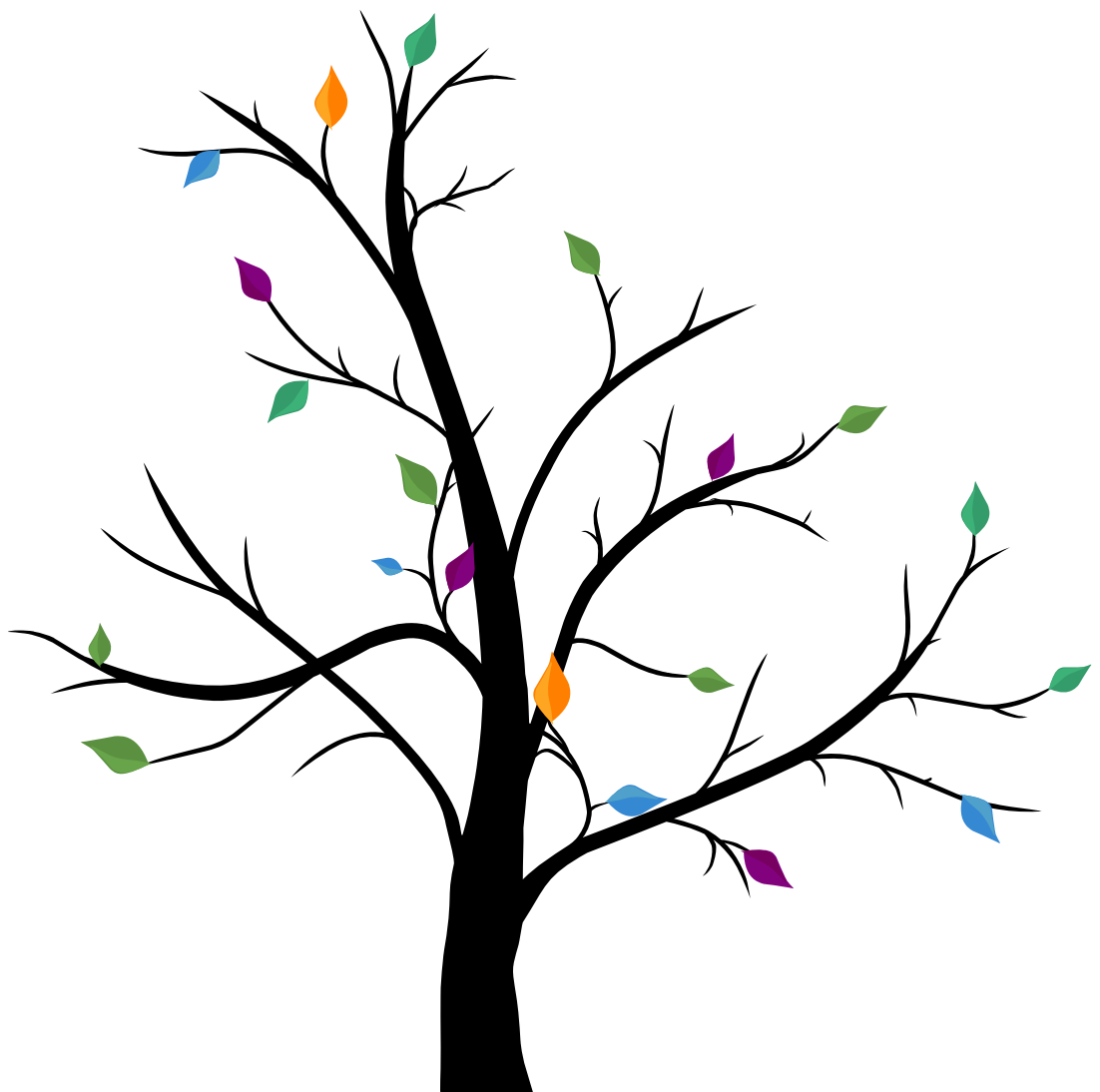


A CHANCE FOR

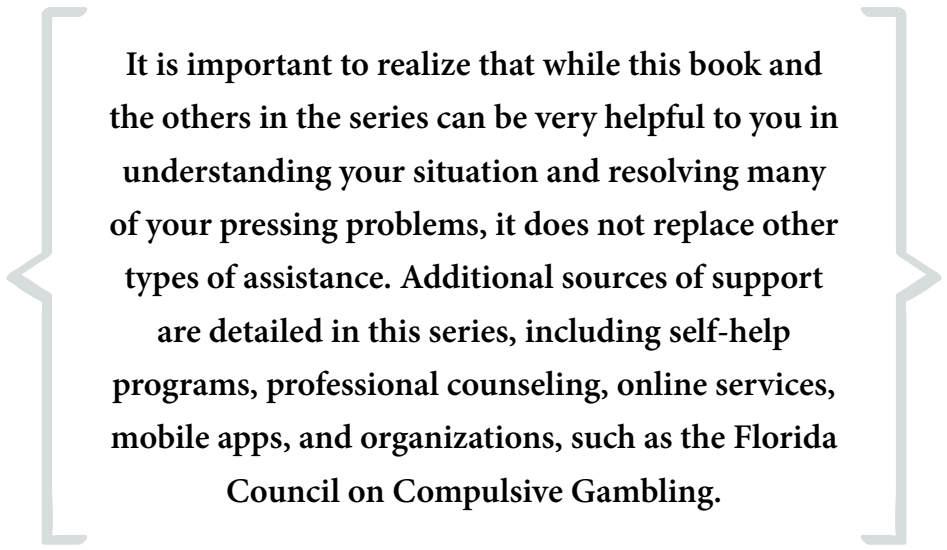
Change

Beginning the Process of Change

FOR COMPULSIVE GAMBLERS



BOOK TWO



It is important to realize that while this book and the others in the series can be very helpful to you in understanding your situation and resolving many of your pressing problems, it does not replace other types of assistance. Additional sources of support are detailed in this series, including self-help programs, professional counseling, online services, mobile apps, and organizations, such as the Florida Council on Compulsive Gambling.

©2004, revised 2010, 2016, 2022, Florida Council on Compulsive Gambling, Inc.

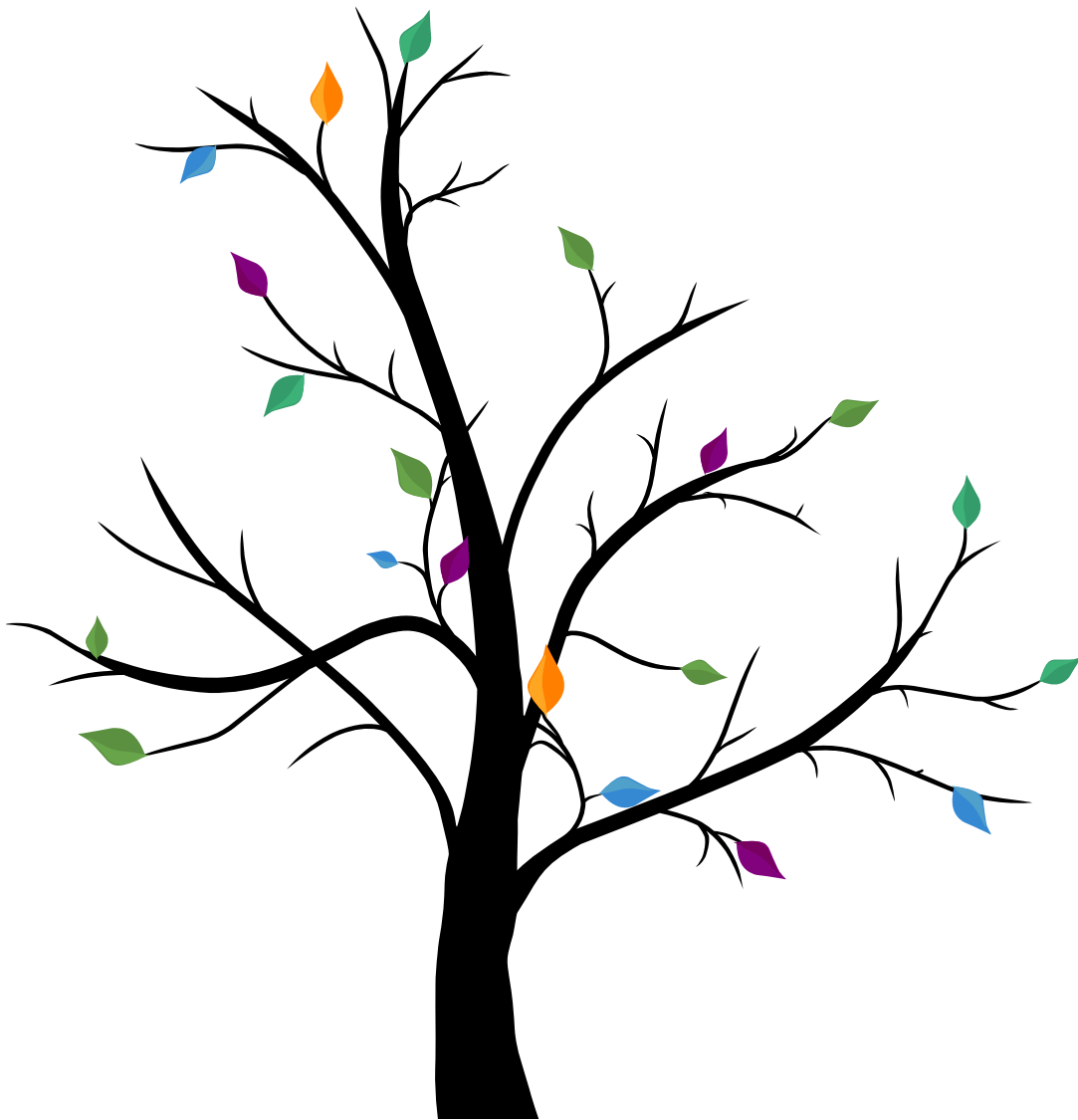
Written and designed by Jackie L. Booth, Ph.D. and
Stephanie S. VanDeventer, Ph.D., of Paradox Learning Systems, Inc.

