

From Risk to Resilience

A Practical Workbook
for Gambling
Recovery





Goals

Understand the Key Components of Problem Gambling Recovery

Participants will be able to identify and explain the essential elements involved in problem gambling recovery, including self-assessment, cognitive restructuring, and coping skills development.

Explore Evidence-Based Techniques in Self-Help Contexts

Attendees will learn how cognitive-behavioral therapy, motivational interviewing, and mindfulness practices can be adapted into a self-help workbook format, tailored specifically for gambling recovery.

Apply Practical Strategies for Supporting Individuals Using the Workbook

By the end of the session, attendees will be able to outline practical ways to guide individuals in using the workbook effectively, enabling them to work through the material independently or with minimal external support.



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Overview



Understanding the Gambling Cycle

Predisposing Vulnerability Factors

From Social Fun to Problems

Making the Change

Long-Term Recovery: What do We Recover?

A close-up photograph of a snow-covered evergreen branch, likely a Christmas tree, with warm, out-of-focus lights in the background. The text "Why Workbook?" is overlaid on the right side of the image.

Why Workbook?

Benefits of Workbook Approach For Users

- **Guided Self-Reflection** - Helps users identify personal triggers, thought patterns, and behaviors contributing to gambling.
- **Structured Path to Change** - Provides a step-by-step framework for understanding and overcoming gambling addiction.
- **Self-Paced Learning** - Allows individuals to work through recovery exercises at their own pace, promoting long-term success.
- **Improved Financial Awareness** - Helps users assess gambling-related financial harm and develop healthier money habits.
- **Supports Motivation & Commitment** - Uses motivational interviewing techniques to reinforce willingness to change.
- **Encourages Accountability** - Guides users in setting realistic recovery goals and tracking their progress.
- **Accessible & Private** - Provides a confidential, low-barrier resource for those hesitant to seek formal treatment.

Benefits of Workbook Approach For Counselors

- **Therapeutic Tool** – Serves as a structured resource to supplement one-on-one or group counseling sessions.
- **Customizable for Clients** – Can be tailored to meet the needs of individuals at different stages of recovery.
- **Encourages Client Engagement** – Helps clients take an active role in their recovery process.
- **Provides Measurable Progress** – Includes exercises that allow clinicians to track a client's growth over time.
- **Fosters Self-Sufficiency** – Empowers clients to develop independent problem-solving and coping skills.

Benefits of Workbook Approach In Process

- **Removes from Screen Time**
- **Reduction in Anxiety and Depression**
- **Exploration of Core Issues**

A close-up photograph of a snow-covered evergreen branch, likely a Christmas tree, with warm, out-of-focus lights in the background. The text "Understanding the Gambling Cycle" is overlaid on the right side of the image in a teal color.

