



WELCOME TO YOUR
NEXT CHAPTER.

Recover. Improve. Surrender. Empower.

Zoom | 898 8173 6751 | Passcode : 12345 | Mondays-Sunday 7AM and 7PM

GAMBLERS ANONYMOUS

**I sought my soul,
but could not see,
I sought my God,
but he eluded me,
I sought my brothers and sisters
and found all three.**



GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.

There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people.



The idea that somehow, someday, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity or death.

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed.

We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals – usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time, we get worse, never better.

Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.



THE RECOVERY PROGRAM

HERE ARE THE STEPS WHICH ARE A PROGRAM OF RECOVERY

1. We admitted we were powerless over gambling – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to a normal way of thinking and living.
3. Made a decision to turn our will and our lives over to the care of this power of our own understanding.
4. Made a searching and fearless moral and financial inventory of ourselves.
5. Admitted to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have these defects of character removed.
7. Humbly asked God (of our understanding) to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.



THE UNITY PROGRAM

IN ORDER TO MAINTAIN UNITY OUR EXPERIENCE HAS SHOWN THAT

1. Our common welfare should come first; personal recovery depends upon group unity.
2. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Gamblers Anonymous membership is a desire to stop gambling.
4. Each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.
5. Gamblers Anonymous has but one primary purpose – to carry its message to the compulsive gambler who still suffers.
6. Gamblers Anonymous ought never endorse, finance or lend the Gamblers anonymous name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every Gamblers Anonymous Group ought to be fully self-supporting, declining outside contributions.
8. Gamblers Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. Gamblers Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Gamblers Anonymous has no opinion on outside issues; hence the Gamblers Anonymous name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and internet.
12. Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.



HOW DOES SOMEONE STOP GAMBLING THROUGH THE GAMBLERS ANONYMOUS PROGRAM?

One does this through bringing about a progressive character change within oneself. This can be accomplished by having faith in – and following – the basic concepts of the Gamblers Anonymous Recovery and Unity Programs.

There are no shortcuts in gaining this faith and understanding. To recover from one of the most baffling, insidious, compulsive addictions will require diligent effort. Honesty, open-mindedness, and willingness are the keywords in our recovery.

IS KNOWING WHY WE GAMOLED IMPORTANT?

Perhaps, however insofar as stopping gambling, many Gamblers Anonymous members have abstained from gambling without the benefit of the knowledge of why they gambled.



ISN'T COMPULSIVE GAMBLING BASICALLY A FINANCIAL PROBLEM?

No, compulsive gambling is an emotional problem. A person in the grip of this illness creates mountains of apparently insolvable problems. Of course, financial problems are created, but they also find themselves facing marital, employment, or legal problems. Compulsive gamblers find friends have been lost, and relatives have rejected them. Of the many serious difficulties created, the financial problems seem the easiest to solve. When a compulsive gambler enters Gamblers Anonymous and quits gambling, there is no longer the financial drain that was caused by gambling, and very shortly, the financial pressures begin to be relieved. Gamblers Anonymous members have found that the best road to financial recovery is through hard work and repayment of our debts. Bankruptcy, borrowing and/or lending of money (bailouts) in Gamblers Anonymous is detrimental to our recovery and should not take place.

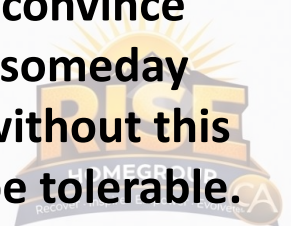
The most difficult and time-consuming problem with which they will be faced is that of bringing about a character change within themselves. Most Gamblers Anonymous members look upon this as their greatest challenge which should be worked on immediately and continued throughout their lives.



WHAT IS THE DREAM WORLD OF A COMPULSIVE GAMBLER?

