

Formula for the loved ones of a gambler.

First of all, you should pray; as much as you can, and as often as you can. Pray and thank God for helping your loved one become cured from the gambling addiction. Act as if the cure has already been done. Don't pray for the ability to resist the temptation. Once he or she is cured, the temptation goes away by itself. Pray for two things: One, that the gambler will follow your advice, and two, that you will give the right advice.

List of what not to say:

Please refrain from these kinds of statements:

You're so selfish.

You're doing this because you don't care about us.

You're not trying hard enough to quit.

You're never going to get better because you were born with a disease. You'll have to battle this every day for the rest of your life.

Please say these kinds of statements:

I know the reason you can't stop is because you can't stop, because the addiction of gambling is strong. But do you think you have just enough strength to stop just this one time?

If you love me will you do the following when you are ready?

- 1) Turn over your credit and debit cards to me for safekeeping.
- 2) Practice walking away from a gambling situation to build up your inner strength.
- 3) Relearn the value of money. Twenty dollars is \$20; it is not more ticket purchases.

Take an index card and write on one side "I am a Gambler." On this side draw a frowning face. On the other side, write, "I am Not a Gambler." On this side draw a happy face. Go with the gambler to the gambling location. Walk up to the counter with him or her. Say, "You're either a gambler at this moment or not a gambler at this moment. IF you buy a lottery ticket, turn this card and hand it to me with the side up which says, 'I am a Gambler.' But, if you can walk away now, even if you know deep in your heart that tomorrow you will gamble again, give this card to me with the side up which says, 'I am Not a Gambler.' The choice is yours. "

Say to your loved one, "The difficulty in breaking free from the gambling addiction is the same level of difficulty as the strength your hand requires to turn this card over. If you can turn this card over one hundred times, (One Hundred Moments of Truth), you will be free from the gambling addiction. If you love me, turn this card over one hundred times over the next few weeks or months. I don't ask you to resist the temptation of gambling. I only ask you to do this exercise to build up your confidence that you can do this. You can beat this thing. We will do it together."