

THE 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” constitutes gambling.

SMALL GROUP GUIDELINES

- Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
- There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
- We are here to support one another. We will not attempt to “fix” one another.
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
- Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

GAMBLING ADDICTION

The Problem and Solution

Celebrate Recovery®

celebraterecovery.com

THE PROBLEM

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. 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 cannot go on believing that I am not in that class.

- 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 successfully.

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

I will come to believe there is no only one solution to accept Jesus Christ as my Higher Power and follow His plan for my life by working through the 8 Recovery Principles found in the Beatitudes. With Jesus Christ as your Higher Power, you can and will change!

We Will Learn How To:

- Live without gambling one day at a time with the help of the Higher Power, Jesus Christ.
- Stay 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.
- Experience the true peace and serenity you have been seeking.
- Restore and develop stronger relationships with God and with others.
- Stop relying on dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for pain.
- Apply the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another.

We Will Learn How To:

- Form an Accountability TEAM: Sponsor, Accountability Partners.
- Weekly attending the Open Share Group.
- 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.