

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.**

GAMBLERS ANONYMOUS

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people. The idea that somehow, someday, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity or death.

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed.

We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals – usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time we get worse, never better.

Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.

THE RECOVERY PROGRAM

Here are the steps which are a program of recovery.

- 1** We admitted we were powerless over gambling – that our lives had become unmanageable.
- 2** Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
- 3** Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
- 4** Made a searching and fearless moral and financial inventory of ourselves.
- 5** Admitted to ourselves and to another human being the exact nature of our wrongs.
- 6** Were entirely ready to have these defects of character removed.

7 Humbly asked God (of our understanding) to remove our shortcomings.

8 Made a list of all persons we had harmed and became willing to make amends to them all.

9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

10 Continued to take personal inventory and when we were wrong, promptly admitted it.

11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12 Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.

TO ALL GAMBLERS ANONYMOUS MEMBERS, PARTICULARLY THE NEW GAMBLERS ANONYMOUS MEMBERS:

1. Attend as many meetings as possible per week. **MEETINGS MAKE IT.**
2. Telephone other members as often as possible between meetings. **USE THE TELEPHONE LIST!**
3. Don't test or tempt yourself. Don't associate with acquaintances who gamble. Don't go in or near gambling establishments. **DON'T GAMBLE FOR ANYTHING.**
4. Live the Gamblers Anonymous Program **ONE DAY AT A TIME.** Don't try to solve all your problems at once.
5. Read the **RECOVERY** and **UNITY** steps often and continuously review the Twenty Questions. Follow the steps in your daily affairs. These steps are the basis for the entire Gamblers Anonymous Program and practicing them is the key to your growth. Get involved and be of service. If you have any questions, ask them of your Trusted Servants and Sponsors.
6. **GET A SPONSOR, IT IS DIFFICULT TO RECOVER ON YOUR OWN!** Sponsorship gives an opportunity for members to work on a one-on-one basis to achieve recovery by sharing, practicing, and working the 12 steps of recovery.
7. We encourage every Gamblers Anonymous member to have a **PRESSURE RELIEF GROUP MEETING** as it offers guidance toward a normal way of thinking and living. The **PRESSURE RELIEF GROUP MEETING** may help alleviate legal, financial, employment and personal pressures. Adherence to it will aid in your recovery.
8. **BE PATIENT!** The days and weeks will pass soon enough, and as you regularly attend meetings, abstain from gambling and follow the guidelines on this page, you will experience continued recovery.