of checklist for self-inspection. As we strive for success and growth, examining the words that define who we want to be can be a daily exercise in insight and motivation building for positive change. This can be especially true for anyone working to successfully manage a substance use or mental health disorder.

Below is a list of words and phrases that define some of these positive concepts for self-assessment and inspiration. As a group review this list and honestly try to answer the closing questions for reflection.

### Positive qualities, behaviors, attitudes, skills and other aspects of a successful and meaningful life – (From this game)

<b>Courage</b>	<b>Avoiding Drama</b>	<b>Stable Housing</b>
<b>Motivation</b>	<b>Staying Safe</b>	<b>Positive Hobbies</b>
<b>Insight</b>	<b>Coping Strategies</b>	<b>Maintaining Responsibility</b>
<b>Resilience</b>	<b>Decision Making Skills</b>	<b>Meaningful Life</b>
<b>Integrity</b>	<b>Self-Care</b>	<b>Sense of Belonging and Connection with Others</b>
<b>Goals</b>	<b>Maintaining Healthy Boundaries</b>	<b>Sense of Purpose</b>
<b>Knowing your Triggers</b>	<b>Paying Bills (Fiscal Responsibility)</b>	<b>Having a Good Conscience</b>
<b>Support</b>	<b>Living a Law-abiding Lifestyle</b>	<b>Love and Respect (For self and for others)</b>

### Questions for the group:

- What are some of your strengths based on this list and how did you get to where you are currently with this?
- What areas are you currently working on in your life? – What else do you still need to work on for the future?