

WEB LETTER



FLORIDA COUNCIL ON
COMPULSIVE
GAMBLING

VOLUME 132 • JANUARY 2022



888-ADMIT IT

321-978-0555

GAMBLINGHELP.ORG

meditate JOY TRUTH empower
seek FAITH PURPOSE
wisdom divine healing PEACE grace
spirituality connect SOUL
bliss kindness
LOVE compassion NOW
guidance energy pure
oneness harmony
SHARE intention growth

NEW YEAR, RENEWED STRENGTH

One of the best steps to move forward in a change program is to alter your way of thinking. As is stated in the Florida Council on Compulsive Gambling's self-help recovery workbook program:

A Chance for Change, your thoughts become words, your words become actions and your actions can change your life!

Reflection can help you to understand yourself and your motivations, with the goal of leading you to new behaviors. Reflection is the process of thinking about what you've done, the motivations for your actions, and the consequences of your behavior. Reflection is a critical step in the process of change. Besides reflection, another mindset that may help to make positive changes in your life is spirituality. While each religion offers elements of spirituality, for those who do not affiliate with a religion, spirituality refers to one's hopes and dreams and speaks to the core of one's inner values and beliefs. At the heart of spirituality is the ability to want to connect with oneself at a higher level of awareness. Spirituality is the process of developing a human connection to a higher power, God, or whatever name you want to give to the universe greater than yourself. Adding spirituality to one's life can help to find meaning, peace, and joy. It can include informal and personal explorations of an inner life that lend depth and meaning to outer life. Spirituality means looking at yourself and your life to find the answers to the big existential questions, such as:

- Why am I here?
- Why is this happening to me?
- What am I meant to do in life?

Very often, when we experience something uncomfortable, we are given the opportunity to look beyond the daily details of existence and consider larger questions of the heart. It is often painful life events that cause people to perform self-examinations. If you have a strong spiritual component in your life, tap into it regularly to offer a lifeline of strength and hope when feeling frustrated. If there is no spiritual aspect present in your life right now, you can do something that can help bring emotional relief. The presence of spirituality can provide a sense of comfort to you that can lead to improved physical and emotional health. Ideas for incorporating different aspects of spirituality into your life follow, but again, they are just ideas, not absolutes. Remember, spirituality is whatever it means to you personally:

- Attend a place of worship you used to attend or try a new location.
- Attend a self-help support group, such as Gamblers Anonymous.
- Take a yoga class.
- Learn how to meditate
- Spend time with nature, in peaceful surroundings, where you can think and reflect.
- Write short, positive statements on sticky notes or on mirrors with a dry erase marker.

For help healing one day at a time, call **888-ADMIT-IT** (888-236-4848), text **(321-978-0555)**, email (fccg@gamblinghelp.org), live chat (gamblinghelp.org), use the 888-ADMIT-IT App (<https://landing.appypie.com/888-admit-it>), or reach out on social media, such as Facebook and Twitter.

GET CONNECTED TO THE RESOURCES THAT MAKE A DIFFERENCE AND KNOW THAT RECOVERY IS POSSIBLE!