Understanding the Gambling Cycle

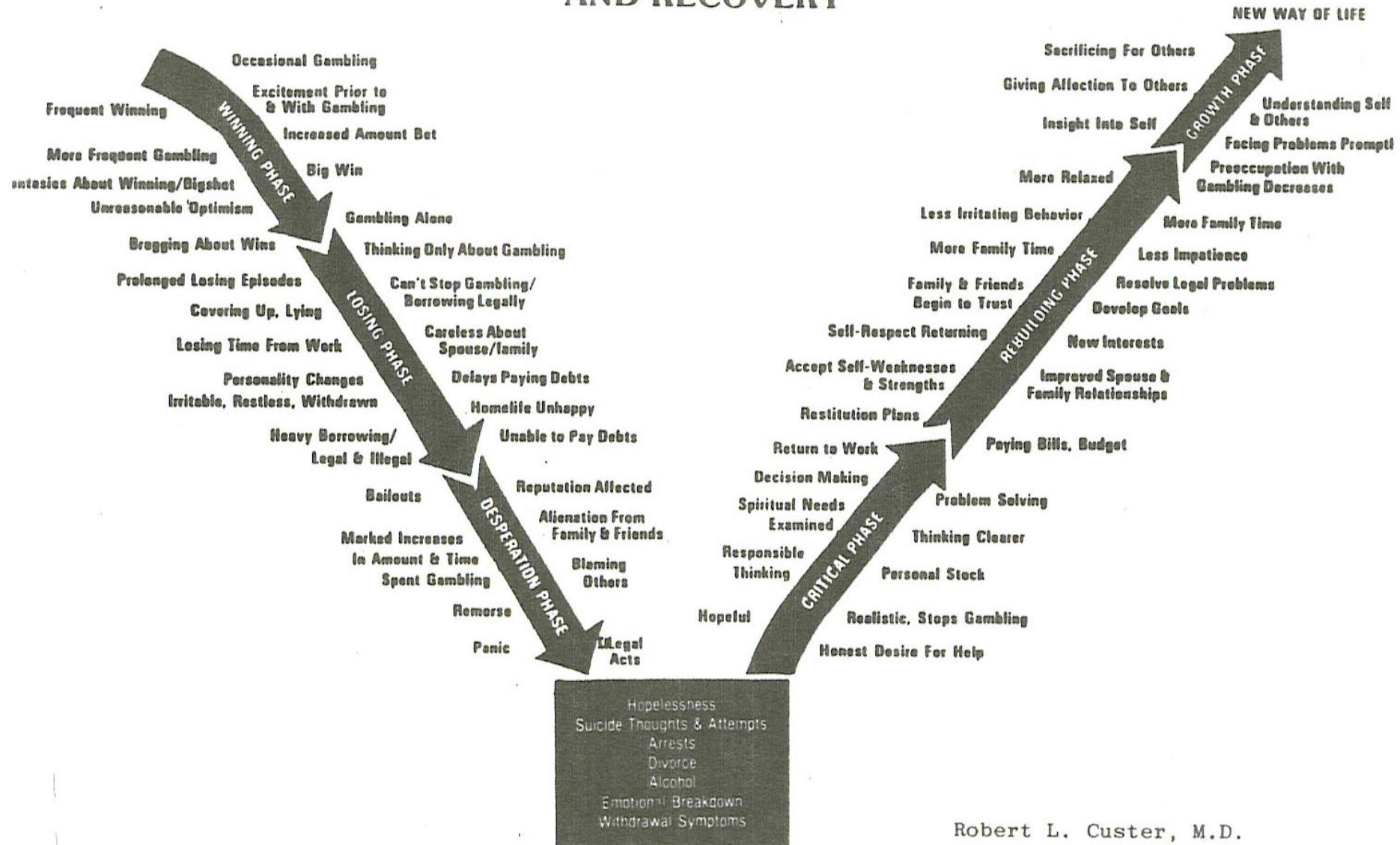
Apply it Now

Why does one become addicted?

Causes	

The Cycle of Addiction

A CHART OF COMPULSIVE GAMBLING AND RECOVERY



Robert L. Custer, M.D.



Risk of Suicidal Ideation and Attempts

- Female gender
- Gambling severity (including engagement in illegal behaviors)
- History of mental health problems
- Financial problems and
- Conflict related to gambling

(Meagan, M. et al, 2018)

Workbook Areas

- Questions to explore the stage of addiction cycle
 - Questions to explore causes or contributing risks
 - Managing safety issues
 - **Financial Impact:** How has gambling affected your financial situation? List any debts, financial problems, or changes in spending habits.
 - **Relationships:** How has gambling impacted your relationships with family, friends, or significant others? Note any conflicts, changes in communication, or emotional distance.
 - **Emotional Well-being:** Reflect on your emotional state. How has gambling affected your mood, stress levels, and overall mental health?
 - **Reflection Questions:**
 - What are the most significant impacts of gambling on your life?
 - How have these impacts influenced your behavior and outlook?
 - What changes might you need to make to address these impacts?
-
- Gambling made me end up working 2 jobs to dig myself out of the debt that I had created through binge gambling sessions
Gambling made me feel isolated from friends and family and would lead to me losing relationships and friendships as I really wasn't very present in the moment following or during gambling sessions and so I ignored them
Gambling destroyed my mood constantly and got me totally addicted to being in a state of stress. Still to this day, I have trouble sitting still because my body has become so accustomed to receiving bad news that it is constantly on the lookout for threats
Gambling made me leave the present moment and make impulsive decisions
My behavior became sporadic and my mood was based solely on the success of my gambling that day
To change, I needed to leave gambling in the past and find a way to create novelty and meaning in my day to day experience

Predisposing Vulnerability Factors



Overview of Predisposing Factors

Biological Vulnerability

- D2 Receptor Gene ([Kaasinen](#), V. et al., 2023)

Environmental/Exposure Factors

- Trauma and Stress
 - Adverse Childhood Experiences (Bristow, L, 2022)
- Big Win
 - Flashbulb Memory (Fu, Y., 2023)
- Early Exposure to Gambling
 - Parental gambling, especially cross-gender, eg daughters of fathers who gamble (Suomi, 2022)
- Availability and Accessibility
 - Increased access to land and online venues (Abbott, M., 2020)

Overview of Predisposing Factors



Psychological Factors

Depression, Anxiety, and
Alexithymia
(Macia, L., 2023)



Financial Pressures

Focus on finances
(Buchanan, et al., 2020)



Peer Influence

Peer pressure and role
modeling
(Botella-Guijarro, A., et al.,
2020)



Personality Traits

Impulsivity
(Gori, et al, 2022)

Types of Gamblers

Antisocial-impulsive (action subtype):

- Predominantly males with above average IQ, who achieve euphoric state through gambling
- Domineering, controlling, and manipulating
- View themselves as friendly, sociable, gregarious, and generous
- Often energetic, assertive, persuasive, and confident in their interpersonal interactions
- Reluctant to their gambling problem and generally resistant to treatment

Prasad & Jiriwal (2019). Pathological Gambling Disorder: An Overview

Obsessive-dependent (escape subtype):

- Represented equally by male and females
- Nurturing, responsible, and active in their family prior to onset of this addiction
- Passive-avoidant, unassertive, and in need of empowerment
- Often have history of physical, sexual, or emotional abuse and use gambling as a means to escape their problems
- Describe feelings of temporary elation and release from physical and emotional pain while gambling
- May seek professional help for assistance with their gambling, relationship issues, or both
- More malleable to treatment, with a better prognosis.

