

Gambling Addiction

The Problem

If, when you honestly want to, you can 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. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

Most of us have been unwilling to admit that we were compulsive gamblers. I can not go on believing that I am not in that class.

Answer Yes or No:

1. Have you ever decided to stop gambling for a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your gambling—stop telling you what to do?
3. Did gambling make you careless of the welfare of yourself or your family?
4. Have you ever gambled to escape worry or trouble?
5. Have you had problems connected with gambling during the past year?
6. Did you ever borrow to finance your gambling?
7. Do arguments, disappointments or frustrations create within you an urge to gamble?
8. Have you missed days of work or school because of gambling?
9. Have you ever lost track of time gambling?
10. Have you ever felt that your life would be better if you did not gamble?
11. When you gamble do you go back another day to win back money you have lost?

What is your Score?

Did you answer YES two or more times? If so, you are probably in trouble with gambling.

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped gambling ourselves.

The Solution

Celebrate Recovery does not promise to solve your life's problems, but we can show you how we are learning to live without gambling one day at a time, with the help of our Higher Power, Jesus Christ. We stay away from that bet. If there is no first one, there cannot be a tenth one. And when we are free of compulsive gambling, we have found that life became much more manageable, with Christ's power.

By working through the Eight Recovery Principles found in the Beatitudes and the 12 Steps with Jesus Christ as my Higher Power, I can and will change! I will begin to experience the true peace and serenity I have been seeking, and I will no longer have to rely on my dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for life.

I will also be willing to:

- Form an Accountability TEAM: Sponsor, Accountability Partners
- Weekly attend the Open Share Group on Monday Nights
- Commit to a daily quiet time in the Celebrate Recovery Bible
- Read about this area of recovery understanding the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.

Definition of Sobriety

Sobriety for the compulsive gambler is defined as follows:
Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or "skill".