

## Exploring the issue of Gambling Addiction

If, when you honestly want to, you find you cannot quit gambling entirely, or if you have little control over the amount you bet, you are probably a compulsive gambler. A compulsive gambler is described as a person whose gambling has caused growing and continuing problems in any department of his or her life.

### Characteristics of someone struggling with a gambling addiction may include, but are not limited to:

- My gambling makes me careless of the welfare of myself and/or my family.
- I have borrowed money, sold possessions, and/or committed an illegal act to finance gambling.
- After losing I felt the need to return as soon as possible and win back my losses or after a win had a strong urge to return and win more.
- I have lost time at work, school, home, and with friends to gamble.
- At times, I have been defensive about my gambling and justified my right to gambling, especially when trying to escape worry or stress.
- I was trapped in the illusion of “just one more time.” Or “this time it will be different.”
- When I did seek help I was only looking for the pain to go away.
- My track record shows that it is impossible for me to gamble in any form.

## How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits.

### Characteristics of someone in recovery for gambling addiction may include, but are not limited to:

- Accept Jesus Christ as Higher Power.
- Working the 12 step recovery process diligently and consistently.
- Living without gambling one day at a time with the help of the Higher Power, Jesus Christ.
- Staying away from that first bet. If there isn't a first one, there cannot be a 10th one. And when free of gambling, life becomes much more manageable.
- Experiencing the true peace and serenity you have been seeking.
- Restoring and developing stronger relationships with God and with others.
- Stop relying on dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for pain.
- Learning how to serve others out of the freedom you are finding.