

**REBUILDING THE MARRIAGE /  
RELATIONSHIP THROUGH  
RECOVERY**

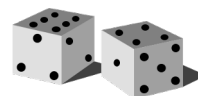
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**NATURE OF A WAGER**

**EITHER WIN OR LOSE**



**OUTCOME IS OUT OF OUR  
CONTROL**

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**NATURE OF A WAGER**

**EITHER WIN OR LOSE**

Dualistic mind

- All or Nothing
- Black or White
- Either / Or
- Dominant – Submission
- Power and Control

WIN - WIN

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**NATURE OF A WAGER**

**OUTCOME IS OUT OF OUR CONTROL**

Handing power over to:

- Outcome of wager
- Others
- Life circumstances

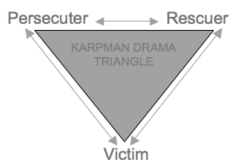
VICTIM

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## Karpman Drama Triangle

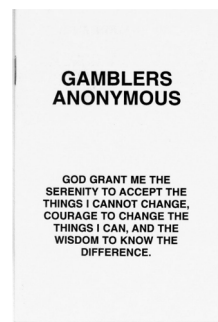


Steven B. Karpman, M.D.

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## GA COMBO BOOK



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### Gamblers Anonymous 'COMBO' Book

Page 10

#### 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.

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### Gamblers Anonymous 'COMBO' Book

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**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 place I really felt like I belonged was sitting at the poker table. 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."

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**Gamblers Anonymous 'COMBO' Book**

Page 10

**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.

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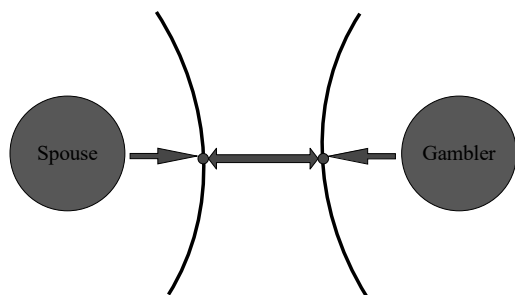
Also, a compulsive gambler seems to have a strong inner urge to be a "big shot" and needs to have a feeling of being all powerful. The compulsive gambler is willing to do anything (often of an anti-social nature) to maintain the image he or she wants others to see.

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

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**Couples Relationship**

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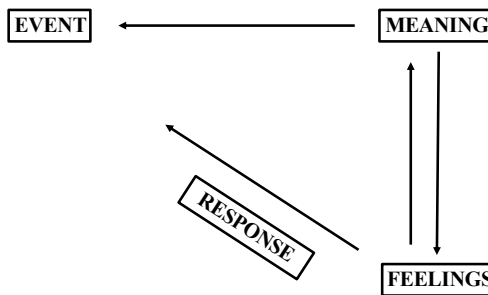


After gambler stops, couple still relates to each other through IMAGE rather than REALITY

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**Communication Pathway**

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## TRUST

Foundation of honesty, openness, full disclosure

Trust – No Trust

In What do I trust?

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## FINANCES

Transparency

Debt repayment plan

Spending plan

Reconnection with reality of value of \$\$

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### **Gamblers Anonymous 'COMBO' Book**

Page 11

#### **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.

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### **Gamblers Anonymous 'COMBO' Book**

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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.

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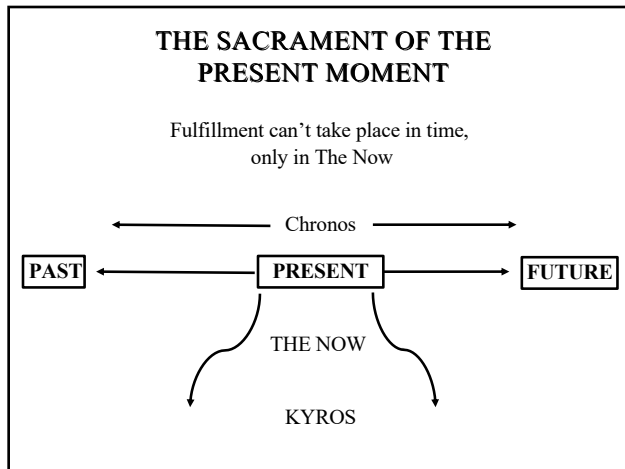
**..Greatest Catalyst for Change..**

**FIRST YOU STOP JUDGING YOURSELF;** then you stop judging your partner. The greatest catalyst for change in a relationship is complete acceptance of your partner as he or she is, without needing to judge or change them in any way.

That immediately takes you beyond ego. All mind games and all addictive clinging are then over. There are no victims and no perpetrators anymore, no accuser and accused.

Eckhart Tolle, Practicing the Power of Now, p. 25

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**Steps of the Recovery Journey**

1. Recognize my escape into a dream world	1. We admitted...
2. Understand the function of my dream world	2. Came to believe...
3. Choose: a. Continue pattern of escape (addiction) b. Stop running	3. Made a decision...

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**The Struggle and Gifts of Recovery**

<u>The Struggle</u>	<u>The Gifts</u>
To distinguish fantasy from reality	Discernment / Clarity
To choose	Courage
To interrupt the cycle ...	Hope

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### The Struggle and Gifts of Recovery

<u>The Struggle</u>	<u>The Gifts</u>
..by blocking the flight into fantasy (Dream World)	Faith
To accept and choose the truth of one's life	Honesty & Courage
To embrace the pain and sorrow in life and to grieve losses	Peace

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### The Struggle and Gifts of Recovery

<u>The Struggle</u>	<u>The Gifts</u>
To face the realities of life	Acceptance
To accept responsibility	Empowerment
To make responsible choices	Freedom

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### The Struggle and Gifts of Recovery

<u>The Struggle</u>	<u>The Gifts</u>
To overcome dissatisfaction (never enough)	Gratitude (Today I have all that I need)
To reconnect with one's self	Forgiveness & Reconciliation
To surrender	Humility

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### The Struggle and Gifts of Recovery

<u>The Struggle</u>	<u>The Gifts</u>
To build healthy relationships	Love
To learn how to live life on life's terms	Serenity
To live fully in the present	Transformation

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