

Think and Grow Rich  
Or  
Wager and Grow Rich:  
Distinguishing Between the  
Mind of the Gambler & the  
Mind of Recovery

Gambling Recovery Center

Christopher W. Anderson, MS, LMFT, NCGCII/BACC

Austin, Texas

847.425.1830

[chris@christopherwanderson.com](mailto:chris@christopherwanderson.com)

[www.christopherwanderson.com](http://www.christopherwanderson.com)

# spirit

**SOUTHWEST AIRLINES + AIRTRAN**

## IT'S HIP TO BE SQUARE

FOR A GROWING NUMBER OF ADULTS, LEGO  
HAS BECOME AN ART FORM AND A SOCIAL MEDIUM ALL ITS OWN.



## **Life Coach** Modern-day Renaissance man Alan Fox shares his simple secrets for personal and professional success.



### **1 Buy a Ticket**

"You can't expect to win the lottery if you don't first buy a ticket. Be an active participant in your own success," Fox says. "Each of us has the power to effect change in our own lives. To be successful, we must understand that and not look too far outside of ourselves for solutions to problems."

### **2 Know That Patterns Persist**

"Identify the behavior patterns of others in an effort to manage expectations. If a friend of yours is always late, you should expect that he will continue to be tardy, and adjust your schedule accordingly. By changing your expectations of when he will arrive, you save yourself time and undue frustration."

### **3 Catch Them Being Good**

"When you find a behavior that you like in someone, let them know. This is particularly relevant when it comes to children, but it can apply to anyone. Positive reinforcement is a very powerful thing, much more so than criticism."

### **4 Watch the Belt Buckle**

"A great defensive tackle will tell you that good running backs can fake with their eyes and their heads and their shoulders, but they cannot fake with their belt buckles. Wherever the belt buckle is going, that's where they're going. Very often there's a difference between what people say and what they do. If you want to discover a person's true intentions, pay attention to his or her actions."

### **5 Don't Force It**

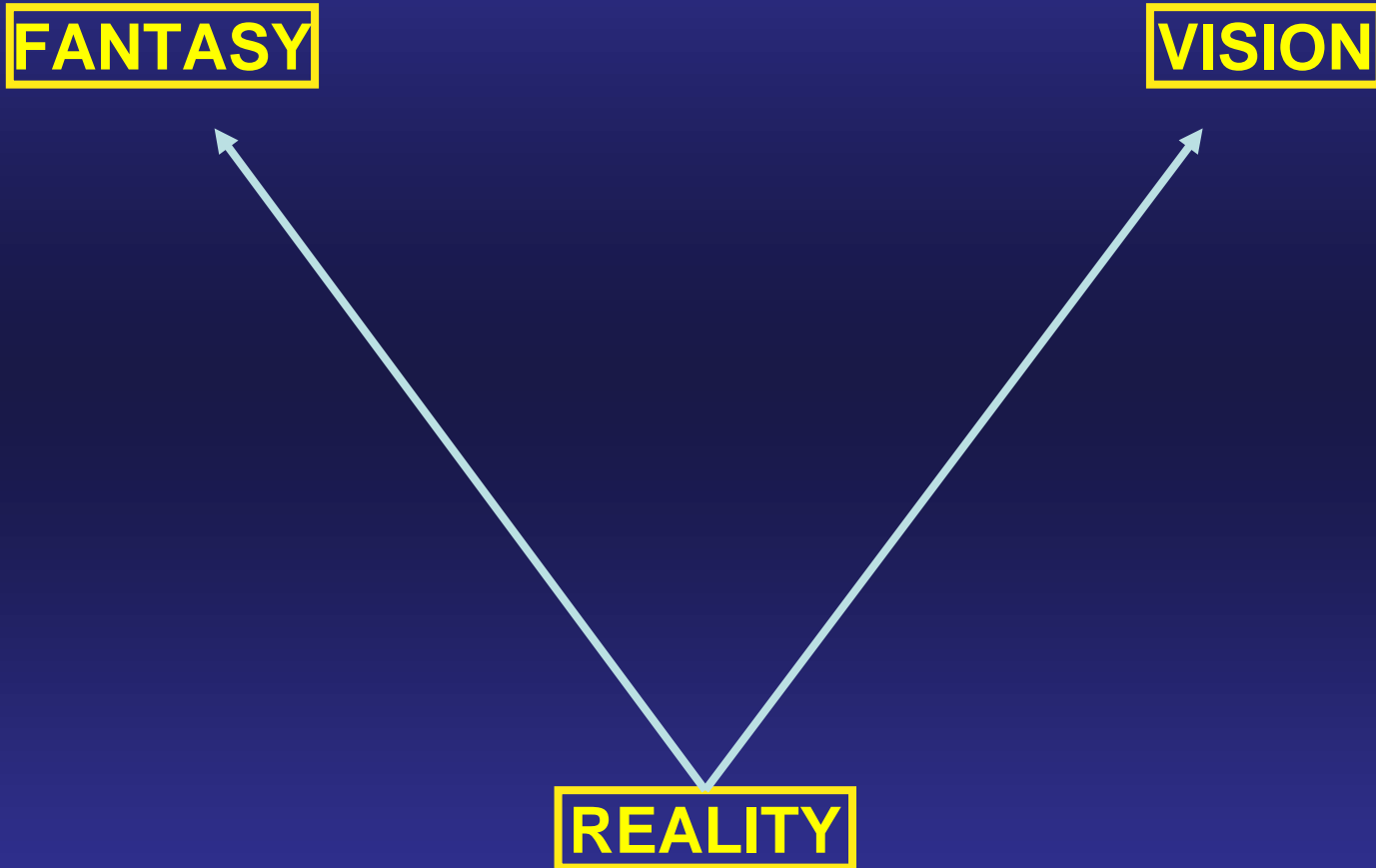
"Typically, we go after the things we want in life. If I want to buy a car, I research it, save some money for the down payment, and then I buy it. But there are certain things you can't plan for—for example, forming a relationship. Like catching a feather, understand that the circumstances have to be just right and, thus, are often out of your control."