Edited by Laura M. Letson, MPA, Integrity 1st

A CHANCE FOR

Change

Beginning the Process of Change



This book is the second in a series of seven workbooks designed to aid in recovering from the adverse effects of problem and compulsive gambling.



The Florida Council on Compulsive Gambling (FCCG), established in 1988, is a non-profit educational and advocacy organization, under contract with Florida State government, dedicated to helping persons adversely affected by problem and compulsive gambling. The agency maintains a neutral stance on the issue of legalized gambling, while seeking to assist citizens in need of support. Primary responsibilities include:

- Operating the State's 24-hour confidential and multilingual toll-free Problem Gambling HelpLine, which offers supportive intervention, information, and referrals to self-help programs; professional treatment with certified providers; financial and legal services, online assistance, mobile apps, and more.
- Designing, implementing, and overseeing prevention, education, and outreach programs.
- Training mental health, medical and other health care professionals to assess and treat.
- Providing an Online Program for Problem Gamblers and Live Chat program.
- Sponsoring and performing research.
- Conducting education and/or responsible gambling training programs for government agencies, gambling operators, law enforcement authorities, academic and employee assistance organizations, and others.
- Implementing and overseeing gambling-specific outreach programs for impaired professionals; adolescents; military members, families and veterans; and seniors.
- Working with legal, law enforcement and judicial authorities on gambling-related cases.
- Offering a Speakers Bureau and a Peer Connect program.

The Florida Council on Compulsive Gambling's development of *A Chance for Change* is the result of an identified need for alternate forms of education and assistance to those whose lives are negatively affected by a devastating gambling disorder (compulsive gambling).

Table of Contents

Beginning the Process of Change	1
Have You Ever Felt This Way?	2
Starting the Process From Where You Are	3
Assessing Where You Are	7
Your Gambling Problem	7
Your Emotional State	7
Your Physical Condition	8
Your Loved Ones	8
Letting Go of the Mask	10
The Gambler's Mask	11
Finding the Real You	13
Action vs. Escape Gamblers	16
Action Gambler	16
Escape Gambler	17
Approaches to Recovery	19
Workbooks	19
Therapy and/or Counseling	19
Self-Help Programs	19
Devising a Plan for Comprehensive Life Change	21
Beginning to Plan for Change	22
Developing and Maintaining a Support System	24
How Do You Get Support From Someone	25
Getting Started Checklist	28
Summary	29
Glossary	30
Additional Resources	31
Statewide Assistance	31
FCCG Resources	31

Table of Contents (continued)

Self-Help Programs	32
Professional Treatment	33
Online Supports, Podcasts and Mobile Apps	33
Print Resources	33
Bibliography	34
Notes	36
Planning Worksheets	37

Beginning the Process of Change



“My life was out of control. My gambling problem turned my life into chaos. I didn’t know what to do first and everything seemed like it was a problem that was too big to solve. I had money problems, job problems, family problems, and felt helpless and overwhelmed. I was sick, depressed, scared, and was trying to keep everything going, but my life was slipping away. Honestly, my biggest fantasy was to just run away and escape. But I didn’t know how to do that. Finally, I sought help and learned to create a plan so I could start to make some changes in my life. I learned that the only way I could change my life was to take it one step at a time.”

Dorotea, age 42

Have You Ever Felt This Way?

When you have a problem with gambling, you might experience some, or all, of the feelings described on the previous page. In the first book in this series, *Do You Have a Gambling Problem?* you considered behaviors and thoughts that were common to compulsive gamblers, and you committed to the idea of change. This book will continue with the idea of change and will further help you understand

your gambling problem. To assist in this process, you will engage in some specific activities by looking closely at yourself and by taking the next few steps to move forward to a new life.

To start, let's review some of the behaviors, feelings, and ways of thinking that compulsive gamblers experience.

Check any that are familiar to you

- ☐ Lying to yourself and others about the extent of your gambling
- ☐ Spending more time thinking about gambling, planning to gamble, and actually gambling than any other activity
- ☐ Missing work or family responsibilities because of gambling
- ☐ Increasing bets to sustain the thrill
- ☐ Continuing to gamble to make up for losses
- ☐ Gambling to escape daily problems
- ☐ Arguing with family members, friends or others about financial problems due to gambling
- ☐ Feeling depressed and/or guilty about gambling
- ☐ Thinking there is no way out of your gambling debts
- ☐ Experiencing excitement only when gambling
- ☐ Trying unsuccessfully to stop gambling
- ☐ Experiencing difficulties with loved ones because of gambling
- ☐ Feeling hopeless or contemplating self-destructive thoughts

You may find that some or all of these characteristics are a part of your life. If so, knowing how to change your patterns may seem confusing or impossible. Don't worry. Change is possible and it is absolutely within your reach.

Maybe you have tried to change before and have found yourself back in the same situation, or even worse. This time it can be different. Why? This time you are going to use the strength within yourself, the resources of this book, other self-help resources, professional treatment, online supports, and the following critical set of ingredients.

- You are going to learn about your gambling problem.
- You are going to understand your ways of thinking.
- You are going to take specific steps to change your thinking.
- You are going to practice these steps until they are part of your new life.

It is vitally important that you be completely honest with yourself as you work through these books. Lying to yourself will only keep you in the place you are now. Being truthful will help to set you on a new path where you will be free to build the life that you have always wanted. The key to all of this centers on creating a plan and following the process of taking the small steps needed to fulfill your plan.



Change is possible and is absolutely within your reach.

As you work through the topics in this book, remind yourself often that you do not need to race through these books. Pace yourself so you can feel comfortable and confident about the change you are making. When you finish a section, take the time to think about what you are reading and how you can respond to the questions and exercises.

This is your private source for information and motivation to help you make positive change in your life.

It is also essential to realize that while this book and the others in the series can be very helpful to you in understanding your situation and resolving many pressing problems, it is not intended to replace other types of support. Additional sources of assistance detailed in this series include self-help programs, professional therapy, online services, mobile apps, and organizations, such as the Florida Council on Compulsive Gambling (FCCG) and Gamblers Anonymous. As you read this book, please note that words in **boldface** are included in the *Glossary* at the end of the book.

Starting the Process from Where You Are

When you want to change something in your life, you have to start with the present moment, with your situation right now. Often, people postpone change because they think that things should be a certain way before they attempt to change.