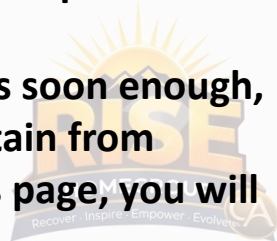
This is another common characteristic of compulsive gamblers. A lot of time is spent dreaming of the great and wonderful things they are going to do as soon as they make the big win. They often see themselves as quite philanthropic and charming people who will provide family and friends with expensive cars, and other luxuries. Compulsive gamblers picture themselves leading extravagant lifestyles made possible by the huge sums of money they will accrue from their gambling. Large homes, designer clothes, and expensive vacations are a few of the wonderful things that are just around the corner after a big win is finally made.

Pathetically, however, there never seems to be a big enough winning to make even the smallest dream come true. When compulsive gamblers succeed, they gamble to dream still greater dreams. When failing, they gamble in reckless desperation, and the depths of their misery are fathomless as their dream world comes crashing down. Sadly, they will struggle back, dream more dreams and of course suffer more misery. No one can convince them that their great schemes will not someday come true. They believe they will, for without this dream world, life for them would not be tolerable.



To All Gamblers Anonymous Members, Particularly The New Gamblers Anonymous Members:

- 1. Attend as many meetings as possible per week. MEETINGS MAKE IT.**
- 2. Telephone other members as often as possible between meetings. USE THE TELEPHONE LIST!**
- 3. Don't test or tempt yourself. Don't associate with acquaintances who gamble. Don't go in or near gambling establishments. Don't access online or mobile betting platforms. DON'T GAMBLE FOR ANYTHING.**
- 4. Live the Gamblers Anonymous Program ONE DAY AT A TIME. Don't try to solve all your problems at once.**
- 5. Read the RECOVERY and UNITY steps often and continuously review the Twenty Questions. Follow the steps in your daily affairs. These steps are the basis for the entire Gamblers Anonymous Program and practicing them is the key to your growth. GET INVOLVED AND BE OF SERVICE. If you have any questions, ask them of your Trusted Servants and Sponsors.**
- 6. GET A SPONSOR, IT IS DIFFICULT TO RECOVER ON YOUR OWN! Sponsorship gives an opportunity for members to work on a one-on-one basis to achieve recovery by sharing, practicing, and working the 12 steps of recovery.**
- 7. We encourage every Gamblers Anonymous member to have a PRESSURE RELIEF GROUP MEETING as it offers guidance toward a normal way of thinking and living. The PRESSURE RELIEF GROUP MEETING may help alleviate financial, employment and personal pressures. Adherence to it may aid in your recovery.**
- 8. BE PATIENT! The days and weeks WILL pass soon enough, and as you regularly attend meetings, abstain from gambling and follow the guidelines on this page, you will experience continued recovery.**





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JUST FOR TODAY

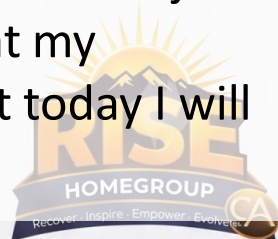
[I] **Just for today** I will try to live through this day only and not tackle my whole life problem at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

[II] **Just for today** I will be happy. This assumes to be true what Abraham Lincoln said, that: "most folks are as happy as they make up their minds to be."

[III] **Just for today** I will adjust myself to what is and not try to adjust everything to my own desires. I will take each day as it comes and fit myself to it.

[IV] **Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

[V] **Just for today** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to do - just for exercise; I will not show anyone that my feelings are hurt - they may be hurt but today I will not show it.



JUST FOR TODAY

[VI] **Just for today** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

[VII] **Just for today** I will have a program. I may not follow it exactly but I will have it. I will save myself from two pests - hurry and indecision.

[VIII] **Just for today** I will have a quiet half-hour all by myself and relax. During this half-hour, sometime, I will try and get a better perspective of my life.

[IX] **Just for today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that, as I give to the world, so the world will give to me.

[X] **Just for today** I will not gamble.



GOD,

Grant me the **serenity**,
To **accept** the things
I cannot change
Courage to **change**
the things I can,
And **wisdom** to **know**
the difference

Keep **coming** back,
It **works** if you **work** it,
So work it because
You're **worth** it

