

SUNRISE DETOX JEOPARDY: HOST GUIDE

1. Quick Setup

Start the Game: Load the page, click "ENTER EXPERIENCE" (required for audio), and select a Game Edition from the menu.

Customize Teams: Tap "Team 1" or "Team 2" on the scoreboard to rename them. Tap the color dot to change team colors.

2. How to Play

Step 1: Pick. Tap the active team's scoreboard (it glows). They choose a Category & Amount (e.g., "Triggers \$200").

Step 2: Read. Read the question aloud. A 37-second timer starts automatically.

Step 3: Answer. Teams must answer in the form of a question (e.g., "What is denial?").

Step 4: Score.

- Tap "**I Got It Right!**" → Team gets full points.
- Tap "**I Got It Wrong**" → Team loses half points. **STEAL MODE STARTS.**

3. The Steal Rule

If Team A misses the question (or time runs out):

- Control automatically switches to Team B.
- A 5-second "Steal Timer" begins immediately.
- If Team B answers correctly, they steal **half the points**. If they miss, no penalty.

4. Special Features

Daily Double: One random question per game. Only the picking team can answer. They can wager up to their total score (minimum \$5).

Manual Score Adjust: Host can tap directly on the score number to type in a fix if an error occurs.

Winner: The game ends when all questions are answered. Confetti will announce the winner!

GAME 1: RELATIONSHIPS EDITION

RED FLAGS	CODEPENDENCY	BOUNDARIES	TRIGGERS	RECOVERY
\$100 Partner isolates you... A: Isolation	\$100 Prioritizing others... A: Self-abandonment	\$100 Unclear/violated limits... A: Porous boundary	\$100 Hungry, Angry, Lonely... A: H.A.L.T.	\$100 Regulate emotion alone... A: Self-soothing
\$200 Questions reality... A: Gaslighting	\$200 Protecting from conseque... A: Enabling	\$200 Sharing limits... A: Emotional boundary	\$200 Reaction to past... A: Emotional flashback	\$200 Owning your part... A: Accountability
\$300 Excessive affection... A: Love bombing	\$300 Worth from saving... A: Savior Complex	\$300 Wall keeping out... A: Avoidance	\$300 Romanticizing use... A: Euphoric recall	\$300 Observing thoughts... A: Mindfulness
\$400 Tension/Incident/Calm... A: Cycle of Abuse	\$400 Managing others... A: Controlling behavior	\$400 'I' statements... A: Assertive comms	\$400 Transferring feelings... A: Transference	\$400 Interests outside rel... A: Autonomy
\$500 Guilt/silence... A: Emotional coercion	\$500 No distinct emotion... A: Enmeshment	\$500 Detach with love... A: Detachment	\$500 False danger... A: Hypervigilance	\$500 Understanding persp... A: Differentiation

GAME 2: THE BODY & DETOX EDITION

THE BODY	COMMON FEELINGS	FACT OR FICTION	RECOVERY LINGO	RELAPSE PREVENTION
\$100 Flush toxins... A: Water/Hydration	\$100 Intense desire... A: Craving	\$100 Must hit rock bottom? A: False	\$100 People, Places... A: Things	\$100 HALT leads to... A: Trigger/Craving
\$200 Primary filter... A: Liver	\$200 Holding anger... A: Resentment	\$200 Brain disease? A: True	\$200 Sober but angry... A: Dry Drunk	\$200 Call when using... A: Sponsor
\$300 Sleep disorder... A: Insomnia	\$300 Early euphoria... A: Pink Cloud	\$300 Relapse = Failure? A: False	\$300 Stop consequences... A: Enabling	\$300 Visualize outcome... A: Tape Forward
\$400 Withdrawal months... A: P.A.W.S.	\$400 Feeling like fraud... A: Imposter Syndrome	\$400 Meds dependence? A: True	\$400 Big Book org... A: AA	\$400 Alcohol in house... A: Envir. Trigger
\$500 Feel-good chem... A: Dopamine	\$500 Opposite connection... A: Isolation	\$500 Pot not addictive? A: False	\$500 Fake it... A: Till you make it	\$500 Identifying signs... A: Relapse Plan