Culture

- Consider the interaction of my culture, my client's culture, and the competency of translating these similarities/differences

Which areas am I in the Dominant Culture?

- Gender
- Gender Identity
- Sexual Orientation
- Race
- Religion
- Physical Abilities
- Body Weight
- Language
- Socio-Economic Status
- Age
- SUD/Gambling Recovery Status
 - Type of substance/gambling
 - Pathway to recovery
 - Length of time in recovery



Culture Apply it Now

- Carla is a 26-year-old African American single female. She has been spending \$2,000 per week on slot machines and has accrued \$40k in debt and embezzled \$70k from her employer.
- Consider the interaction of my culture, my client’s culture, and the implications of these similarities/differences



Dimension	Myself	My Client (Carla)	Implications
Gender		Female	
Sexual Orientation		Unknown	
Race		Unknown	
Physical Abilities		Unknown	
Language		English	
Socioeconomic Status		Unknown	
Age		26	
Alcohol/Substance Use		Unknown	
Gambling Active, in Recovery, or never gambled?		Active Gambling	
Gambling type		Slots	
Path to Recovery		NA	
Length of time in recovery		NA	



From Social Fun to Problems

Risk Factors

Behavioral Risks

- Desensitization to Risk
- Escalation of Involvement
- Tolerance
- Withdrawal
- Negative Consequences Ignored
- Financial Reinforcement
- Loss Chasing

Cognitive Distortions

Emotional Vulnerability

Social Isolation

Ineffective Coping Attempts

Denial

Borrowing
Money

Chasing
Losses

Blaming
Others

Isolating
Oneself

(Escape -
Other
addictions)

Magical
Thinking

Seeking
Quick Fixes

Impulsive
Decision
Making

Avoidance of
Treatment

Ineffective Coping Attempts

Gambling to Escape
Stress

Gambling as a Stressor

Altered Stress Physiology
Predisposing Gambling

(Buchanan, T. et al.,
2020).

Relationships

**Addiction is a disease
of isolation....**



Harm Reduction and Prevention

“The most effective way to reduce harm associated with use is to prevent initiation and misuse in the first place”
(Logan & Marlatt, 2010)

Goals of effective prevention

- Increase perception of risk
- Increase coping skills
- Improve decision making skills
- Increase refusal skills
- Reduce peer support of gambling behavior
- Reduce parental support of gambling behavior
- Delay onset of negative behavior (age of onset is a significant risk factor)
- Address risk factors: early age of onset, positive attitudes toward gambling, impulsivity, association with deviant friends, poor parental supervision

Goals of Intervention

- Increase awareness of harm caused by current patterns
- Increase perception of risk
- Arrest progression toward behaviors causing greater harm

Workbook Areas Examples

- **What messages did you receive about gambling while growing up?** How did your family or community influence your perceptions of gambling?
- **Did you witness gambling behaviors in your household or among close relatives?** How did that shape your own relationship with gambling?
- **What emotions or situations most often led you to gamble?** Were you seeking excitement, relief from stress, or escape from difficult feelings?
- **How do you typically cope with stress, anxiety, or sadness?** Have these coping strategies changed over time?
- **Do you tend to take risks in other areas of life (e.g., relationships, career, finances)?** How does your approach to risk-taking relate to your gambling behavior?
- **Have your friends, workplace, or social circles encouraged or normalized gambling?** How has peer influence played a role in your gambling habits?
- **What role has media (advertisements, online gaming, sports betting) played in shaping your thoughts about gambling?** Have you ever felt drawn in by promotional messages?
- **What beliefs did you have about gambling before it became a problem?** Did you feel you had control over winning or that you could “beat the system”?
- **Have you ever associated gambling with success, intelligence, or personal worth?** How did those beliefs develop, and do you still hold them today?
- **Looking back, were there early warning signs that gambling was becoming problematic?** If so, what were they, and how did you respond at the time?

Workbook Areas Example

- **Reflect on a time in your life when you overcame resistance to make a positive change. What helped you move forward, and how can you apply those lessons now?**
- During the time I was building my personal brand online, I faced a lot of resistance. There were negative comments, a lack of views and a feeling that I was screaming into the void for no reason and that it would be a waste of time. Now looking back, I was really building up the muscles necessary to be successful in the future, and it's given me the perspective of if i can get 1% better every day, I will eventually find myself reaching the goals I set out. Build a plan and stick with it despite how you feel on any given day

Making the Change

A close-up photograph of several autumn leaves, likely maple leaves, in various shades of yellow, orange, and red. The leaves are layered, with some showing more vibrant colors than others. The text "Making the Change" is overlaid in a large, white, sans-serif font on the left side of the image.

Why does one become addicted?