# 1. Buy a Ticket

"You can't expect to win the lottery if you don't first buy a ticket. Be an active participant in your own success," Fox says. "Each of us has the power to effect change in our own lives. To be successful, we must understand that and not look too far outside of ourselves for solutions to problems."

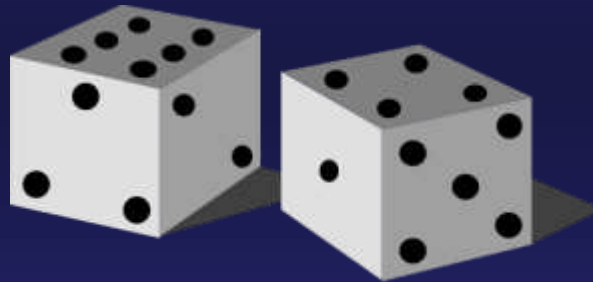
# Fantasy- Reality Cycle

© Christopher W. Anderson, MS, LMFT, NCGCII/BACC



# NATURE OF A WAGER

EITHER WIN OR LOSE



OUTCOME IS OUT OF OUR  
CONTROL

# GOAL OF THERAPY

“TO HELP CLIENTS NAME  
THE TRUTH ABOUT  
THEMSELVES SO THAT  
THEIR OWN TRUTH  
CONFRONTS THEIR OWN  
LIE ..



# GOAL OF THERAPY

.. TO HELP CLIENTS LIVE FULLY  
INTO THE HERE AND NOW  
REALITY OF THEIR LIVES IN  
ORDER TO LIVE INTO A SENSE  
OF VISION THAT CALLS THEM  
FORTH”





# GA COMBO BOOK

## **GAMBLERS ANONYMOUS**

**GOD GRANT ME THE  
SERENITY TO ACCEPT THE  
THINGS I CANNOT CHANGE,  
COURAGE TO CHANGE THE  
THINGS I CAN, AND THE  
WISDOM TO KNOW THE  
DIFFERENCE.**

# WHAT IS THE DREAM WORLD OF THE COMPULSIVE GAMBLER?

This is another common characteristic of compulsive gamblers. A lot of time is spent creating images of the great and wonderful things they are going to do as soon as they make the big win. They often see themselves as quite philanthropic and charming people. They may dream of providing families and friends with new cars, mink coats and other luxuries. Compulsive gamblers picture themselves leading a pleasant gracious life, made possible by the huge sums of money they will accrue from their 'system'. Servants, penthouses, nice clothes, charming friends, yachts and world tours are a few of the wonderful things that are just around the corner after a big win is finally made.