A good example of this is resolving to spend more time with family. It sounds like a noble idea and something that you could easily accomplish. But then days and weeks pass and you haven't given your decision another thought. You might think, "Well, I'd like to spend more time with the kids, but they're so busy. I guess I'll wait until summer and then do something with them." Or "My husband and I don't like to do the same things

anyway, so it probably doesn't matter." Maybe you have made up reasons why you are not currently making changes in your gambling behavior such as, "I'm going to gamble less this year — as soon as I get that one big win and pay back all my debts."

What are the key words in the statements above that keep change from happening? Let's look at the examples below:

Statement	What They Mean
"Well, I'd like to spend more time with the kids, <i>but</i> they're so busy. I guess I'll <i>wait until</i> summer and <i>then do</i> something with them." Key Words: <i>but, wait until, then do</i>	This person starts his sentence by saying what he would like to do, then gives himself an excuse not to do it as soon as he introduces the word "but." By using the terms "wait until" and "do then" he gives himself permission to delay acting now by promising to act later.
"My husband and I don't like to do the same things <i>anyway</i>, so it probably doesn't matter." Key Words: <i>anyway, so</i>	This person starts her sentence admitting the negative situation and then states "so it probably doesn't matter" as a way of resigning herself to not trying to change.
"I'm going to gamble less this year — <i>as soon as</i> I get that one big win and pay back my debts." Key Words: <i>as soon as</i>	This person is starting his sentence with a strong positive change statement, then immediately offers a condition that must occur before he actually commits to the changes — "as soon as".

People frequently use these kinds of statements to balance their desire for change with their actual behaviors. Statements like those listed above are simply reasons to make you feel better and allow you to keep doing the same harmful things. If you're going to change your life, you have to be

aware of these kinds of statements and realize how they block change. To examine how you may have made up reasons or excuses to avoid an issue related to your gambling, think about, and respond to, the statements and questions on the following pages.

List one thing you have postponed doing because you were waiting for your situation, or a particular event, to change.

How do you usually explain or justify this to yourself? Do you have a statement, which contains key words, like those on page 4 that helps you to avoid change? Write it down here.

Circle the key words in your statement.

How are these words stopping you from actual change?

List one thing that you have postponed doing because of gambling.

How do you usually explain or justify this to yourself? Do you have a statement, which contains key words, like those on page 4, that helps you to avoid change? Write it down here.

Circle the key words in your statement.

continued on next page

How are these words stopping you from actual change?



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

What is the one thing you would most like to change about your behavior related to gambling?

What has kept you from doing this?

List two steps you could take, right now, to begin this change:

1.

2.

Assessing Where You Are

The key to change is to begin with a close look at your present situation. Let's consider the circumstances you find yourself in, right now, regarding gambling.

Your Gambling Problem

What are your major concerns about your gambling problem?

Which of these, in your opinion, is the biggest problem?

How long has this been a problem?

Your Emotional State

If you had to identify one feeling, what would be your primary emotional state of mind concerning this situation in your life right now? *(Select One.)*

- | | | | |
|-------------------------------|---------------------------------|----------------------------------|--|
| ☐ Alone | ☐ Confused | ☐ Frustrated | ☐ Sad |
| ☐ Angry | ☐ Depressed | ☐ Hopeless | ☐ Uncertain |
| ☐ Anxious | ☐ Disgusted | ☐ Resentful | ☐ Other (specify): _____ |

Your Physical Condition

If you had to select one category, what would be your primary physical complaint concerning this situation in your life right now? (Select One.)

Note: Many physical conditions are caused or worsened by emotions, such as anxiety or depression, related to your gambling. At this time, select your primary physical complaint regardless of the cause.

- | | | | |
|----------------------------------|------------------------------------|-------------------------------|--|
| ☐ Exhaustion | ☐ Nervousness | ☐ Stress | ☐ Tiredness |
| ☐ Headaches | ☐ Stomachaches | ☐ Tension | ☐ Other (specify): _____ |

Your Loved Ones

What do you think is the greatest danger or threat to you and your loved ones as a result of your gambling problem?

What you have just done is take a snapshot in time of your situation. You undoubtedly have thousands of thoughts running through your head concerning how you feel about the situation. Putting it down in a simple, concise way, as you have just done, can help you to see some major features of the problem at once.

If you are having difficulty answering any of these questions, read through the questions a few times throughout the day or over the course of one week. While it is important to capture the ideas and thoughts that you have about the questions and answers, you do not have to write down answers to every question the first time through. It is important, however, that you do respond to the questions and exercises here to progress in making positive change in your life. You may wish to discuss your

responses or questions about the exercises with your self-help group, **sponsor**, therapist, or others who support you. The self-help group, Gamblers Anonymous (GA), offers personal help in the form of a sponsor. A sponsor is a GA member who has experience and understanding about the recovery process and wishes to help a newcomer to the program. Additional information about how others can support you in your program for change is provided throughout this book and the rest of the series. Assistance is also available by contacting the Florida Council on Compulsive Gambling's 24-hour confidential Problem Gambling HelpLine by phone, at 888-ADMIT-IT (888-236-4848), text (321-978-0555), email (fccg@gamblinghelp.org), live chat (gamblinghelp.org), via the 888-ADMIT-IT App (<https://landing.appypie.com/888-admit-it>), or on social media.

Review what you have written in the previous exercises.
Now, list the three major issues regarding where you are now.

Major Emotional State: _____

Major Physical Complaint: _____

Major Problem for You or Your Loved Ones Resulting from Gambling:

You will now deal with these aspects of your life as you move forward in these books.



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

Look back at your answer to the question on page 6 where you were asked. What is the one thing you would most like to change about your behavior related to gambling? Is your answer consistent with what you have just identified — “Major Problems for You or Your Loved Ones Resulting from Gambling”?

If you answered “yes,” good. You are beginning to be more aware of where you are and what you need to change.

If no, why do you think your answers are different?

What steps could you take right now to help you commit to change and prepare you to move forward?

Letting Go of the Mask

In the preceding sections, you've considered your ability to begin a change program by identifying ways in which your gambling problem affects your life. The next step requires you to take an honest look at yourself and the obstacles that prevent you from making positive change in your life.

A mask is a disguise, an outer face or look that seems one way on the outside but does not realistically represent a person or item's true appearance. In people, a mask is usually a deceptive outward appearance. For instance, you may work hard to make everyone believe that you are a great provider for your family.

Yet, factually speaking, your family's financial circumstances may be in serious jeopardy because you have not been paying attention to the situation or because of your gambling debts. You may tell others about how much you do for your elderly mother, as if your only concern was her well-being, when in fact you spend more time outside work gambling than you spend caring for her or anyone else.

A mask is a problem when it helps to fool the real you into believing things about yourself that are simply not true. Maintaining a front that is not part of your deepest core can lead to anxiety, stress, and severe life problems.

Here's one example of how this behavior functions in a compulsive gambler:

Ron, married for 18 years, with two small children, has had a successful dry cleaning business for over 20 years. He has always been a hard worker with a strong sense of self-determination. He believes that anyone can make it in the world if they apply themselves with effort. He has a driving personality, is very friendly and outgoing, as well as confident and opinionated. His income has grown over the years as his business has flourished and his family is accustomed to a high standard of living.

In the past two years, Ron's gambling problem has spiraled out of control. He is deeply in debt, is drawing out money from his business, and is beginning to

feel despair. His world is in danger of crumbling; his business may fail; and his family may lose much, if not all, of what they now have. Ron is depressed and feels near panic much of the time.

Ron's wife does not know the degree of their problems. Ron has told no one of their financial status, and he continues to play the role of successful, happy, confident provider. He proceeds to draw money from the business in hopes of turning around his situation, while continuing to lose everything to gambling. His gambling buddies see him as a high roller, living the good life, and a man who has it all. He is envied and respected by his friends. When he loses,

he tells everyone that he is undergoing a temporary setback and losing a few thousand dollars doesn't matter — a big hit is coming his way. He tells his buddies that what matters is the game, not being afraid to take a chance, to live life to the fullest.

None of this is the real Ron, however. Deep down, he is scared, confused, physically and emotionally ill, and very unsure of what to do. He does not want to admit that he is in

serious trouble because he is afraid to lose the love and respect of his family and friends. He does not want to be found out and is panicked that he will soon be unmasked.

Although he knows this at some level, he does not want to admit to himself the severity of his gambling problem and how it is destroying his life. Ron is deceiving himself and is ruining his chances of putting his life back together.