Causes	
<u>Biology</u> Genes, Biochemistry, Brains, Autopilot Learning	
<u>Relationships with Others</u> Peer Pressure, Family, "Enabling", Isolation, Lies	
<u>Relationship with Self</u> Shame, Guilt, Negative Beliefs, "Hate Self"	
<u>Relationship with Higher Power</u> Lack of Connection with Personal Values, Anger/Shame with God	

Why does one become addicted?

Causes	Solutions
<u>Biology</u> Genes, Biochemistry, Brains, Autopilot Learning	Medication, Meditation Exercise, Diet, Sleep, Stress Management Decisional Actions
<u>Relationships with Others</u> Peer Pressure, Family, "Enabling", Isolation, Lies	Limit Setting, Relationship Building, Honesty, Clear Communication Family/Couples Therapy Positive Peer Pressure
<u>Relationship with Self</u> Shame, Guilt, Negative Beliefs, "Hate Self"	Forgive Self, Gratitude Practice Engage in Healthy Behaviors Today Healthy Coping Skills Training
<u>Relationship with Higher Power</u> Lack of Connection with Personal Values, Anger/Shame with God	Define Values, Live by Personal Values Pray, Meditate, Other Spiritual Practice

Goals and Beyond

- Goal setting (Nowack, 2017):
 - Old approach: SMART Goals (Specific, measurable, attainable, realistic and timely)
 - Modern approach:
 - BHAGS (Big, hairy, audacious goals)
 - Challenging goals can increase motivation and readiness for change.
 - Tend to only achieve more or less based on where we set our goals (e.g. goal to cure cancer, walk on the moon etc.)
 - Small steps can be easier to achieve, but may or may not yield progress in the most effective direction for the long term.
 - Prefer approach vs avoidance goals (e.g. spending time with family vs avoiding gambling)
 - Use specific practice plans rather than simple intentions
 - E.g. If I have the desire to gamble, I will call my spouse instead.
 - Habit forming:
 - An average of 60-90 days practice is needed for new habits such as drinking, eating and exercising (although can range from 18-254 days for different complexity of habits)
 - Practice. Practice. Practice.

Gambling Treatment

Cognitive-Behavioral Therapy

Motivational Interviewing

Emotion-Based Therapy

Medication Management

Support Groups

Financial Counseling

Family Therapy

Mindfulness/Stress Reduction Techniques

Financial Restrictions

Holistic Approaches

Evidence Based Care

A Community to Take Root and Grow

Biology

Clinically appropriate use of medications, management of other health concerns

Relapse Prevention

Tools and actions to manage triggers and urges

Trauma

Trauma informed care

Spiritual

12-Step supports, Spiritual and other supports

Beliefs

Cognitive therapy for self-defeating thoughts

Motivation

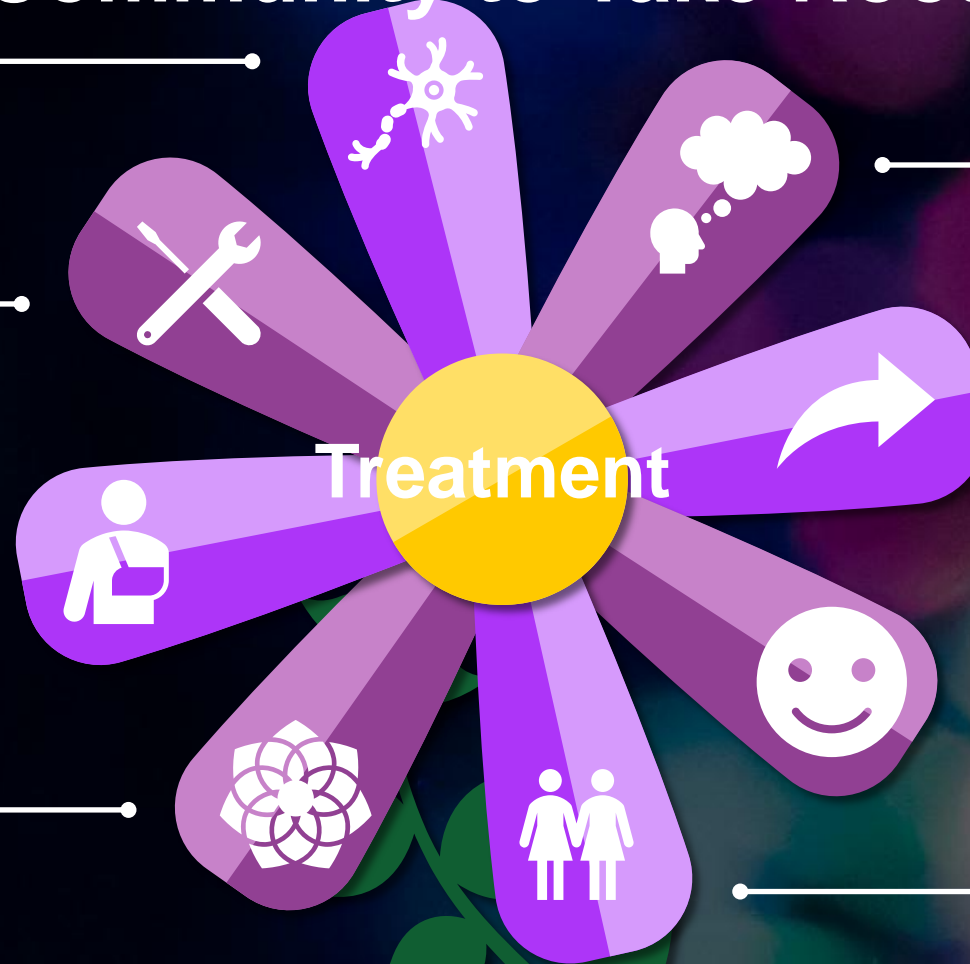
Engage and increase motivation for success through stages of change