# WHAT IS THE DREAM WORLD OF THE COMPULSIVE GAMBLER?

Pathetically, however, there never seems to be a big enough winning to make even the smallest dream come true. When compulsive gamblers succeed, they gamble to dream still greater dreams. When failing, they gamble in reckless desperation and the depths of their misery are fathomless as their dream world comes crashing down. Sadly, they will struggle back, dream more dreams and of course suffer more misery. No one can convince them that their great schemes will not some day come true. They believe they will, for without this dream world, life for them would not be tolerable.

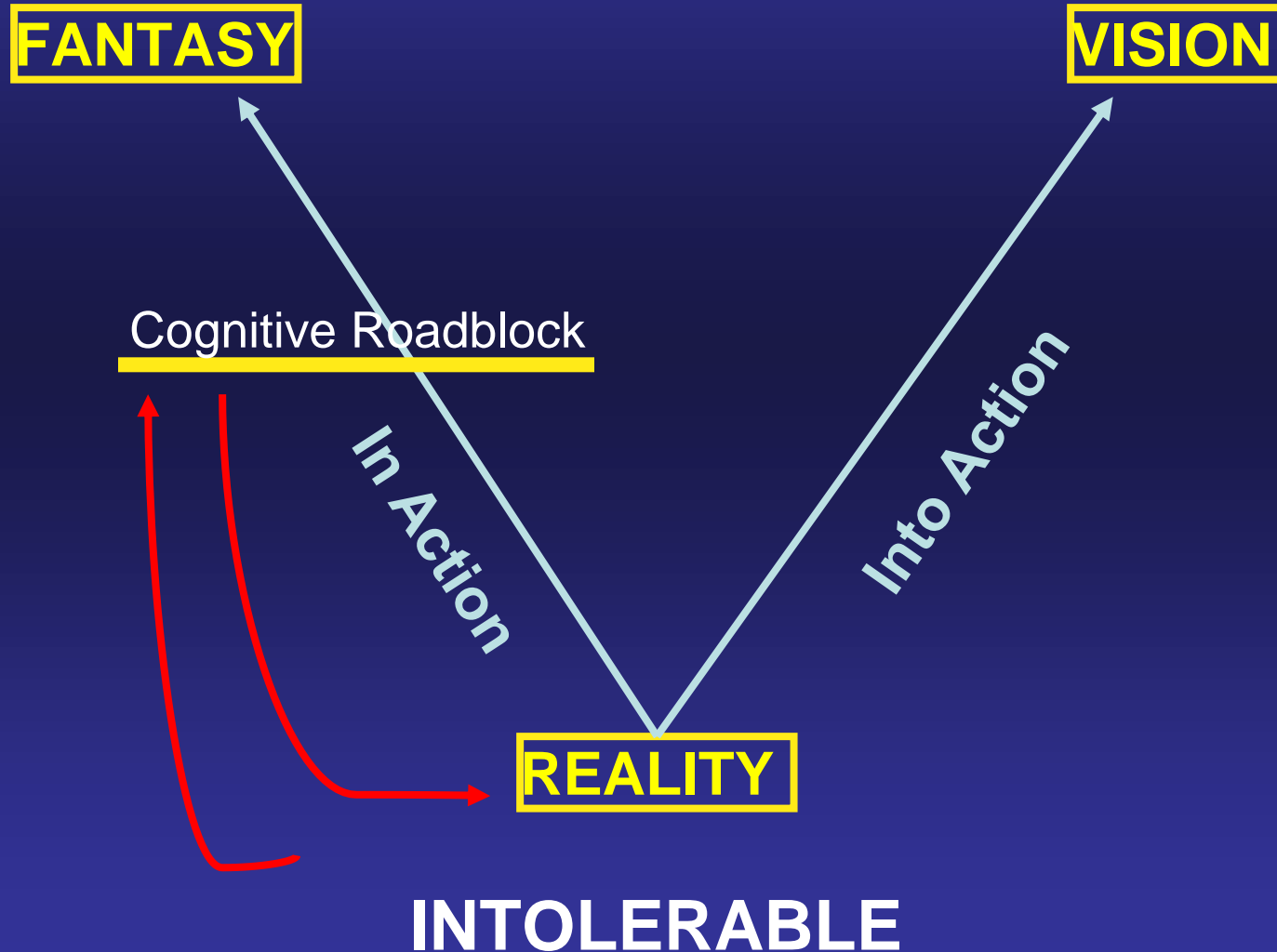
# Fantasy Life

*“The big win is the booster on the rocket that tears him loose from the gravitational forces of reason and reality and sends him flying into a weight-free flight of illusion and fantasy where there are no limits to what he can do and become.”*

