

888-ADMIT-IT HelpLine Resource:

What Keeps the Gambler Going?

For Loved Ones

Protection-

If you cover up the gambling, others won't find out about it, and the gambler won't have to face the necessary criticism or pressures to change.

Control-

If you attempt to control the gambler either by manipulating, coercing, pleading, or threatening, you only further increase his or her frustrations and diminish the person's self-esteem, which leads to further gambling.

Assuming Responsibilities-

If you bail out the gambler by taking over responsibilities for which he or she has neither time, emotional energy, nor money, you enable him or her to have more of these resources available for gambling.

Rationalization-

If you accept the gambler's excuses and explanations for gambling, you support their self-deception.

Cooperation-

If you knowingly join the gambler at a casino, track or bingo hall, take messages regarding related activities, co-sign loans necessitated by gambling, assume gambling debts (or debts incurred due to gambling) or assist in illegal schemes to finance gambling, you are enabling the process and encouraging the gambler to continue.

Rescuing-

When the gambler faces severe losses and you try to cheer the person up, find a way to bail him or her out of jail, comfort the wounded ego, nurse the person back to health when they were beaten up for defaulting on debts, or let him or her return home after disappearing for days on end, you are enabling the gambling to continue.