Emotion

Addressing emotional triggers

Relationships

Group therapy, Peer support



Treating the Whole Person

Types of gambling, Does it matter?

- Escape gambling (e.g. slots)
 - More likely to drop out prior to treatment
- Action gambling (e.g. sports)
 - More likely to drop out during treatment

J Gambl Stud (2018) 34:987–997
<https://doi.org/10.1007/s10899-018-9752-4>



ORIGINAL PAPER

Are Treatment Outcomes Determined by Type of Gambling? A UK Study

Silvia Ronzitti^{1,2} • Emiliano Soldini³ • Neil Smith⁴ • Andrew Bayston⁴ • Massimo Clerici^{2,5} • Henrietta Bowden-Jones^{4,6}

Emotional Circle

Pop Quiz: Which would be better for a beginner?

What else can we do with someone advanced?

Example: My boss yelled at me. I am mad.



Circle of Emotions: Addiction/Recovery



Emotional Circle And Addictions

Challenge: Lack of confidence

Task: Finding "vision" of next steps for path of change

Other Tools: Exercise

Challenge: Frozen in addictive pattern

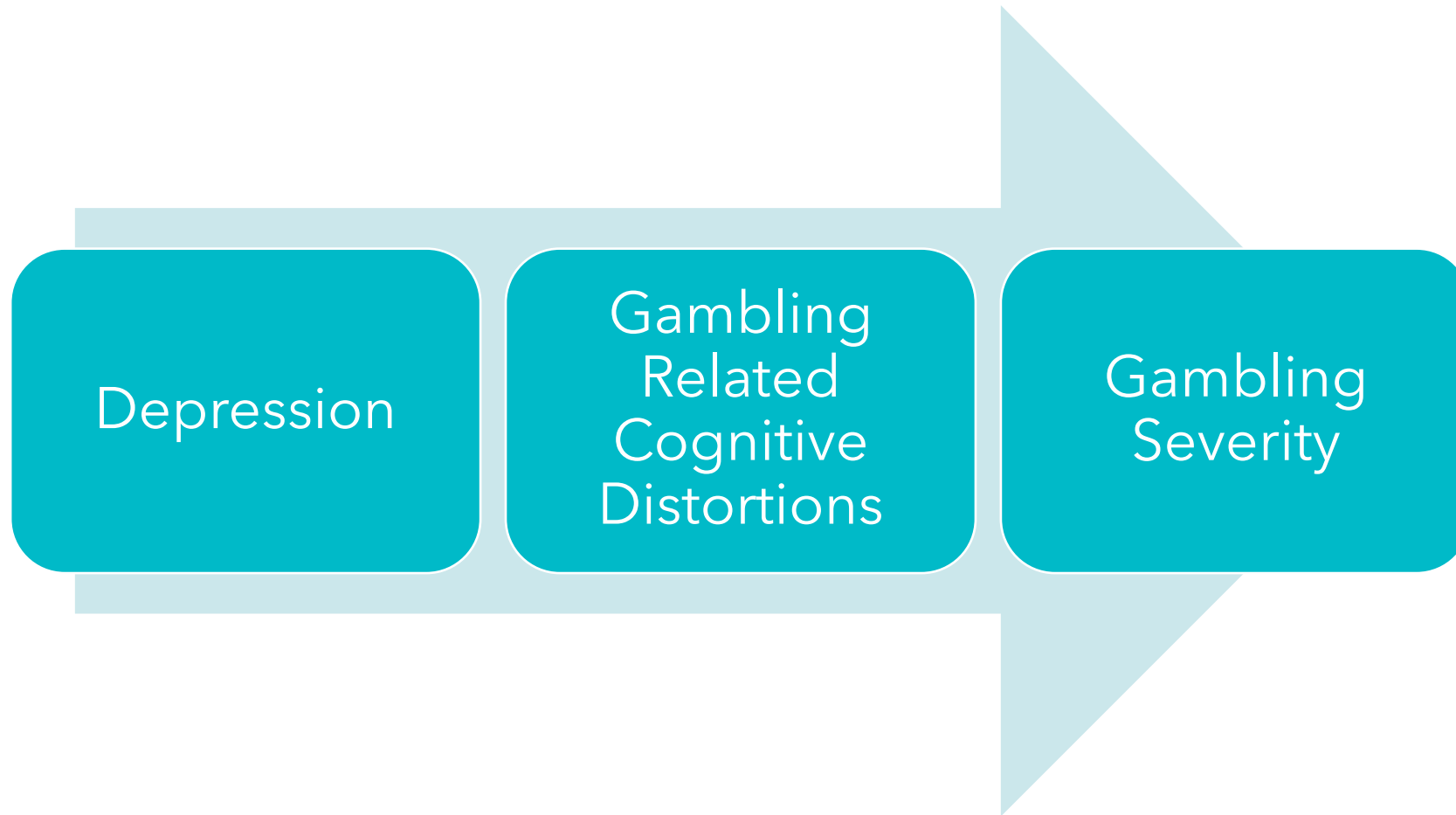
Task: Finding "Why" of cause and motivation, Finding hope of alternatives

