

I Will Change My Attitudes and Actions to Overcome My Gambling Garbage

1. **FOCUS ON THE EFFECT:** My gambling causes me shame, guilt, anger, depression, anxiety, hiding, lying, cheating, stealing, false self (masks), hustling others for money, loss of time and energy, and many more negative experiences, feelings, and behaviors.
2. **FACE THE EFFECT BEFORE:** I will face the negative effects of gambling *before* rather than after gambling. I will no longer glorify gambling and will now see gambling as the garbage that it really is especially whenever I think to gamble with my time again.
3. **SELF-ACCEPTANCE:** I will no longer use gambling to fix myself by trying to become a “winner.” I will face the fact that the momentary ego pleasure of winning soon passes and is followed by the long-lasting ego pain of “being” a loser again.
4. **WINING IS LOSING:** I will remember that winning is losing as it just means I lose more time and energy to gambling. I will remember winning only causes more playing time so is NOT really winning at all, but is only more loss of time and energy.
5. **PROBLEM IS NOT SOLUTION:** I will stop looking at the problem, gambling, as the solution. That is, I will see that gambling is causing me more money problems and gambling is NOT capable of solving my money problems. My gambling is my problem NOT my solution. The problem will never become the solution. Gambling causes and creates problems because it is garbage.
6. **GAMBLING IS A GAMBLE:** I will face the fact that gambling is NOT a good practice and NOT something that I would want to do with anything important such as my life, health, or children. I will stop gambling with my and my family’s financial future.
7. **GAMBLING MONEY LOST IS NOT MINE:** There is no way I can get back money I have spent at gambling. I have spent money on gambling with nothing to show for it but lost time and energy. I have spent money on gambling that I should have spent on bills or things of real physical value. Money spent on gambling is like any other money spent: it is spent and gone forever.
8. **GAMBLING MONEY WON IS REAL:** When I win money at gambling it is NOT free money I can blow on more gambles, but money I should use responsibly to pay bills and makeup for some of my overspending on gambles. If I win, then I will run out and NOT come back to lose again. My money is my money and the casino’s money is the casino’s money. Gambling is garbage.
9. **GAMBLING IS GARBAGE:** Because gambling is garbage, all attempts to make it wholesome or family-oriented have failed miserably. Las Vegas has spent millions trying to remake itself into a family vacation spot without success. Gambles are negative NOT positive no matter how much tinsel and flashing lights you try to cover gambles with: gambles are gambles.
10. **GAMBLING IS THE ENEMY OF SOCIETY:** Society exists to reduce risk. Gambling is risk. The institutions of society are to prevent gambling. Police exist to eliminate and reduce the gamble of personal safety. Fire departments exist to eliminate and reduce the gamble of dying in a fire. Insurance companies exist to reduce the risk, the gamble of accident, injury, and unexpected death. Locksmiths exist to reduce the gamble of property loss. Safety laws exist to reduce the risk, the gamble of accident and injury. Federal, state, and local laws exist to reduce the risk, the gamble of fraud, deception, harassment, negligence, etc. Etc.
11. **TO THINE OWN SELF BE TRUE:** Lying to myself about what gambling is and how I will feel is destroying my integrity and sense of self. If I keep lying to myself about gambling, then I am gambling with my own soul. I know I feel bad after gambling, I need to admit that to myself before I gamble. Gambling gets me to lie to myself and others. I must stop gambling and lying.
12. **DON’T YOU DON’T:** I will use positive scripts, directions, expectations to stop my gambling with my life. Don’ts put the wrong idea into my head NOT the right one. I cannot NOT gamble, but I can do something else. I will NOT think, “I must not gamble.” There is no way to NOT gamble: either I gamble or I do something else, I cannot NOT gamble for there is no such activity as NOT gambling. I only think to gamble when I try to “not” it away. Gambling is garbage that must be replaced with good.
13. **GAMBLING IS NOT TIME MANAGEMENT:** Using gambling to pass the time only shows that I need to get a life. Structuring my day or life around gambles is a poor excuse for an existence. Instead, I will do volunteer work, spend time with my family, do chores, pray, go to meetings, talk to my sponsor, and pursue personal and spiritual development through reading and education.
14. **GAMBLING IS NOT FULFILLING:** Instead of gambling, I will engage in purposeful and meaningful activities that give my life significance and structure my time. Gambling is empty, hollow, and meaningless at best. There is more I can do for myself and others than waste my time, energy, and money on foolish gambling. I will start today to serve others instead of casinos.
15. **GAMBLING IS NOT COPING:** Using gambling to avoid or escape problems only indicates my need to learn better coping skills. Whether it is gambling, sexing, spending, eating, drinking, or drugging to handle problems—it is poor coping. 10% pleasure is NOT worth 90% pain! I will get the help I need to learn to practice coping instead of practicing the garbage of gambling.
16. **GAMBLING IS FOR LOSERS:** For as long as there have been casinos, casinos have accumulated and distributed amongst themselves a list of winners. These winners are banned from the casinos as the casinos reserve the right to refuse service to anyone. Anyone who has a working method will be banned. Casinos exist for losers only. Winners are banned. Only losers are at casinos.
17. **GAMBLING IS AN ABUSIVE RELATIONSHIP:** Why am I staying in this abusive relationship I have with gambling? Gambling keeps beating me up emotionally, mentally, and financially. I must end this sick relationship and get the help I need NOT to quit.
18. **GAMBLING IS DEATH AND DESTRUCTION:** There are two basic laws in nature that show that everything in nature, including people, tends to death and destruction. The law of inertia (death) basically states that things do NOT want to move. The law of entropy (destruction) basically states that all things tend to disorder without an outside influence giving them order. In other words, I need others and God to help me overcome my tendency to self-destruct with gambling. Gambling is garbage.
19. **THINK, FEEL, ACT AGAINST GAMBLING:** I will think, feel, and act against gambling more and more and give in to gambling less and less. For example, I will think how foolish and untrue my positive ideas of gambling are and will replace them with negative ideas of gambling. I will feel resentment, distrust, and hatred of gambling instead of excitement, fascination, and lust. I will go to a meeting or do something positive whenever I feel the urge to gamble my life away. Gambling is garbage.
20. **RECONDITION MY MIND:** I will recondition my mind by reading and rereading this handout at least once every morning and evening. I realize that while the world does condition my mind, I condition my own mind much more with my own self-talk.