

A CHART OF COMPULSIVE GAMBLING AND RECOVERY

WINNING PHASE

Occasional Gambling
Excitement: Prior to & With Gambling

Frequent Winning

More Frequent Gambling
Fantasies About Winning Big Shot

Increased Amount Bet

Big Win

LOSING PHASE

Gambling Alone
Thinking Only About Gambling

Unreasonable Optimism
Bragging About Wins
Prolonged Losing Episodes
Covering Up, Lying
Losing Time From Work
Personality Changes, Irritable, Restless, Withdrawn

Can't Stop Gambling/Borrowing Legally
Careless About Spousal/Family
Delays Paying Debts
Home life Unhappy

DESPARATION PHASE

Heavy Borrowing/ Legal & Illegal Bailouts

Marked Increases in Amount & Time Spent Gambling

Remorse

Panic

Unable To Pay Debts
Reputation Affected

Alienation From Family & Friends
Blaming Others
Illegal Acts

NEW WAY OF LIFE

Sacrificing For Others

Giving Affection To Others

Understanding Self & Others

Insight Into Self

Facing Problems Promptly

GROWTH PHASE

More relaxed
Less Irritating Behavior

Family & Friends Begin To Trust

Self Respect Returning

Accept Self-Weaknesses & Strengths

Preoccupation With Gambling Decreases
More Family Time

Less Impatience

Resolve Legal Problems

Develop Goals

New Interests

REBUILDING PHASE

Restitution Plans

Return to Work

Decision Making

Spiritual Needs Examined

Responsible Thinking

Hopeful

Improved Spouse & Family Relationships

Paying Bills, Budget

Thinking Clearer

Personal Stock

Realistic, Stops Gambling

Honest Desire For Help

CRITICAL PHASE

Hopelessness

Suicide Thoughts & Attempts

Arrests

Divorce

Alcohol

Emotional Breakdown

Withdrawal Symptoms

470-7447
or
800-777-6110

