

EXPERIENCES OF GAMBLING PROBLEMS

SOLUTIONS

PUT THINGS IN PROPORTION • OPENNESS • LOOK FOR THE BRIGHT SIDES IN QUITTING GAMBLING • SEEK HELP
ACCEPT THE PROBLEM • THINK RATIONALLY, IF POSSIBLE • TELL THE LOVED ONES • THINK ABOUT WHAT IS HAPPENING • THINK WHAT YOU CAN DO YOURSELF
BE MERCIFUL AND HONEST WITH YOURSELF • REWARD SUCCESS • ACCEPT HELP • THINK ABOUT WHAT'S IMPORTANT • PAUSE AND THINK
PRAYER • MAKE GAMBLING AS DIFFICULT AS POSSIBLE FOR YOURSELF • MAKE A DECISION • ACT AGAINST GAMBLING THOUGHTS
OTHER PERSONS ECONOMICAL ADVICES • RECOGNISE THE SITUATIONS THAT AROUSE THE URGE TO GAMBLE • RECOGNISE THE NEED TO CHANGE
BELIEVE IN YOURSELF • LIST YOUR DEBTS AND WORK OUT A FINANCIAL PLAN • PEER SUPPORT • SET MILESTONES

CONSEQUENCES

LOSES TRACK OF TIME • ALCOHOL • TENDENCY TOWARDS OTHER ADDICTIONS • LOSS OF VALUES • LIFE IS AN ILLUSION
LIVING HABITS WORSEN • FALLING OUT OF SHAPE • SLEEPLESSNESS • DREAMLESSNESS • QUITTING HOBBIES • SHAME • SELFISHNESS
SELF-ESTEEM AND SELF-CONFIDENCE WEAKENS • NO ABILITY TO CONCENTRATE • CRANKINESS • THE LOVED ONES SUFFER
MEANINGFULNESS DISAPPEAR • AFFECTS YOUR MENTAL HEALTH • DOMESTIC PROBLEMS • COMPULSION TO GAMBLE • GETTING HOOKED
DISTORTION OF THE VALUE OF MONEY • CRIME • GUILT • SECRECY • TURNS ONE TO A LIAR • DESTROYS SOCIAL RELATIONSHIPS
LESS FREEDOM • RUINS THE ECONOMY • ANGER • BITTERNESS • BORROWING FROM FRIENDS

REASONS

ANXIETY • TENDENCY TOWARDS ADDICTION • DESPERATION • NEED TO RELAX • "EASY" MONEY • LOW SELF-ESTEEM • RELATIONSHIP PROBLEMS
A BIG WIN • SEEK OF EXCITEMENT • UPBRINGING • THE EXAMPLE OF FRIENDS • COMPETITIVE NATURE • INABILITY TO CONFRONT AND SOLVE PROBLEMS
INABILITY TO ENJOY THINGS • TOO MUCH SPARE TIME • COMFORT • DEPRESSION • ESCAPE FROM EVERYDAY LIFE • GAMBLING BECOMES AUTOMATIC
JOY • THE ATTRACTION OF THE GAME • STRESS • EMOTIONAL EXPERIENCES • BOREDOM • DESIRE TO WIN • LONELINESS • DREAMS