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Recommit to Recovery for National Recombitment Month

To begin healing from the effects of problem gambling, a person must make a commitment to themselves that they'll stop gambling and take the steps to recover. This is easy to say, but harder to put into practice — that is why the **Florida Council on Compulsive Gambling (FCCG) is celebrating National Recombitment Month this May**. Whether recovery from compulsive gambling is something you or a loved one wants to recommit to or something you want to choose today for the first time, the FCCG wants you to know that hope is available.

Recovery is never an easy path, and there are many factors that may impact a person in recovery as they work to heal from compulsive gambling. People in recovery often relapse within their first year, which means they returned to gambling after a period of sobriety. These relapses are usually caused by high-risk triggers, including, but not limited to:

- Boredom
- The compulsive need to win
- Availability or lack of funds
- Desire for distraction
- Depression or anxiety
- Loneliness^[1]

The Role of Goal Setting in Recovery

One way individuals can stay true to their commitments is to set realistic goals. **Researchers have found that goals are associated with a higher predictability of success as they involve our values, bind us to reality, and call for self-evaluation.**^[2] To set goals that are meaningful, follow these four steps:

1. Make a plan – Set your focus and figure out how you're going to achieve it in small steps.
2. Explore resources – Enlist the help of experts, which can be found at the FCCG's 24/7, completely free HelpLine, **888-ADMIT-IT**.
3. Be accountable – We tend to perform better when someone is watching, so if you feel comfortable doing so, ask someone you trust to help hold you accountable to your goals.
4. Use rewards – Promise yourself a certain reward when you achieve milestones you've set for yourself that don't include gambling.^[3]

Even with safeguards in place, it's natural to slip — the key is to just take the next right step forward. Eventually you will get to your destination. If you relapse in your commitment to change with a gambling problem, do not see this as a failure or reason to stop trying to change. Instead, recognize that you have faltered and why. Remember this is a disease you are fighting, recommit to change, and start back from where you slipped. If it's a loved one who wants to recommit to recovery, you can do your part by not enabling them in their gambling problem, whether it is financially or emotionally.

As you or a loved one work toward recovery, remember that it is never too late to start over. There are many ups and downs when on the path to recovery and today can be the day to start or resume your commitments and goals towards recovery. **Your One Sure Thing**, for help and support call or text **888-ADMIT-IT**, FCCG's multilingual and confidential HelpLine can put you in touch with recovery resources such as our **Self-Help Recovery Workbooks** so you can find the hope and healing you deserve.

Contact FCCG's confidential and multilingual 24/7 Problem Gambling HelpLine:

Call or Text: 888-ADMIT-IT
Email: fccg@gamblinghelp.org
Live Chat: gamblinghelp.org

Tap into the 888-ADMIT-IT App or reach out on social media, such as Facebook and Twitter.

References:

1. Benson, Rick. "Dealing with Gambling Addiction Relapses." *Algamus*, 18 Mar. 2018, <https://www.algamus.org/blog/gambling-addiction-relapses#:~:text=A%20relapse%20is%20often%20prompted,The%20compulsive%20need%20to%20win.>
2. Madhuleena, Chowdhury Roy. "The Science & Psychology of Goal-Setting 101." *PositivePsychology.com*, 8 Feb. 2023, <https://positivepsychology.com/goal-setting-psychology/>.
3. *Ibid.*