Ron's mask as a confident, successful leader has been enabled by his actual business success. Yet, he has always felt a little unsure of himself at some level and has covered this up with the life he has built. To some degree he has always wondered if everything he has achieved has just been by accident. He has gambled to convince himself that he is powerful and in charge of his world. Winning makes him feel good about himself — that he is skilled at something. This had worked well for him for a while, until his escalating gambling problem placed everything in jeopardy.

Now he uses his mask to try to keep everything in his life in place. In reality, Ron is sick at heart. Stress is beginning to affect him physically and he is emotionally drained. Losing his business would be catastrophic, yet he keeps weakening the business by drawing money out to gamble. He is afraid to give up his disguise because he doesn't really know his authentic self. Although he hates to admit it, much of Ron's life is ruled by fear.

There are many types and varieties of masks. Some of them are complex and lifelong, like

Ron's, while others are simpler and situational. Many compulsive gamblers use at least some type of front to cover up the severity of their problem — either to loved ones, friends, or themselves.

No matter what mask or cover you choose to use or project, at some level, deep inside yourself, you know the *real you*. Yet, after years of living with a false front instead of the truth, it can sometimes be hard to find the *real you* again. But it can be done, and it is critical to making genuine, meaningful, and permanent change.

The Gambler's Mask

As a compulsive gambler, you might have built up many layers to hide the *real you*. Some of these might involve your personality and others might exist to support or rationalize your gambling habit. The first step to change is to recognize and admit what these behaviors are.

In the list that follows are statements that can help you to see if you are using a mask.

Put a check mark beside any of the behaviors below which apply to you:

- ☐ I say things are fine when I know they are not.
- ☐ When I am losing, I show confidence that I will win big.
- ☐ I tell myself I don't have a problem with gambling.
- ☐ I deny I have a gambling problem if confronted by others.
- ☐ I tell myself my gambling problem is not serious.
- ☐ I find excuses to gamble when I know I shouldn't.
- ☐ I don't let others know what I am really feeling.
- ☐ No matter how desperate I feel about gambling, I always project being calm and composed.
- ☐ If criticized or questioned about gambling, I tell others that they have a problem with letting go, having fun, or taking risks.
- ☐ I tell myself my behavior is acceptable.
- ☐ I tell myself that everyone experiences problems with money, relationships, family, job, and my problems are not extreme.
- ☐ I tell myself my problems are the fault of others.
- ☐ I believe I have control over my gambling problem.
- ☐ I believe I have a plan for winning and will eventually win big.

It is critical to recognize that you are **powerless** over gambling. When gamblers' lives become unmanageable, and they are unable to control their actions, it is because they are powerless over the addiction. At the same time, it is important to recognize that while you may not be able to "control" your gambling, there are other aspects of your life where positive change can be made and where control can be exercised with proper guidance.

If you checked any of the items above, then you are building or have built a gambler's mask, which exists to help you avoid your problem and enables you to continue to gamble. Until you recognize this behavior and are ready to let go of these beliefs and actions, you will not be able to truly change.

The good news is that by reviewing your behaviors and noting the different items above, you are beginning to recognize

your situation and are able to look at yourself realistically. The *real you* always knows about the mask you have built. The *real you* always knows the truth about who you are. What you may have chosen to do in the past, however, is to deny what the *real you* says and does, as part of your disguise.

When you are able to step away from the false front you have built and consider your circumstances and your life honestly, as you are now doing, you are beginning some of the most important work you can do to make long lasting, positive change.

Do you use a mask of any kind?

Describe a time or situation related to your gambling where you portrayed yourself differently than who you really are.

How would you describe the difference between who you really are and the way you portray yourself?

Finding the Real You

How do you know or recognize the real you? It can be difficult when you have buried those parts of yourself behind a false front. Maybe you haven't been in touch with your "true" self in many years. A good way to start is to take a deep breath, calm your thoughts, and listen to the voice inside you.

It is also possible that when you begin to distinguish between the *real you* and the false front you put on for others, it can appear overwhelming. Take the time you need to carefully examine your life and proceed slowly through the process of change. Remember that you can begin to take positive steps at a comfortable pace. This book, and the others in

the series can lead you step by step through the change process. It can work for you if you are willing to make the commitment and remain true to yourself.

Now let's focus again on finding the *real you*. Take a deep breath and calm your thoughts. Ask yourself a life-related question and listen for the answer from inside yourself. Some questions might be general and others might be specific. Some that you might want to ask include:

- What do I most want in life?
- How do I truly want my life to be?
- Am I happy with life as it is now?
- What matters most to me in the world?

What do you think?

Adam is attempting to change as quickly as possible. His therapist has counseled him to slow down and think about what he needs to do or say prior to taking action.

Adam claims he has been a doer, not a thinker all of his life and can't change the way he is. Do you think he can change his behavior?



List three things that the *real you* is telling you about your life right now.

1. _____

2. _____

3. _____

The purpose of this exercise is to practice **reflection**, the act of examining your thoughts and emotions, and imagining your life without gambling. The things you list might be actions or beliefs that can lead you in a new direction or help you to truly understand and know yourself.



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

Do you feel any different being honest with yourself and looking at the real you? If so, list some of the feelings you have, such as relief, sadness, hope, anger, etc.

Why do you think you feel this way?

Name two ways being honest with yourself can help you to change.

1.

2.

Action vs. Escape Gamblers

Identifying the type of gambler you most closely resemble can be a helpful tool in planning and activating an individual program for change. Compulsive gamblers fall into two main categories — **action gamblers** and **escape gamblers**. Historically, males have typically been action gamblers and

females have usually been escape gamblers. However, more and more males are now gambling to escape and an increasing number of women are participating in action games, such as cards and sports betting (Sokolic, 2021). Both types gamble for the feelings that accompany the gambling experience. Although a gambler will say he gambles to win, this is not the true reason. Gambling serves as a surface motivator. Simply, winning only provides more funds to keep gambling. The compulsive gambler, whether action or escape gambler, plays to achieve the rush that gambling gives him. Even when winning big, compulsive gamblers will continue to gamble until finally losing all their available money.

Because the compulsive gambler plays to achieve a certain feeling, making a change depends on recognizing this, admitting it, and working to understand it. Changing the behavior means addressing the feelings that

**Some gamblers experience
a feeling of power and
self worth, which may be
lacking elsewhere
in their lives.**



drive the gambler to act. Knowing which type of gambler you are can help with your plan for change and recovery.

Action Gambler

An action gambler plays for excitement and the feelings of importance and power that accompany

the game. Action gamblers are usually male who started gambling young in life, often in their teens or earlier. While in the past, by the time an action gambler sought help for a compulsive gambling problem was well after gambling for 20-30 years, this is no longer the case since the introduction of continuous forms of wagering, including Internet gambling. Gambling games that have a rapid cycle of play, that allow for the reinvestment of winnings, and do not encourage breaks in play (e.g., mobile gambling and slot machines) result in a faster onset of gambling problems among those who participate. It is also true that when bets can be placed from anywhere at any time of day or night, this too results in a faster onset of gambling difficulties.

Action gamblers are typically manipulative and controlling with big egos. While action gamblers are more likely to be male, as time passes and new technology emerges, more and more females are fitting into this category.

Action gamblers more often play games such as poker or other card games, wager on craps or horse racing, or participate in sports betting, all of which they perceive as requiring some degree of skill. They often believe they have developed a unique system that enables them to be an expert gambler. This feeling of superiority feeds into their belief that they will eventually be able to “beat the house.” When gambling, they experience a feeling of power and self-worth, which may be lacking elsewhere in their lives. While projecting an outward appearance of strength and confidence, action gamblers frequently suffer from feelings of low self-esteem.

These characteristics and feelings are related to the section you just completed entitled ***The Gambler’s Mask***. The real feelings of an action gambler are masked by the image he projects. He wants the feelings of power and strength, which the mask provides, but deep down he fears and knows that this is not the real person. Maintaining the image and its feelings, which come while gambling, becomes the most important thing in his life.

Escape Gambler

A compulsive gambler classified as an escape gambler gambles to get away from feelings or situations in life that he finds difficult or intolerable to deal with. Escape gamblers often have experienced distress, either from childhood disturbances or from experiences throughout their adult life. While gambling, an escape gambler feels free from pain, depression, sadness, stress and anxiety. Escape gamblers focus entirely on the

game and are able to block out the rest of their life. They may be escaping either physical or emotional pain, and can experience an almost hypnotic effect while gambling.