Other Tools: Rest, Sleep, Journaling



Cognitive Behavioral Therapy

(Need to address the gambling beliefs in addition to the other issues)



Schulter, et. Al. (2019) *Gambling related cognitive distortions mediate the relationship between depression and disordered gambling*

Treatment Cognitive



In one study 80% of game related thoughts were irrational (e.g. Belief in controlling outcome)

Cognitive treatment focused on “illusion of control”

Focus on correcting erroneous perception of randomness
(Laducer & Walker, 1996, Newall et al, 2023)

- Understand randomness
- Understanding erroneous beliefs of gamblers
- Awareness of inaccurate perceptions
- Cognitive correction of erroneous perceptions

Some Irrational Beliefs of Gamblers

My gambling is under control

Gambling can be a good way to earn money

I don't really have to quit. I can just cut down and ration my gambling

Money is my real problem

If I borrow it, I'll pay it back

Gambling in the scheme of things, is a pretty important thing to be doing

People who don't gamble seem to be relatively stupid, slow or timid

Gambling can be a healthy recreation

I can win back losses if I play long enough

I'm a pretty smart person, so I have my own system to beat the odds

People respect a heavy bettor

Someday, I might score a really big win and quit with honor

Gambling could be the solution to my problems

Expensive presents can make up for past disappointments

Gambling makes me feel better

Borrowing money to gamble with is fine- it's just temporary

The more money I have to gamble with, the better my chances of winning

Somebody will always be there to bail me out if things go wrong

The reason I gamble has nothing to do with my personality

If I only knew why I gamble I could stop

Willpower is probably the best way to stop gambling

I can't afford to pay for treatment or to take time off work

Treatment Cognitive: Mindfulness (Acceptance and Commitment Therapy: ACT)

- Mindfulness is a practice with growing attention
- It has a range of benefits:
 - Improves mood state,
 - Reduces anxiety
 - Perceived stress
 - Reduces severity
 - Establish abstinence
 - Reduce cravings
 - Decrease ruminations about gambling
 - Improve quality of life
- Menchon et al. (2019)



Workbook Areas Examples

- 1.What have you learned about yourself since beginning treatment?** How has your understanding of your gambling behaviors changed?
- 2.What coping strategies have been most effective for you so far?** How have they helped in moments of temptation or stress?
- 3.What emotions or situations still make you feel vulnerable to gambling?** How do you plan to navigate these triggers moving forward?
- 4.What positive changes have you made in your daily routine to support your recovery?** How do these changes help reinforce your progress?
- 5.How has your relationship with money changed during treatment?** What new financial habits or boundaries have you established?
- 6.What are the warning signs that could indicate a potential relapse for you?** How will you respond if you notice them?
- 7.Who are the key people in your support system, and how do they help you stay accountable?** How can you strengthen these connections?
- 8.What personal values and goals motivate you to stay committed to recovery?** How can you remind yourself of these when facing challenges?

Workbook Areas Sample

Letter to Mom

Ann

Dear Mom,

Let me start first by saying... You have enabled me by:

- Allowing me to lie about my addiction
- Allowed me to avoid shame, you allowed the harm reduction, and permitted me to delay or not experience the consequences of my actions
 - Mostly social
 - Emotional
 - Indirectly but in many ways financial consequences of my addiction
- Likely blamed yourself for my active addiction, choices, destructive behaviors (or both myself, my career, our family, friends, other social ties, property, finances), so like basically everyone and everything went down the tubes with my addiction
- During my active addiction, you would worry far more than I did that I was doing the right things to keep from getting in deeper trouble

Workbook Areas Sample

Letter to Mom- Ann

So, moving forward when I'm stressed, I need:

- To be given space
- To be given positive affirmations on the progress I've made
- To be given just enough support to prevent a relapse
- To remain honest and ask for help when necessary
- To be reminded that I am human (and make mistakes)

When I'm not stressed, I need:

- To be called out on my junk when I make nonsensical excuses
- To be told the truth about family news and not have information withheld
- To be expected to act like an adult (and not an addict child)
- To work out the hurt of my past (emotional trauma)
- To be reminded I am not a child (which may hurt and frustrate me)

Long-Term Recovery: What do We Recover?



