A Chart of Compulsive Gambling and Recovery New Way Of Life Occasional Gambling Frequent Winning Sacrificing **Excitement Prior To** For Others And With Gambling More Frequent Gambling Giving Affection **Increased Amount Bet** Understanding Fantasises About To Others Self And Others Gambling Big Win Facing Problems Frequent Gambling Promptly Insight Into Self Preoccupation With Gambling Decreases Gambling Alone Less Irritation Behavior Thinks Only About Gambling Prolonged Losing Episodes More Family Time Can't Stop Gambling/ Covering Up Lying More Family Time Borrowing Illegally AEBUILD STAGE Self-Respect Careless About Spouse/ Less Impatience Losing Time From Work Returning Family Resolve Legal Problems Personality Changes Accept Self-Weaknesses **Delays Paying Debts** Irritable, Restless, Withdrawn & Strengths, Develop Goals Home Life Unhappy New Interests Restitution Plans Heavy Borrowing/ Unable To Pay Debts Legal & Illegal Improved Spouse & Family Relationships Paying Bills, Budget Reputation Return To Work Affected Decision Making Alienation Bailout Spiritual Needs From Family Examined Problem Solving And Friends Marked Increase In Amount Responsible Blaming And Time Spent Gambling Thinking Thinking Clearer Others Hopeful Remorse Illegal Realistic Stops Gambling Acts **Panic** Honest Desire For Help



HOPELESSNESS
SUICIDAL IDEATION
ARRESTS
ALCOHOL &DRUG ABUSE
EMOTIONAL BREAKDOWN
WITHDRAWAL SYMPTOMS

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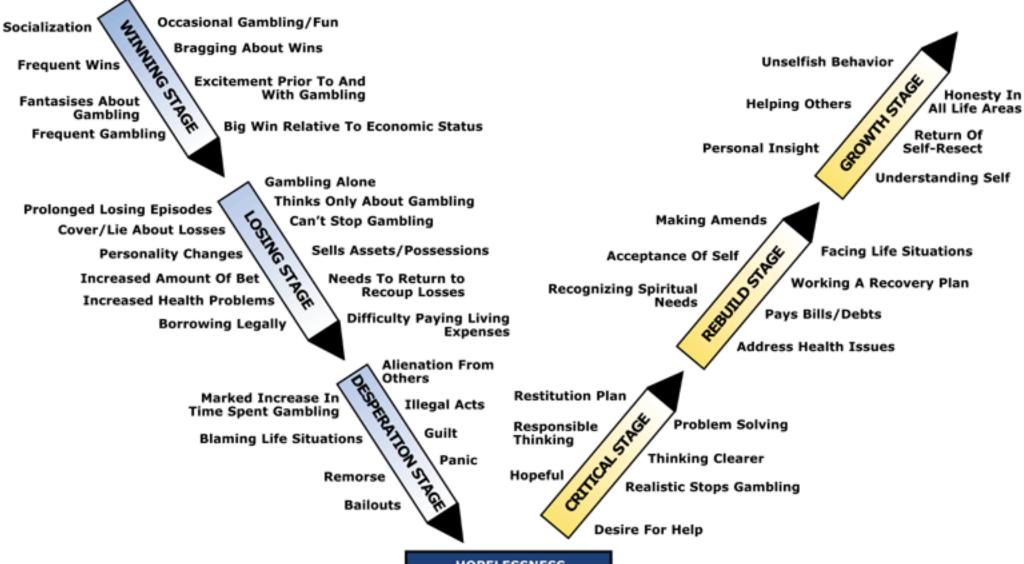
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Occasional Worries On The Spouse Makes Excuses For Gambling Keeps Concerns To Self Relaxed Accepts Increased Gambling Considers Gambling Sense Of Sharing Temporary Achievement Easily Reassured Closeness Within Family **Questions Unpaid Bills** Sacrificing For Others **Helping Others** Unexplained Financial More Affectionate Crisis And Trusting Accepts Remorse Of Gambler Meets Own Needs Communications Spouse Spends Less Arguments Improved Time With Family again drug prings Problem Solving Spouse Feels Rejected Demands Upon Gambler Understanding Others Attempts To Control Gambling Closeness Within Family **Provides Bailouts** Recognizes Self Needs Increased Self-Esteem Avoids Children Family And Isolation Friends Making Decisions **Deals With Resentment** Intense Resentment Realistic Personal Realistic Planning Confusion Inventory Accepts Physical Compulsive Self-Confidence Returns Symptoms Gambling As Thinking Impaired Illness **Guilt Diminishes** Rage Immobilization Hopeful Anxiety-Stops Giving Bailouts Panic **Doubts Sanity** Accepts Friends Again Honest Desire For Help HELPLESSNESS HOPELESSNESS MENTAL BREAKDOWN SUBSTANCE ABUSE Council on Office: 215-389-4008 DIVORCE **Compulsive Gambling** Statewide Helpline: 1-800-848-1880 SUICIDAL THOUGHTS & of Pennsylvania, Inc. ccqofpa@aol.com • www.pacouncil.com

ATTEMPTS

A Chart On The Effects Of Compulsive Gambling

Senior Gambling





HOPELESSNESS
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Adolescent Chart Of Compulsive Gambling And Recovery Gambling Free Way Of Life

Occasional Gambling/Fun Frequent' Winning Excitement Prior To And During Gambling More Frequent Gambling Increases The Amount Of Money Bet Fantasizes About Winning

Lying To Parents About Gambling Magical Thinking

Bragging About Wins Losses Blamed On Bad Luck

Covers Up Gambling Activity

Losing Time From School/Work

Irritable, Restless, Depressed

Drop Extracurricular Activities

Big Increase In Money And Time Spent Gambling

Bailouts

Selling Family's Valuables Thoughts Of Crimes

> Out Of Control Remorse

Shame

Panic

Can't Stop Gambling

Debts Pile Up

Frequently Borrows

Careless About Family And Friends

Grades Drop

Return To School/Work Unable to Pay Debts Decision Making

Selling Personal Stuff Spiritual Needs Drop Out Of

School Clearer Thinking

> Personal Family And Inventory Friends

Blaming Others

Guilt

Legal Action Willing To Help Others

Less Anxiety

Learn Stress Reduction

Less Sensitive, More Outgoing

Renewed Trust Of Family And Friends

Begin To Trust Self

Self Respect Returning

Make Amends

Self-Acceptance AESUILD. **Grades Improve**

Examined

Withdraw From

Capable Of Giving Affection

Faces Problems Promptly

> Desire To Gamble Decreases

Understanding

Self And Others

More Family Time

Less Impatience

Resolve Legal Problems **Develop Goals & Clarify Values**

STAGE New Recreational Interest

Develop Non Gambling Friends

Improved Family Relations

Debt Repayment Plans

Develops Budget

Creative Problem Solving

Accept Responsibility For Actions

Realistic Stops Gambling

Anticipates Possible Behavior Change

Honest Desire For Help

Withdrawal Symptoms

DESPAIR

THOUGHTS OR ATTEMPTS

OF SUICIDE

ARRESTS

DRUGS

EMOTIONAL AND PHYSICAL

BREAKDOWN

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