**INITIAL INTERVENTION**  
**Block Escape into Fantasy**

# Fantasy- Reality Cycle

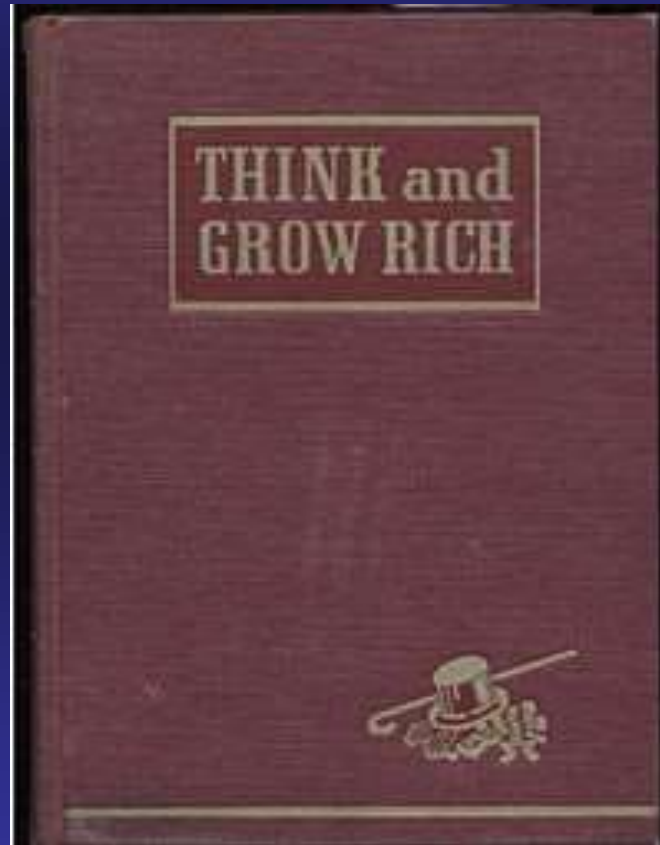
© Christopher W. Anderson, MS , LMFT, NCGC



# Steps of the Recovery Journey

<p>1. Recognize my escape into a dream world</p>	<p>1. We admitted...</p>
<p>2. Understand the function of my dream world</p>	<p>2. Came to believe...</p>
<p>3. Choose:</p> <ul style="list-style-type: none"><li>a. Continue pattern of escape (addiction)</li><li>b. Stop running</li></ul>	<p>3. Made a decision...</p>

# Think and Grow Rich by Napoleon Hill



Original 1937 hardcover



# Barnes and Edison

He presented himself at Mr. Edison's laboratory, and announced he had come to go into business with the inventor. In speaking of the first meeting between Barnes and Edison, years later, Mr. Edison said, "He stood there before me, looking like an ordinary tramp, *but there was something in the expression of his face which conveyed the impression that he was determined to get what he had come after.*

# Barnes and Edison

I had learned, from years of experience with men, that when a man really DESIRES a thing so deeply that he is willing to stake his entire future on a single turn of the wheel in order to get it, he is sure to win. I gave him the opportunity he asked for, *because I saw he had made up his mind to stand by until he succeeded.*

Subsequent events proved that no mistake was made.”