Recovery

Financial
Stability

Emotional
Well Being

Healthy
Relationships

Self-Esteem
and Self-
Confidence

Sense of
Purpose

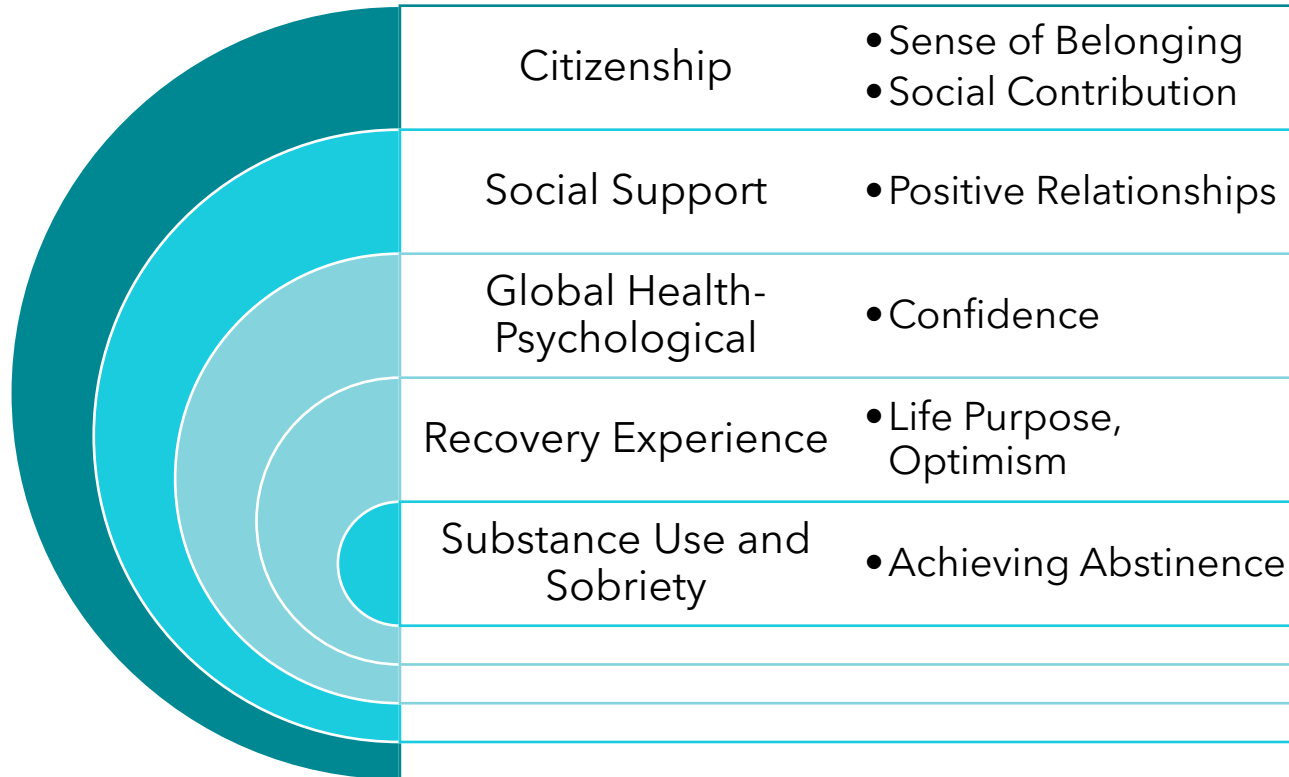
Physical
Health

Freedom
from Shame
and Guilt

Spiritual
Growth

Life
Satisfaction

Recovery Capital



Recovery Capital (William White)



Isolation/Connection

I feel like I have meaningful positive communication in my family and community

I have friends who are supportive of my recovery process

I have established close affiliation with a local recovery support group.



Hopelessness/Hope

My personal values and sense of right and wrong have become clearer and stronger in recent years

I now have goals and great hopes for my future

I know that my life has a purpose

Hanauer et al. (2019)

Protective Factors

- Spirituality
 - When I am faced with an important decision, my spirituality
 - *0 plays absolutely no role to*
 - *10 is always the overriding consideration.*



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Psychology of Addictive Behaviors

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Associations Between Recovery Capital, Spirituality, and *DSM*–5 Symptom Improvement in Gambling Disorder

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Brief Recovery Capital Scale

There are more important things to me in life than using substances

I am generally happy with my life

I have enough energy to complete the tasks I set for myself

I get lots of support from my friends

I regard my life as challenging and fulfilling without the need for using drugs or alcohol

My living space has helped to drive my recovery journey

I take full responsibility for my actions

I am happy dealing with a range of professional people

I am making good progress on my recovery journey

(Vilsiant, C. et al 2017)

Building A Practice

Form

1. Declaration
2. For the sake of
3. Detail practice
4. Reminder
5. Support

Example

1. I will,
2. for the sake of [whom],
3. I will [practice],
4. and remind myself by [reminder],
5. with support from [whom]

Sample Practice

I will, for the sake of Joe, my 42-year old spouse,

[Practice] Write three things I am grateful for in my journal every day, before bed.

