

888-ADMIT-IT HelpLine Resource:

Gam-Anon

For Loved Ones

SUPPORT FOR THE FAMILY AND FRIENDS OF COMPULSIVE GAMBLERS

POWERLESSNESS AND HOPE

Members often enter the Gam-Anon program feeling alone, frightened, helpless, desperate and ashamed. Often, there is a feeling that no one understands what the new member is going through. The GamAnon program gives family members and friends a new sense of hope, as they realize that the compulsive gambler's behavior is an illness, which is therefore out of their control. Gaining this understanding helps relieve the burden of responsibility for the gambler's actions. It also encourages members to redirect their attempts to control the gambler in a way that allows them more control over their own lives. Therefore, it asks members to recognize their powerlessness over gambling, and helps them become empowered in their own lives.

A NEW ATTITUDE AND OUTLOOK ON LIFE

GamAnon allows the family to change its focus. Members no longer have to feel responsible for and try to control the gambler's behavior. They now have the opportunity to work on their own thoughts and feelings, which will first benefit them on a personal level. Ultimately, this will make a significant positive difference in the family's relationship with the gambler as well. Family members often bring their own set of problems into the relationship. These need to be dealt with, or they may contribute to the development of an unhealthy situation and serious problems in the long-term. GamAnon offers the family members an opportunity to identify with others who have had similar experiences and learned to overcome them. Group members can provide support in addressing individual issues on a case-by-case basis.

RECONSTRUCTING THE FINANCES

One of the most urgent problems family members bring to GamAnon is financial trouble. Often there are immediate basic needs that are not being met such as housing, electricity, and food for the family. There are financial obligations not being met such as the mortgage, auto and loans. There are often legal problems as well. Most of these difficulties are a result of the gambling activity. Frequently the gambler is controlling all the financial matters, and other members of the family have little or no knowledge of or control over the finances. The GamAnon program offers a plan to enable the non-gambler to take charge of the finances in order to meet the needs of the family and relieve the gambler of the temptations caused by handling the money.