The typical escape gambler is a woman whose gambling becomes a problem later in life, usually in her thirties or beyond. Although women are more likely to be escape gamblers, this does not mean that only women are escape gamblers. Current statistics collected about the numbers and types of gamblers show evidence that the rate of male escape gamblers is growing. Escape gamblers are most likely to play games that involve luck over skill, such as bingo, slot machines, lottery and video poker.

Escape gamblers, like action gamblers, play to achieve a particular feeling, not necessarily to win. Sometimes this is a feeling of empowerment, which may be lacking elsewhere in their lives, or it may be a feeling of freedom or release from the problems of life. While gambling, escape gamblers experience a state of relief that they are unable to achieve otherwise. Escape gamblers are often responsible, capable, caring people in their everyday lives. Frequently, they are codependent and find themselves burdened with too many responsibilities from which they seek escape.

Escape gamblers are often more aware that their gambling is causing problems in their life and may be willing to seek help more quickly. Finding ways to uncover the feeling that gambling offers and learning new sources for this relief are critical keys to recovery for escape gamblers.

Based on the information presented on the previous page, answer the following questions:

☐ Yes ☐ No Do you believe you are an action gambler?

If so, how do you feel when gambling? _____

☐ Yes ☐ No Do you experience these same feelings at any other time or situation in your life?

If so, when or where? _____

☐ Yes ☐ No Do you believe you are an escape gambler?

If so, how do you feel when gambling? _____

☐ Yes ☐ No Do you experience these same feelings at any other time or situation in your life?

If so, when or where? _____



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

Think about your responses to the questions directed at identifying whether you are an action or escape gambler. How could knowing which type of gambler you are help you in understanding your problems?

How could this information help you in planning your recovery?

Approaches to Recovery

You are a unique individual and your gambling problem has a set of distinctive issues, specific to your life. Fortunately, there are several ways to approach recovery that will help regardless of your situation, and that you can customize to suit your needs. Remember to take it slowly, one step at a time. Let's look at some of these methods:

Workbooks

Distorted thinking affects a person's mood or behavior. This set of workbooks uses a **cognitive behavioral approach** to recovery. This approach is based upon a belief that if **dysfunctional** thinking can be replaced with more rational and realistic thoughts and beliefs, this can be applied to a person's life and positively impact their behavior or mood.

In these books, you will first learn information about a topic, reflect on it, and then take some type of action. This might include writing, making a commitment to an idea or change, or planning and making an actual change in your life. The series will sometimes repeat similar ideas as you progress through your program, giving you an opportunity to see how you have grown and developed in your commitment to change. The entire series is designed to help you make change in your ways of thinking about gambling, ultimately leading to changing your behavior. As these books will remind you — your thoughts become words, your words become actions, and your actions can change your life.

You can use these workbooks independently, with a therapist, or in conjunction with a self-help program such as Gamblers Anonymous.

Therapy and/or Counseling

Another approach to recovery is to work with a therapist and/or counselor trained in understanding the problems of compulsive gamblers. You might meet individually with a therapist, or with a group of others having similar problems. Therapists can help by offering you individualized attention and/or close supervision in a change program. They are trained in understanding the many problems related to compulsive gambling and can help you to uncover the roots of your behavior and make change in your daily life.

A therapist may use a set of books such as these, along with one-on-one or group counseling, to give you guided opportunities for reflections and change.

Self-Help Programs

Self-help programs can be instrumental in recovery because they provide supportive options to individuals who are seeking help for difficulties that may extend beyond gambling. There are self-help groups, comprised of individuals who meet regularly to share their experiences and hope. And there are self-help programs one can avail themselves pending on their schedules and an as-needed basis. While the Florida Council on Compulsive Gambling's 888-ADMIT-IT Problem Gambling HelpLine can provide resource referrals to a range of self-help organizations, pending individual preferences and needs, there is one fellowship that focuses solely on the recovery from gambling addiction.

The self-help group, Gamblers Anonymous (GA), can be an essential and invaluable tool to your full recovery. Upon attending GA, you will

meet regularly with others who empathize and understand your difficulties. More specifically, because GA members understand your thought process and what you are experiencing, they can offer concrete suggestions and provide honest evaluations of the situations and feelings you are living through. Their experiences make them aware of the self-deceptive ways of thinking that can prohibit you from making real change in your life. You will have people to talk with, to call in times of crisis, and to turn to for support while you are working toward recovery. Pamphlets, books, and additional resources are usually available free or for a minimal cost at GA meetings.

The FCCG's Online Program for Problem Gamblers (OPPG) is another self-help option that can prove beneficial. The OPPG is an 8-week online program, accessible through the 888-ADMIT-IT HelpLine, that eliminates many of the barriers that keep people from seeking help and enables individuals to participate when their

schedules permit and at their own pace.

You may find that self-help programs are particularly helpful to you during your recovery but that other methods, such as professional therapy and individualized workbooks, such as this *A Chance for Change Program*, can also help to provide you with insight and assistance as you work to make long-term positive change.

For information on locating a GA fellowship, a trained therapist in your area, or to participate in the Online Program for Problem Gamblers, contact the Florida Council on Compulsive Gambling's 24-hour toll-free HelpLine at 888-ADMIT-IT. Contact may also be made via text, email, chat and on social media. (See *Additional Resources* section.)

The success of any recovery program you choose depends entirely on your ability to commit to it fully, wholeheartedly, and with complete honesty.



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

Considering what you know about yourself and your compulsive gambling problems, what method or combination of methods do you think would best help you in a program of recovery? Why?

List two suggestions you feel will work in staying committed to your recovery.

1.

2.

Devising a Plan for Change

In Book One: *Do You Have a Gambling Problem?* you answered the question, “*Imagine that gambling is no longer a part of your life. What would your life be like?*” Look back at your answer in that book and then think about it here. Your answer can help to guide you as you develop a plan for your new life.

Changing your life has many facets and two major components. One, you will work on fixing the problems you have created in the past, and two, you will create a new way of living for the future.

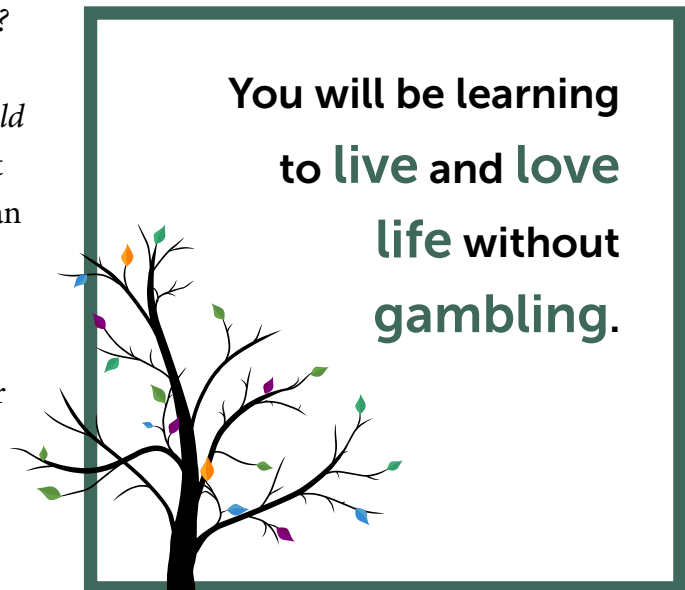
Fixing the problems you have created in the past requires a lot of work before you can move forward. Again, this book is designed to guide you through some of those steps at your own pace. You may have already thought about some of the issues you need to attend to including:

- Managing your finances
- Addressing legal problems
- Mending personal/professional relationships

As you build new ways of living and create a new future for yourself, you will also be learning about:

- Finding ways to manage stress in your life
- The importance of staying physically healthy
- Understanding your motivations
- Learning to live and love life without gambling

You may find that as you make changes in your life, you may experience profound loss. For example, although you may be well aware that gambling has negatively impacted your life, it may be difficult



for you to imagine a world without gambling. For this reason, many compulsive gamblers try to switch gambling preferences as a means of protecting themselves from causing further harm. They believe that if their primary problem was sports betting, that if they stop wagering on the games and instead “gamble a little” on cards, they will not experience similar difficulties. However, this is unlikely and can result in greater risk or consequences.