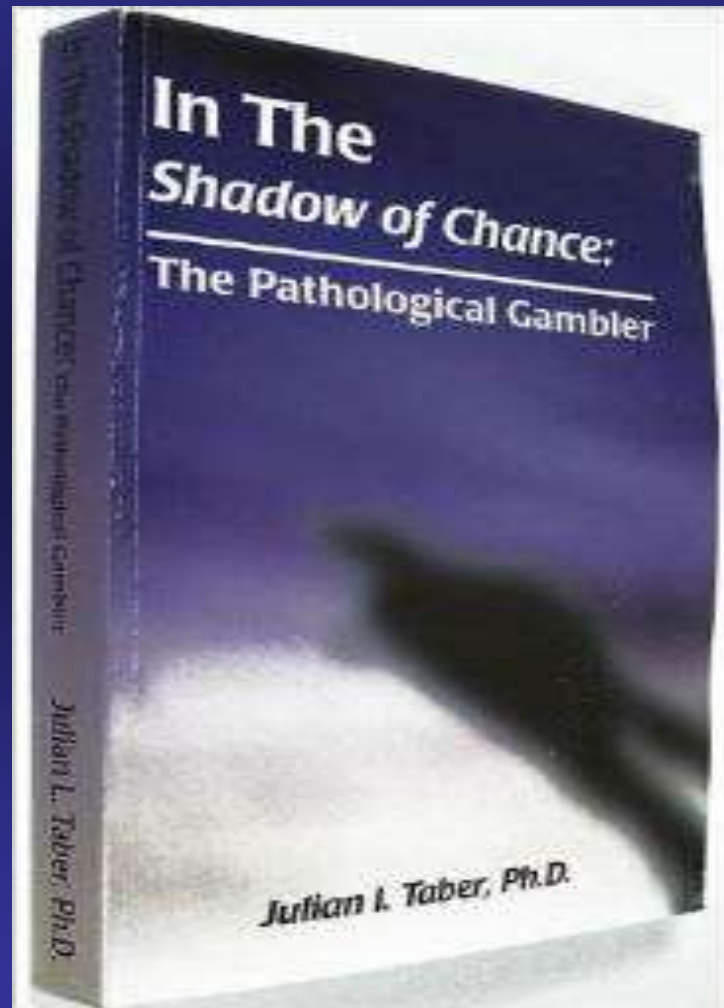
# Barnes and Edison

Just what young Barnes said to Mr. Edison on that occasion was far less important than that which he thought. Edison, himself, said so! It could not have been the young man's appearance which got him his start in the Edison office, for that was definitely against him. It was what he THOUGHT that counted.

If the significance of this statement could be conveyed to every person who reads it, there would be no need for the remainder of this book.

# In the Shadow of Chance

## Julian Taber, PhD



"Unless you know how they think, you cannot know them."

In the Shadow of Chance, Julian Taber, Ph.D. (p. 7)

# What is Truth?

"In the world of problem gambling, nothing is obvious. Nothing is easy to understand at first. You listen and listen, then you listen some more. You question and question again. Either you crawl inside or you fail at the door."

In the Shadow of Chance, Julian Taber, Ph.D. (p. 9)

The  
Obsession of the Mind  
(always)?  
precedes  
The Compulsion to ...

# Power of Thought

*...an intangible impulse of thought  
can be transmuted into its physical  
counterpart*

by the application of known  
principles



# Power of Thought

You have ABSOLUTE CONTROL over but one thing, and that is your thoughts. This is the most significant and inspiring of all facts known to man! It reflects man's Divine nature. This Divine prerogative is the sole means by which you may control your own destiny. If you fail to control your own mind, you may be sure you will control nothing else.

# CHARACTERISTICS OF THE COMPULSIVE GAMBLER?

- **SOMETHING FOR NOTHING** — ‘all the good things in life without any great effort..’
- **IMMATURITY** — ‘..unwilling to grow up..’
- **PATHOLOGICAL AVOIDANCE OF RESPONSIBILITY** — ‘..avoid mature responsibility by wagering..’
  - ‘..the struggle to escape responsibility finally became a subconscious obsession..’
- **NEVER ENOUGH** — ‘..there never seems to be a big enough winning..’
- **VICTIMHOOD**
- **INTOLERANCE FOR AMBIGUITY**

# CHARACTERISTICS OF THE COMPULSIVE GAMBLER?

- INCOMPLETE TASKS
- PROCRASTINATION
- PATHOLOGICAL INABILITY TO DEAL WITH LOSS
- INTOLERANCE FOR AMBIGUITY
- LOW FRUSTRATION TOLERANCE
- INABILITY TO ACCURATELY ASSESS FEEDBACK
- NARCISSISTIC
- SUBSTITUTE FANTASY FOR VISION
- LIES TO SELF, OTHERS

# WHAT ARE SOME OF THE CHARACTERISTICS OF A PERSON WHO IS A COMPULSIVE GAMBLER?

**1. INABILITY AND UNWILLINGNESS TO ACCEPT REALITY.** Hence the escape into the dream world of gambling.

**2. EMOTIONAL INSECURITY.** A compulsive gambler finds he or she is emotionally comfortable only when "in action". It is not uncommon to hear a Gamblers Anonymous member say: "The only time (*place*) I *really* felt like I belonged was gambling (*sitting at the poker table*). Then (*There*) I felt secure and comfortable. No great demands were made upon me. I knew I was destroying myself, yet at the same time, I had a certain sense of security."