[Reminder] I will remind myself by placing my gratitude journal under my pillow

[Partner] I will ask Janet, my best friend, to check in with me discuss with me how I am progressing every Monday morning once the kids go to school.

If I am successful, I get a hug from Janet, if not, I give Janet a hug.

Sample Practice

I will, for the sake of Mary, my 12-year old daughter,

[Practice] Ask my family how their day was and practice listening for 5 minutes every day, at the beginning of dinner time.

[Reminder] I will remind myself by placing flowers on the table

[Partner] I will ask Jane, my best friend, to check in with me discuss with me how I am progressing every Saturday morning over coffee.

If I am successful, I get a cookie (or cookies) to go with it. If I am not successful, I buy a cookie for Jane.

The Recovery Journey

	<u>Early Gambling</u>	<u>Problem Gambling</u>	<u>Early Recovery</u>	<u>Recovery</u>
<u>Thoughts</u>	This Is Fun, I Want To Do More Of It	This Is Stressful, I Need To Win To Solve My Problems	I Am So Bored. I Have Nothing To Do With My Time And I Don't Care About Anything	I Am Becoming More Content With My Life Every Day
<u>Beliefs</u>	I Could Win	I Should Win	I Can't Win	I Don't Need To Win
<u>Values</u>	Seek Thrills	Seek Success	Seek Meaning	Find Contentment
<u>Emotions</u>	Excited, Thrilled, Nervous	Scared, Anxious, Depressed, Irritable	Bored, Tired, Meaningless, Empty	Peaceful, Happy, Calm
<u>Behaviors</u>	Trying New Things, Moderate Risk Taking	Thoughtless Risk Taking, No Regrets, Numbness	Depressed And Heavy	Happy, Exercise Often, Keep Busy
<u>Relationships</u>	Good, But Becoming Less Important	Secondary, Unimportant, Deteriorating	Vital. Still Mistrust But Beginning To Rebuild	Solid, Open, Honest
<u>Biology</u>	Nervous,	Exhausted, Tense, Stressed, Irritable	Sluggish, Bored, Lazy, Sad	Energetic, Focused, Calm
<u>Relationship With Self</u>	Undefined	Bad. Happiness Depended On External Sources	Regretful Of Past Actions, Disappointed But Hopeful For Change	Much More Honest, Inward Looking
<u>Relationship With Higher Power</u>	None	Less Than None	Early Stages, Curious	Still Not Well Defined, But I Now Have The Space And Capacity To Contemplate It

Workbook Areas Examples

- **How do you define success in your recovery journey?** What milestones have you reached, and what goals do you still want to achieve?
- **What activities, hobbies, or interests have you developed to replace gambling?** How do they bring meaning or joy to your life?
- **How do you handle setbacks or difficult emotions now compared to when you were gambling?** What strategies help you stay on track?
- **What advice would you give to someone just starting their recovery journey?** How can your experiences help others?
- **How do you plan to continue growing and strengthening your resilience?** What practices or habits will help sustain your long-term recovery?

Workbook Areas Sample

- **How do you feel about the idea of revisiting and adjusting your plan regularly? What would help you to stay committed to this process?**
- I feel as if the idea of revisiting and adjusting my plan is exactly what I need on a regular basis. I'm someone who struggles to stay focused and the constant reminder of going back and iterating on or re-checking a plan is what helps me to stay on track when I am recovering. Knowing the goals of what the plan is trying to accomplish and having them readily available provides the motivation I need to continue on the right path.

Workbook Areas Sample

- **Keys to Freedom**
- ***Tim Taylor***
- Break the chains that bind you, free yourself. Your self-made prisons no longer serve you to participate, create, explore, discover, care, and share. Surprise yourselves, take risks, be vulnerable and stand on your own two feet.
- Find your beliefs and begin to act on them. Make decisions based on your values, not your fears. Walk through the fear. Rub the sleep from your eyes people and wake up. Wake up to the miracles that are all around you.
- Shake the dreams from your hair and wake up. Wake up to the blessings that have been gifted to you.

Kreuter et al. (2022)

Keys to Change Remember:

Change is easiest, earlier

There are no single causes

**It takes a village to cause or
cure gambling**

You are not alone



Action Steps

Self-Reflection: Reflect on your own attitudes and behaviors towards gambling, as well as any personal experiences or family history that may contribute to your understanding of the topic.

Advocate for Change: Advocate for policies and initiatives that promote responsible gambling practices, increase access to treatment and support services, and reduce the stigma associated with gambling addiction.

Stay Informed and Engaged: Stay informed about developments in the field of gambling disorder research, treatment, and advocacy, and continue to engage in conversations and initiatives aimed at addressing the issue and supporting those affected by it.

Educate Yourself: Learn more about gambling disorder.

The Journey Continues...

The Recovery Journey

Apply it Now

- What is one thing that you have learned that you will apply in a work or personal relationship in the next week?

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Questions



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