Often compulsive gamblers in recovery create crises and chaos in their lives to replace the highs and lows that existed in their lives when they gambled. Paying attention to your emotional health and your reactions to situations are important areas to work on as you begin to build a new life. Reflecting on the motivations behind what you are doing today can prevent you from continuing with habits that create obstacles for positive change. Being ready to make meaningful

changes in your life requires that you first prepare yourself by thinking about activities you can participate in that will occupy your time, serve as a substitute for gambling, and enable you to move forward in your life.

For now, start addressing change by ranking the areas in the list below. Put them in order from 1-11, with 1 being most important right now, and 11 being least important to you.

Life Areas for Change

- ____ Finances
- ____ Legal problems
- ____ Personal relationship(s)
- ____ Stress
- ____ Physical health
- ____ Emotional health
- ____ Understanding yourself and your motivations
- ____ Remaining abstinent from gambling
- ____ Learning to live without gambling
- ____ Making amends to those you have wronged
- ____ Other (specify): _____

Beginning to Plan for Change

A plan gives you a place to start and a road map of how to get there. A plan is simply a series of steps to accomplish a goal. There might be just

one or two steps or there might be a hundred, but the key is to list the steps, put them in order, and begin to take action on them, one at a time. At this point, you are making an effort to organize your thoughts and priorities and think about action you might include in your plan for change.

You've probably made lots of plans in your life, so this may be familiar. What might be new to you is the process of systematically thinking about and then writing down the steps for your comprehensive plan for change. The best part about making a plan is that once it is written down, you often get a feeling of comfort from knowing that you have devised a set of specific steps to solve your problem. You can visualize a place to go. You have some sense of organization. Writing down a plan can help you feel a sense of accomplishment and bring peace and order to your life.

The plan you are about to create will be a personalized road map for your recovery. You will focus on the aspects of your life that you feel are most important or most pressing at this time. Then you will begin to write down ideas, solutions and action steps to address the issues you have identified. As you progress through this series, you may want to review this section and make changes based on new information and skills you may learn, as well as different circumstances that will arise.

Look at the item from the previous list where you placed a number "1". This is where you will begin planning. The items are all relatively broad, so you will need to select a major goal to work toward achieving the objective.

For example, if your number 1 item is finance and you feel that everything in your life connected with money is a problem, you must break it down into smaller parts. Write down the major issues, from which you will select one of these to focus on.

Major issues regarding finances:

- I need to figure out how much money I owe
- I need to get on a budget
- I need to pay back my debts
- I need to spend less
- I need to make more money
- I need somebody to help me

I need somebody to help me — this is a good choice if your financial situation is really in trouble, and you are feeling at a total loss as to where to start. Let's break it down. Who could help you? Who is involved in your finances now? Do you have anyone in your support system that might help? Write your response to the steps.

Steps:

1. List all the people who might help
2. Call the 888-ADMIT-IT FCCG 24-hour confidential HelpLine
3. Attend a self-help group meeting in person, by phone or online

By doing this, you've already started making a plan regarding your finances. You can see what the major issues are and can now begin to break them down into smaller steps to solve them. Let's continue with the example, selecting one of these major issues as a goal to work on.

Now you can see that making a plan is simply creating a set of steps to begin to take action in your life. Now it's your turn. Pick one of the items from your list above, preferably the one you listed as number "1". Write it down below and follow the steps.

Major area to work on: _____

Major issues under this area: _____

continued on next page

Now, pick one of the major issues you identified and list a series of steps to start taking action.

Major Issue: _____

Action Steps for this issue:

1. _____
2. _____
3. _____
4. _____
5. _____

Now, you can apply this same method to major areas in your life and begin the process of real change. In the back of this book is a space for you to begin this type of planning. There are books in this series that specifically address most of these issues in greater detail. For example, Book Four focuses primarily on the financial aspects of your gambling problem while Book Six centers on rebuilding your life, including your relationships with family and other loved ones. For now, your ideas about action steps to solve your major issue are a beginning for you to write your initial ideas about actions you can take.

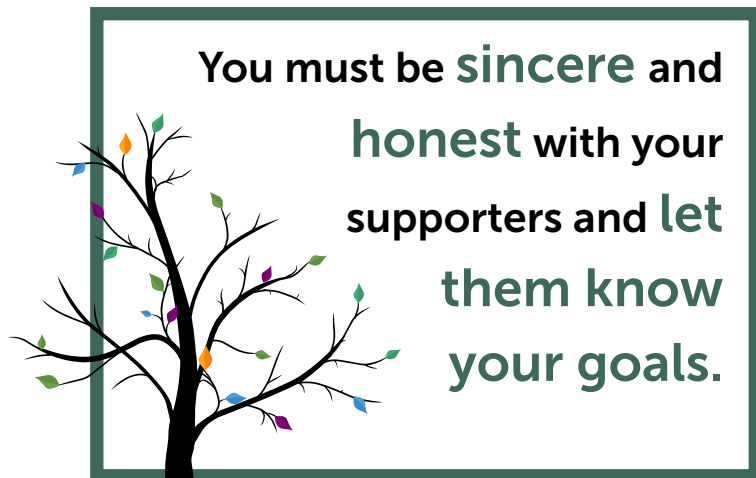
Developing and Maintaining a Support System

As you are aware, the commitment to changing your compulsive gambling problem is a rewarding, but difficult task. One of the most important aspects of any change program is the support system you put into place to help you as you move forward.

Support can come from many places including this list of sources:

- FCCG 24-hour toll-free HelpLine (888-ADMIT-IT)
- Gamblers Anonymous (GA)
- GA sponsor
- Other Self-Help Programs
- Counselor or therapist
- Spouse or significant other
- Friends
- Family members
- Co-workers
- Clergy

It's good to have support from as many sources as possible, and to know that not everyone will offer the same type of support. GA is a self-help group of individuals of all ages, social and economic backgrounds, races, and religions, who meet regularly to share their experience, strength and hope to recover from problem gambling. A GA sponsor can offer understanding, concrete help,



and direct advice. Other self-help programs can also provide helpful supports. A spouse or significant other may offer love, affection, and encouragement to keep going. A parent may offer unconditional love and confidence. Friends may offer rejuvenation, opportunities for fun activities, and comfort.

The FCCG 24-hour toll-free HelpLine (888-ADMIT-IT) can offer resources, referrals for treatment and other expert advice. More information about these sources can be found in the *Additional Resources* section at the back of each book.

It is also important for you to recognize the people who may not be helpful or supportive in your efforts to change. You may have friends or family members who have serious problems of their own that prohibit them from assisting you. Carefully consider who in your life can offer the motivation and support you need to move forward.

The key is to understand that the changes you are planning and attempting to make in your life are significant. It is a major accomplishment to honestly identify the problems you have related to gambling and to commit to working hard to make

substantial changes in your life. For most people, the more support you have, the more success you will likely achieve. It's not necessary to share all your experiences, thoughts, or feelings with everyone, but it is helpful to know that others will be there for you in their own individual ways.

How Do You Get Support From Someone?

The best way to seek support from another person is to simply ask. You can ask at the time you need it, or you can prepare your support system in advance. This works best for some people. An easy way to start is to ask to speak with the person privately, then explain briefly what you are doing, and ask if you could depend on their support when you need it. Explain to the person what type of support you might need. You might need someone to listen to you express your feelings. When you are feeling discouraged, you might need someone to encourage and motivate you to continue in your recovery. It might be helpful to you to have someone point out inconsistencies in your behavior or attitude as you work to make positive changes in your life. You might need someone who can participate in a new activity you are willing to engage in as a replacement for gambling. Let people know what you think they can offer. You might be surprised to find that most people are very willing to support you and may even feel honored by your request.

You must be sincere and honest with your supporters and let them know your goals. Again, being truthful and allowing the real you to come through can make all the difference.

If you have difficulty at this time identifying someone in your life who could assist you with your recovery, don't feel discouraged. Whether you recognize it or not, your gambling may have kept you from developing healthy relationships with people who could provide you with assistance now. If you haven't already attended a self-help program, such as Gamblers Anonymous (GA), find meeting locations and times, as well as options for in-person, online

and phone in forums, and make arrangements to attend. You can call the FCCG toll-free 24-hour HelpLine at 888-ADMIT-IT for information about locations, times and meeting options for GA groups and other self-help programs nearest you. As you participate in a recovery program, you will find the support you need. Be patient with the process and with yourself. Meanwhile, continue working through the exercises in this book.

