
A Family Album:

At Home with the Compulsive Gambler

Gambling Recovery Ministries

Director: Rev. Janet Jacobs

Many Voices, One Vision Conference

August 1-2, 2007 Indianapolis, IN

A Family Album

including “snapshots” of ...

LESSONS LEARNED

for every day at

- **Home**
- **Work**
- **Play**

UM Social Principles

Where gambling has become addictive,

the Church will encourage such individuals to receive therapeutic assistance so that the individual's energies may be redirected into positive and constructive ends...”

A Family Album

Lessons learned ...

AT HOME

Phases of Gambling: Financial Impact of Each Stage

- **Social** (*Winning*)
- **Preoccupied** (*Losing*)
- **Desperation**
- **Hopelessness**

Steps to Take to Protect Assets

- *Issues of “denial” & dishonesty !!*
- **Therefore ...**
- **Remove name from joint accounts**
- **Open new account**
- **Separate safety deposit box**
- **Warn family & friends**
- **Never co-sign to cover gambling debts**

Money Management

*Steps to take when the gambler
ADMITS the gambling problem
and is willing to SEEK HELP:*

- **Construct a household budget together with the gambler**
- **Household bills come first**
- **Very small amounts of cash for gambler's daily needs**

Knowledge & Understanding of Disordered Gambling

- *As one's knowledge about gambling addiction increases, one's responses become based on knowledge – not emotions.*

Effective Communication

with the gambler

- *Work very hard at being constructive in communicating*
- *Dictating, demanding, and controlling are counter productive.*

Goal Setting

with the gambler

- *Establish spending goals (HHbills #1)*
- *Encourage gambler to stay within the new budget and allowance*
- *Work together on a savings plan*
- *Reward yourselves on occasion*
- *Continue encouragement!*

Cooperation & Consequences

- *Gambler turns over paycheck and*
- *all credit cards*
- *Gambler agrees to an allowance*
- *Honesty on gambler's part = critical*
- *Loved ones need to be very patient since lying is a major part of the problem of gambling*

A Family Album

Lessons learned ...

AT WORK

Work Indicators (*Warning Signs*)

- **Long Lunches ... Projects' Timing**
- **... Borrowing ... Phone Usage ...**
- **Computer Use ... Stealing**
- **Credit Card Cash Advances ...**
- **Asking for Salary Advances ...**
- **Embezzling Suspected**

Pressures at Work

to gamble

- Fantasy Football ... **computers...**
- Internet access on cell phones
- sports pools ... lottery pools ...
- raffles (charity, etc.) ...
- Work schedules may be too open and flexible (e.g. sales)

Positive Feedback about Work *to the recovering gambler*

- Complimenting his/her work ethic
- Noting progress made in getting out of debt
- Recognizing success achieved at work

Positive Feedback Continued ...

- *Low self esteem & shame issues*
- *Issues of suicide*
- *Keep up the praise, no matter how small the accomplishment*
- *Let the gambler know he/she is loved*

Important Perspective for Family Members to Remember

- *The gambling addiction has nothing to do with whether or not the gambler loves the family.*

A Family Album

Lessons learned ...

AT PLAY

Leisure Time & Recovery

- Caregivers: vulnerable to “escaping”
- Too Much or Too Little Free Time:
- *the roles of BOREDOM & STRESS*

The Need for Change

- **Lifestyle Change**
- **Changing Friends**
- **Helpful vs Harmful Activities**
- **Triggers**
- **New Hobbies**

The Role of Spirituality

in recovery

- **Twelve Step Program (Steps 1,2,3)**
- **(GA & Gam-Anon)**
- **Concept of God and Luck**
- **Forgiveness Issues**
- **Shame & Guilt**
- **Sense of Isolation**

FOR MORE INFORMATION

- **GRM phone # (812) 926 - 1052**
- **Help Info: (765) 647 - 6008**
- **jjacobs@grmumc.org**
- **www.grmumc.org**