# WHAT ARE SOME OF THE CHARACTERISTICS OF A PERSON WHO IS A COMPULSIVE GAMBLER?

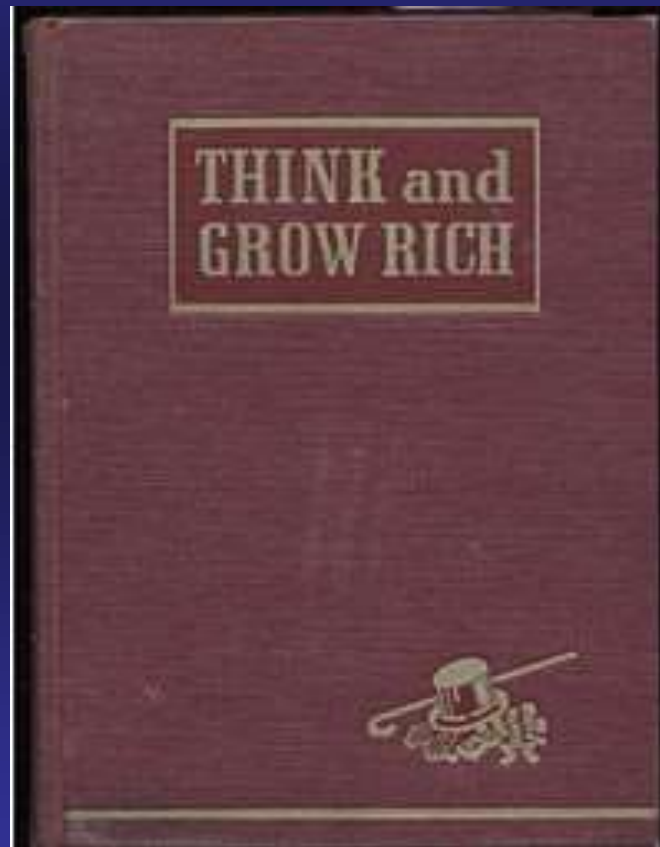
**3. IMMATURITY.** A desire to have all the good things in life without any great effort on their part seems the common character pattern of problem gamblers. Many Gamblers Anonymous members accept the fact that they were unwilling to grow up. Subconsciously they felt they could avoid mature responsibility by wagering on the spin of a wheel or the turn of a card, and so the struggle to escape responsibility finally became a subconscious obsession.

# WHAT ARE SOME OF THE CHARACTERISTICS OF A PERSON WHO IS A COMPULSIVE GAMBLER?

Also, a compulsive gambler seems to have a strong inner urge to be a "big shot" and needs to have a feeling of being all powerful. The compulsive gambler is willing to do anything (often of an anti-social nature) to maintain the image he or she wants others to see.

Then too, there is the theory that compulsive gamblers subconsciously want to loose to punish themselves. There is much evidence to support this theory.

# Think and Grow Rich by Napoleon Hill



Original 1937 hardcover

# The First Step

DESIRE:

The Starting Point of all  
Achievement

Barnes succeeded because he chose a definite goal, placed all his energy, all his will power, all his effort, everything back of that goal.



# The method by which DESIRE for riches can be transmuted into its financial equivalent...

1. **Fix in your mind** the *exact* amount of money you desire. It is not sufficient merely to say "I want plenty of money." Be definite as to the amount. (There is a psychological reason for definiteness which will be described in a subsequent chapter).
2. **Determine exactly what you intend to give in return** for the money you desire. (There is no such reality as "something for nothing.")
3. **Establish a definite date** when you intend to *possess* the money you desire.

The method by which DESIRE for riches can be transmuted into its financial equivalent...

4. Create a definite plan for carrying out your desire, and begin *at once*, whether you are ready or not, to put this plan into *action*.

5. Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

The method by which DESIRE for riches can be transmuted into its financial equivalent...

6. Read your written statement aloud, twice daily, once just before retiring at night, and once after arising in the morning.

AS YOU READ--SEE AND FEEL AND BELIEVE  
YOURSELF ALREADY IN POSSESSION OF  
THE MONEY.

*(No one can convince them that their great schemes will not some day come true. They believe they will, for without this dream world, life for them would not be tolerable. GA Combo Book p. 11)*

# The Second Step

## FAITH:

### Visualization of, and Belief in Attainment of Desire

**FAITH is the head chemist of the mind.** When FAITH is blended with the vibration of thought, the subconscious mind instantly picks up the vibration, translates it into its spiritual equivalent, and transmits it to Infinite Intelligence, as in the case of prayer.

# The Third Step

## AUTO-SUGGESTION

### The Medium for Influencing the Subconscious Mind

AUTO-SUGGESTION is a term which applies to all suggestions and all self-administered stimuli which reach one's mind through the five senses. Stated in another way, auto-suggestion is self-suggestion. It is the agency of communication between that part of the mind where conscious thought takes place, and that which serves as the seat of action for the subconscious mind.

# The Fourth Step

## SPECIALIZED KNOWLEDGE:

### Personal Experiences or Observations

Knowledge is only *potential* power. It becomes power only when, and if, it is organized into definite plans of action, and directed to a definite end. This "missing link" in all systems of education known to civilization today, may be found in the failure of educational institutions to teach their students HOW TO ORGANIZE AND USE KNOWLEDGE AFTER THEY ACQUIRE IT.<sup>38</sup>

# The Fifth Step

## IMAGINATION:

### The Workshop of the Mind

THE imagination is literally the workshop wherein are fashioned all plans created by man. The impulse, the DESIRE, is given shape, form, and ACTION through the aid of the imaginative faculty of the mind.

MAN'S ONLY LIMITATION, within reason, LIES IN HIS DEVELOPMENT AND USE OF HIS IMAGINATION.

# The Sixth Step

## ORGANIZED PLANNING: The Crystallization of Desire into Action

You will now be instructed how to build plans which will  
be practical

Ally yourself with a group of as many people as you may  
need for the creation, and carrying out of your plan....



# The Seventh Step

## DECISION:

### The Mastery of Procrastination

..LACK OF DECISION was near the head of the list of the 30 major causes of FAILURE. This is no mere statement of a theory--*it is a fact.*

PROCRASTINATION, the opposite of DECISION, is a common enemy which practically every man must conquer.

# The Eighth Step

## PERSISTENCE:

### The Sustained Effort Necessary to Induce Faith

PERSISTENCE is an essential factor in the procedure of transmuting DESIRE into its monetary equivalent. The basis of persistence is the POWER OF WILL.

Will-power and desire, when properly combined, make an irresistible pair.

# The Ninth Step

## POWER OF THE MASTERMIND: The Driving Force

PLANS are inert and useless, without sufficient POWER to translate them into ACTION.

POWER may be defined as "organized and intelligently directed KNOWLEDGE."

# The Tenth Step

## THE MYSTERY OF SEX TRANSMUTATION:

The emotion of sex has back of it the possibility of three constructive potentialities, they are:--

- 1.The perpetuation of mankind.

- 1.The maintenance of health, (as a therapeutic agency, it has no equal).

- 1.The transformation of mediocrity into genius through transmutation.

# The Eleventh Step

## THE SUBCONSCIOUS MIND: The Connecting Link

THE SUBCONSCIOUS MIND consists of a field of consciousness, in which every impulse of thought that reaches the objective mind through any of the five senses, is classified and recorded, and from which thoughts may be recalled or withdrawn as letters may be taken from a filing cabinet.

You cannot *entirely* control your subconscious mind, but you can voluntarily hand over to it any plan, desire, or purpose which you wish transformed into concrete form.

# The Twelfth Step

## THE BRAIN:

### A Broadcasting And Receiving Station For Thought

Through the medium of the ether, in a fashion similar to that employed by the radio broadcasting principle, every human brain is capable of picking up vibrations of thought which are being released by other brains.