In the exercise below, make a list of the people you can turn to for support. Beside each person listed, write a few words about how that person might help you.

I could get support from:

How this person might help:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Example: Dad

I can talk to him and he'll understand and just listen when I need him

Example: Carla

She'll give it to me straight and won't let me play any games



Take a break — think about the following questions and write down your answers.

When you're ready, move on to the next section.

Think about a time in your life when someone asked you for help or advice in making a major change in their life. How did you respond? How did that make you feel?

Now consider the people who might offer support to you. Who do you think might be most willing to offer you support? Why?

Select one of the people you have listed as someone you feel could offer you support. Now write down how you will approach that person to solicit help.

Person: _____

How I will approach the person and what I will say:

Getting Started Checklist

At this point you should have completed two of the seven books in this series, which is a great step toward making permanent, lifelong change.

Look over the following checklist and indicate the steps you have already taken and the ones you plan to attempt next.

	Started	Start Date	Done
I've committed to long-term change			
I've considered what type of gambler I am			
I've thought about masks I might use			
I've started making a plan to change			
I've identified people who can help me and be part of my support system			
I've assessed my physical health			
I've assessed my emotional health			
I've thought about my most pressing problems concerning gambling			

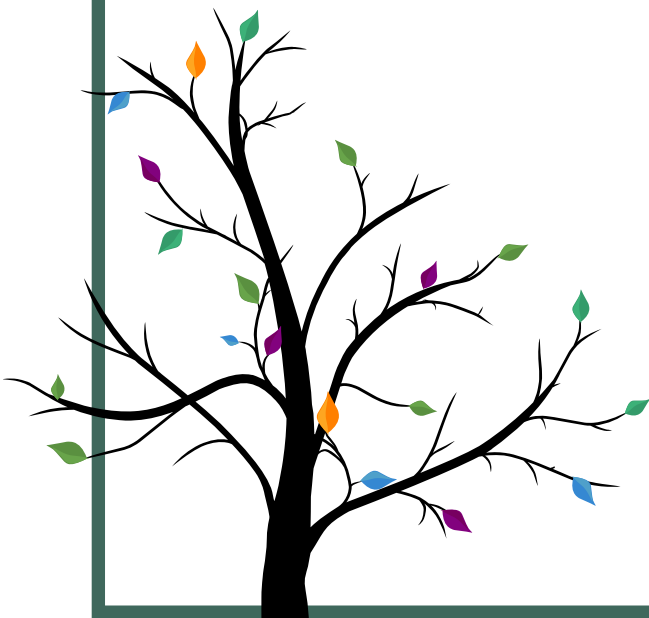
Summary

Congratulations on committing to a program of change and working toward it! What you're doing is definitely not easy. In this book you have examined the entire idea of change and have learned about where you might be starting. You've considered ways of thinking that might be contributing to your problems; you've determined what your gambling type might be; you've looked closely at whether you might be using any masks; you've begun thinking about your real, authentic self; you've identified some sources of support and help, and you've practiced making plans for change.

This is a very important book in the series because it provides critical foundations for

everything else you will work on from here forward. Keep this book handy, refer to it as you move forward, and begin using the planning worksheets in the back to help you make pathways to your goals.

Remember, nothing important was ever achieved easily and your current situation did not appear overnight. It took years for you to get to the point where you are now, and you need to allow yourself time to change. You can do it. As you learned in Books One and Two, it all starts with your thinking. Thoughts become words, words become actions, and actions can change your life. Keep walking forward into a better future. You can do it!



Remember, nothing important was ever achieved easily and your current situation did not appear overnight. You need to allow yourself time to change. Keep walking forward into a better future. You can do it!

Glossary

Action Gambler: An action gambler plays for excitement and the feelings of importance and power that accompany the game. Both action and escape gamblers gamble for the feelings that accompany the gambling experience.

Cognitive Behavioral Approach: A cognitive behavioral approach to recovery is based on the belief that dysfunctional thinking can be replaced with more realistic thoughts and beliefs that can positively impact behavior. In treating problem and compulsive gamblers, a cognitive behavioral approach provides opportunities for learning, reflection and utilizing skills in decision making and problem solving.

Dysfunctional: An individual or family that is disordered or impaired in the ability to function can be considered dysfunctional.

Escape Gambler: A compulsive gambler classified as an escape gambler gambles to avoid feelings or situations in life that he finds difficult or intolerable to deal with. Escape gamblers may be escaping either physical or emotional pain and can experience an almost hypnotic effect while gambling. Both action and escape gamblers gamble for the feelings that accompany the gambling experience.

Powerless: To be powerless is an overwhelming feeling of being out of control. When gamblers' lives become unmanageable, and they are unable to control their actions, it is because they are powerless over the addiction.

Reflection: Reflection is the act of examining your thoughts and emotions.

Sponsor: A sponsor is an active participant in a self-help program who has experience and understanding about the recovery process and wishes to help a newcomer to the program.

Additional Resources

There are several resources you might access to help you deal with gambling related issues mentioned in this book. Some of these are listed below:

Statewide Assistance

The Florida Council on Compulsive Gambling (FCCG) offers a toll-free confidential and multilingual 24-hour Problem Gambling HelpLine and referral service that provides supportive intervention, information about problem and compulsive gambling, self-help, and professional treatment referrals. The FCCG trains medical and healthcare professionals to assess and treat compulsive gamblers and loved ones. For additional information about the programs and services of the FCCG, refer to the page prior to the Table of Contents, as well as the following sub-section, *FCCG Resources*.

Florida Council on Compulsive Gambling, Inc.
24/7 Problem Gambling HelpLine
Confidential/Multilingual
888-ADMIT-IT (888-236-4848)
Office: (407) 865-6200
E-mail: fccg@gamblinghelp.org
Live Chat: gamblinghelp.org
Text: 321-978-0555
888-ADMIT-IT App:
<https://landing.appypie.com/888-admit-it>
Website: www.gamblinghelp.org

FCCG Resources

The Florida Council on Compulsive Gambling 888-ADMIT-IT HelpLine offers in-person, online and phone supports for persons experiencing difficulties due to gambling, including an Online Program for Problem Gamblers (OPPG) and a Peer Connect option, free to Florida residents. The OPPG is an 8-week program that allows participants to use self-paced exercises, videos and readings, while interactive questionnaires provide individual feedback on participant results from licensed mental health professionals, as well as an assessment upon completion. The HelpLine further provides a Peer Connect service, which enables individuals seeking help for a gambling problem to speak with a recovering compulsive gambler. 888-ADMIT-IT offers referrals to financial and debt counseling; professional treatment; legal assistance; self-help programs; practical how-to resources, such as this workbook series, *A Chance for Change*, in addition to other print resources, including information and tools for financial recovery, self-exclusion options and other supportive measures.

The FCCG HelpLine may be contacted by phone, text, live chat, email, and on social media platforms. To learn more, visit the 888-ADMIT-IT mobile app.

Additional Resources (continued)

Self-Help Programs

Self-help is a critical part of the recovery process. Self-help programs can assist you with tools for recovery by providing support, direction, motivation, resources, and a sense that you are not dealing with the gambling problem alone. An aspect of many self-help programs is sponsorship. Sponsors may provide additional information, encouragement, fellowship, and guidance to newcomers on a voluntary basis. They may also furnish assistance and offer suggestions to newcomers on a case-by-case basis.

While there are several self-help organizations, there are primarily two programs dedicated to compulsive gamblers and those they adversely affect.

Gamblers Anonymous (GA) is a support group for compulsive gamblers — a fellowship of men and women of all ages, social and economic backgrounds, races, and religions, who meet regularly to share their experience, strength and hope. The only requirement for membership in GA is the desire to stop gambling. There are no dues or fees for membership.

Gamblers Anonymous offers a Pressure Relief Group that assists the gambler and family members in addressing financial, legal, and other problems. Pressure Relief is typically performed after a gambler has participated in

GA for a specified period, at which time a budget is devised, and a repayment plan is recommended. Pressure Relief requires special training and as such, not all GA fellowships within the State of Florida offer this service. In instances where it is unavailable, individuals can receive financial, legal and other assistance via the Florida Council on Compulsive Gambling's 888-ADMIT-IT HelpLine.