GAME 3: FAMOUS FACES & FACTS

FAMOUS RECOVERY	MUSIC & ADDICTION	TOXIC REL'S	CLINICAL FACTS	POP CULTURE
\$100 Iron Man...	\$100 Amy Winehouse... A: Robert Downey Jr.	\$100 Ike & Tina... A: Rehab	\$100 THC detect time... A: Turner	\$100 Zendaya show... A: Euphoria
\$200 Eminem...	\$200 Nirvana... A: Not Afraid	\$200 Depp & Heard... A: Kurt Cobain	\$200 Metabolizes alc... A: Defamation	\$200 Ewan McGregor... A: Trainspotting
\$300 Elton John...	\$300 Man in Black... A: Rocketman	\$300 Chris Brown... A: Johnny Cash	\$300 Reverse OD... A: Rihanna	\$300 Sandra Bullock... A: 28 Days
\$400 Matthew Perry...	\$400 Britney Spears... A: Friends	\$400 Sid Vicious... A: 2007 Breakdown	\$400 Severe w/drawal... A: Nancy	\$400 A&E Show... A: Delirium Tremens A: Intervention
\$500 Jamie Lee Curtis...	\$500 Steven Tyler... A: Halloween	\$500 Marvin Gaye... A: Aerosmith	\$500 Synth opioid... A: Father	\$500 Lady Gaga... A: A Star Is Born

GAME 4: THE PROGRAM

THE STEPS	AA HISTORY	SLOGANS	DEFINITIONS	SERVICE
\$100 Step 1...	\$100 Co-founder Bill... A: Powerless	\$100 Present moment... A: Bill W.	\$100 Insanity is... A: One Day at a Time	\$100 Making this... A: Coffee
\$200 Step 4...	\$200 Co-founder Dr... A: Moral Inventory	\$200 Relax... A: Dr. Bob	\$200 Guide... A: Easy Does It	\$200 Greeter... A: Greets
\$300 Step 9...	\$300 Year founded... A: Amends	\$300 Overthinking... A: 1935	\$300 Freedom... A: Keep It Simple	\$300 Leads meeting... A: Chairperson
\$400 Step 11...	\$400 Big Book Year... A: Meditation	\$400 Let Go... A: 1939	\$400 Daily reprieve... A: Let God	\$400 Manages money... A: Treasurer
\$500 Step 12...	\$500 Previous group... A: Principles	\$500 Meeting makers... A: Oxford Group	\$500 Requirement... A: Make It	\$500 Out of... A: Membership

GAME 5: LIFE SKILLS & GOALS

GOAL SETTING	SOBER LIVING	ROUTINE	MONEY	EMPLOYMENT
\$100 Fail to plan...	\$100 Prove clean...	\$100 Morning task...	\$100 Spending plan...	\$100 Work history...
A: Plan to Fail	A: Drug Test / UA	A: Make Bed	A: Budget	A: Resume
\$200 SMART Goals...	\$200 Time back...	\$200 Regulates mood...	\$200 Impulse buying...	\$200 Arrival time...
A: Time-bound	A: Curfew	A: Eating	A: Impulsive	A: 10-15m Early
\$300 Prevent overwhelm...	\$300 Mandatory...	\$300 Reduces relapse...	\$300 Financial amends...	\$300 Gap in work...
A: Small Steps	A: House Meeting	A: Boredom	A: Debts	A: Professional
\$400 Vision board...	\$400 Cleanliness...	\$400 Consistent time...	\$400 Save for...	\$400 Work w/ others...
A: Visualization	A: Chores	A: Sleep	A: Emergency	A: Teamwork
\$500 Rewards...	\$500 Financial resp...	\$500 Plan night before...	\$500 Hiding spending...	\$500 Reliability...
A: Positive Reinf.	A: Rent	A: Future Anxiety	A: Addictive	A: Sober

GAME 6: EMOTIONS & FAMILY

FEAR	REJECTION	FAMILY	PARENTING	AMENDS
\$100 F.E.A.R...	\$100 God's way...	\$100 Affects all...	\$100 Best amends...	\$100 Changed behavior...
A: Real	A: Not Yet	A: Family Disease	A: Sober Life	A: Amends
\$200 Stops trying...	\$200 Taking personal...	\$200 Trust regained...	\$200 Child as adult...	\$200 Living amends...
A: Failure	A: Low Self-Esteem	A: Drops	A: Parentification	A: Daily
\$300 Antidote...	\$300 Saying no...	\$300 Family support...	\$300 Consistency...	\$300 Pay back...
A: Faith	A: Boundary	A: Al-Anon	A: Safety	A: Money
\$400 Fear of success...	\$400 Handle 'no'...	\$400 Rebuilding...	\$400 I don't...	\$400 Consult...
A: Self-Sabotage	A: Maturity	A: Boundaries	A: Know	A: Sponsor
\$500 Acting...	\$500 Can't control...	\$500 Love...	\$500 Modeling...	\$500 Side of...
A: Despite it	A: Others	A: Detach	A: Emotional Coping	A: Street