# The Thirteenth Step

## THE SIXTH SENSE:

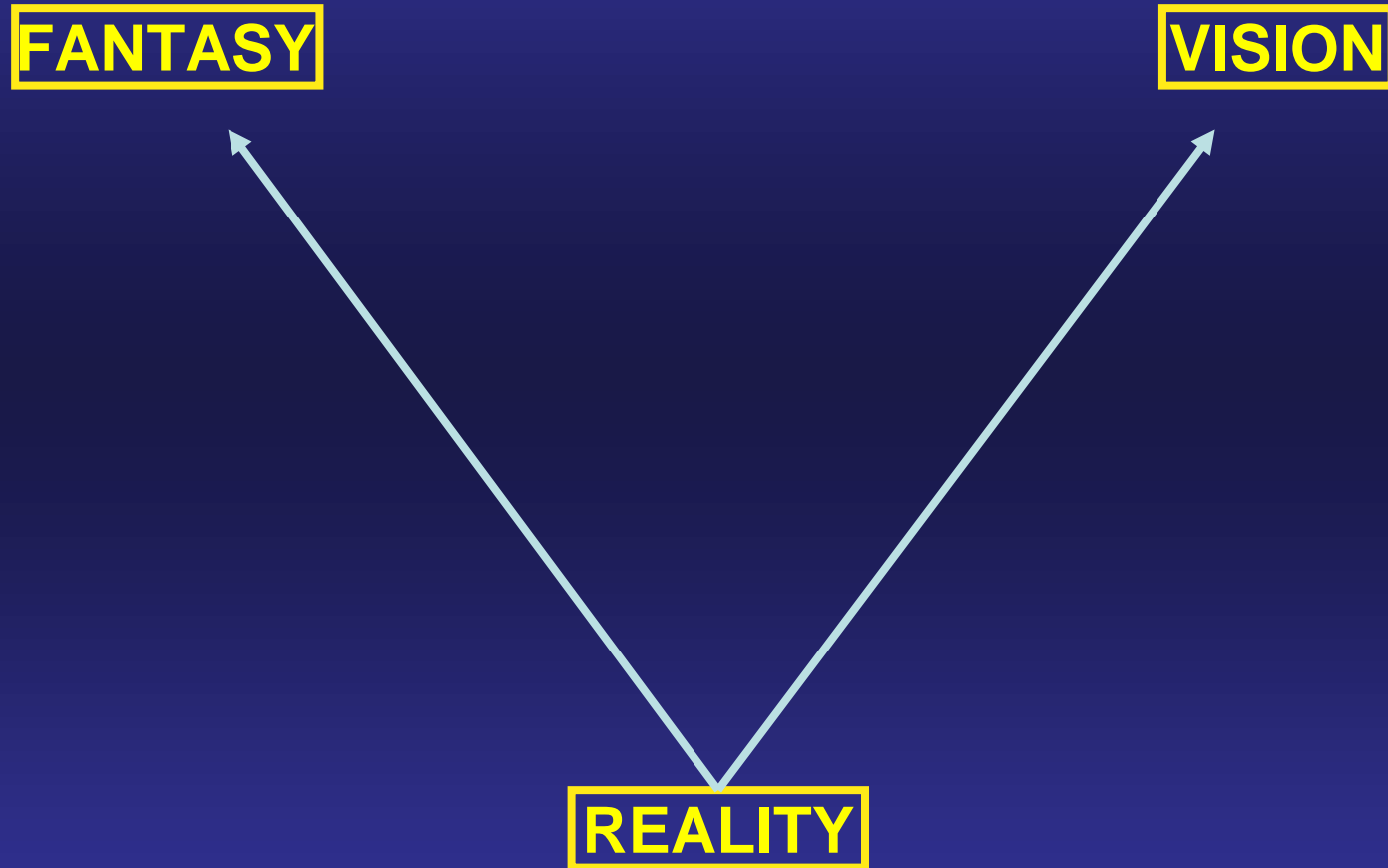
### The Door to the Temple of Wisdom

THE "thirteenth" principle is known as the SIXTH SENSE, through which Infinite Intelligence may, and will communicate voluntarily, without any effort from, or demands by, the individual.

This principle is the apex of the philosophy. It can be assimilated, understood, and applied ONLY by first mastering the other twelve principles.

# Fantasy- Reality Cycle

© Christopher W. Anderson, MS, LMFT, NCGCII/BACC





# Einstein's Office on the Day of His Death