Gamblers Anonymous
International Service Office
1306 Monte Vista Avenue, Suite 5
Upland, CA 91786
Office: 909-931-9056
Email: isomain@gamblersanonymous.org
Website: www.gamblersanonymous.org

Gam-Anon is for persons adversely affected by the gambler's activities (e.g., spouse or partner, sibling, child, parent, or friend). Gam-Anon assists members in learning acceptance and understanding of the gambling illness, using the program and its problem-solving suggestions as aids in rebuilding loved ones' lives and, upon recovery, giving assistance to those who suffer. It is not necessary for the gambler to attend Gamblers Anonymous in order for a friend or other loved one to participate in the Gam-Anon program.

Gam-Anon
International Service Office, Inc.
P.O. Box 307
Massapequa Park, NY 11762
Office: 718-352-1671

Email: gamanonoffice@gam-anon.org

Website: www.gam-anon.org

You can contact the Florida Council on Compulsive Gambling HelpLine directly for additional information and a current list of in-person, phone and online meetings.

Professional Treatment

There are times when guidance and support can be particularly helpful when provided by a trained therapist or counselor. These professionals can aid you in sorting out options and strategies when learning to cope with situations or difficulties that may arise in your life. Professional treatment differs from self-help programs in that it allows you the opportunity to share very personal information in a one-on-one dialogue with a trained specialist. Such treatment also provides you with an option of participating in individual, couple, or group counseling sessions.

While there is a cost for professional treatment, some insurance companies will provide coverage. So, it is important to review your policy closely to determine whether you and your loved ones are covered for such medical help. It is also important to note that the Florida Council on Compulsive Gambling can refer Florida residents to certified counselors who will furnish you and loved ones with treatment supports, based upon an ability to pay. For more information about professional treatment options, call the FCCG 24-hour HelpLine at 888-ADMIT-IT.

Online Supports, Podcasts and Mobile Apps

Online Supports, Podcasts, and Mobile Apps can provide real-time, and ongoing motivational messaging, meditation techniques, support networks, and other self-care and stress release activities, that support behavioral change and assist individuals during their lifelong path to recovery from a gambling addiction. These options enable individuals to access help as needed and serve as supportive measures from anywhere at any time. While many of these options are identifiable upon conducting online searches on a computer or on a mobile device, the 888-ADMIT-IT HelpLine can provide some helpful options for those struggling with difficulties due to compulsive gambling.

Print Resources

There are numerous resources designed to help problem and compulsive gamblers with issues ranging from stress reduction to financial and legal assistance. While many can be very helpful, they should not be considered stand-alone programs for change. Some recommended resources include:

Cuban, M. (2016). *Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life*, Independently Published.

Cunliffe North, R. (2008). *Women Overpowered by Compulsive Gambling*, Xlibris Corporation.

Custer, R. & Milt, H. (1985) *When Luck Runs Out*. NY, NY: Facts on Files, Inc. Publications.

Additional Resources (continued)

Davis, D.R. (2009). *Taking Back Your Life: Women and Problem Gambling*, Hazelden Publishing.

Estes, K. & Brubaker, M. (1994). *Deadly Odds: Recovery from Compulsive Gambling*. Newport, RI: Edgehill Publications.

Gamblers Anonymous (2013). *Fourth Step Inventory Moral Book*, Los Angeles; Gamblers Anonymous Publishing, Revised March 2007, Printed October 2013.

Gamblers Anonymous (2007). *Big Book - Sharing Recovery Through Gamblers Anonymous*. Los Angeles: Gamblers Anonymous Publishing.

Hardin, R., Abott, W., Braastad, J., Frahm, J., Lindel, R., Phillips, R., & Steinberger, H. (2013). *SMART Recovery 3rd Edition Handbook*, Alcohol and Drug Abuse Self Help Network, Inc.

Journal of Gambling Studies (1990). National Council on Problem Gambling. NY, NY: Human Sciences Press.

King, A. (1999). *The Diary of a Powerful Addiction*. Crown Publishing, Tyndall, Canada.

Lee, Bill (2005). *Born to Lose: Memoirs of a Compulsive Gambler*, Hazeldon Publishing.

Lesieur, H. (1984). *The Chase: Career of the Compulsive Gambler*, Cambridge: Schenkman Books, Inc.

Mawer, P. (2019). *Overcoming Gambling (Overcoming Common Problems)*, Sheldon Press.

Peltz, L. (2013). *The Mindful Path to Addiction Recovery: A Practical Guide to Regaining Control Over Your Life*, Trumpeter.

Wexler, A. & Wexler, S. (2015). *All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction*, Central Recovery Press.

Bibliography

Addictional Technology Transfer Centers

(2010). *The Change Book: A Blueprint for Technology Transfer*. Kansas City, MO.

Beck, A. & Alford, B. (2009 Edition). *Depression: Causes and Treatment*, University of Pennsylvania Press.

Beck, J.S. (Third Edition, 2020). *Cognitive Therapy: Basics and Beyond*, NY, NY: Guilford Press.

Berman, L. & Siegel, M. (2012) *Behind the 8-Ball: A Recovery Guide for the Families of Gamblers*, iUniverse.

Esterley, R. & Neele, W. (1997). *Chemical Dependency and Compulsive Behavior*. Marwah, NJ: Lawrence Erlbaum Associates.

Gardner, H. (2004). *Changing Minds: The Art and Science of Changing Our Own and Other People's Minds*. Cambridge, MA: Harvard Business School Press.

Heineman, M. (2010). *Losing Your Shirt: Recovery for Compulsive Gamblers and Their Families*, Hazelden, 2nd edition.

Keller, J. M. (1983). *Motivational Design of Instruction*. In C.M. Reigeluth (Ed.) *Instructional design theories and models: An overview of their current status*. Hillsdale, NJ: Lawrence Erlbaum Associates.

Kramlinger, K. (2001). *Mayo Clinic on Depression*, Rochester, MN.

Ladouceur, R. Sylvain, C., Boutin, C., & Douvet, C. (2002). *Understanding and Treating the Pathological Gambler*. NY, NY: John Wiley & Sons, Ltd.

LeDoux, J. (1996). *The Emotional Brain*. NY, NY: Touchstone Publishing.

Neenan, M. & Dryden, M. (2002). *Life Coaching, A Cognitive, Behavioral Approach*. NY, NY: Brunner-Routledge.

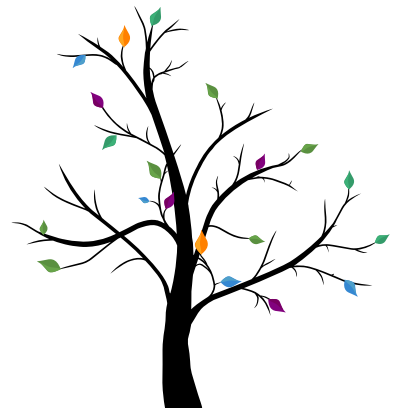
Perkinson, R., Jongsma, A. & Bruce, T. (2022). *The Addiction Treatment and Planner, Sixth Edition*, NY, NY: John Wiley & Sons, Inc.

Saltz, G. (2004). *Becoming Real*, NY, NY: Riverhead Books.

Seligman, M. (2007). *What You Can Change and What You Can't: The Complete Guide to Successful Self-Improvement*. Knopf Doubleday Publishing Group.

Sokolic, B. (2021). *Studies: Women Make Up About One-Third of Sports Bettors*, GGB News.

Notes



Planning Worksheet

Major Area to Work On: _____

Major Issues Under That Area:

1. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

2. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

3. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

4. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

Planning Worksheet

Major Area to Work On: _____

Major Issues Under That Area:

1. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

2. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

3. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

4. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

Planning Worksheet

Major Area to Work On: _____

Major Issues Under That Area:

1. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

2. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

3. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

4. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

Planning Worksheet

Major Area to Work On: _____

Major Issues Under That Area:

1. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

2. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

3. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____

4. _____

Action Steps

1. _____

2. _____

3. _____

4. _____

5. _____



The Florida Council on Compulsive Gambling's development of *A Chance for Change* is the result of an identified need for alternate forms of education and assistance to those whose lives are negatively affected by a devastating gambling disorder (compulsive gambling).

www.gamblinghelp.org