

The Habit Institute

Gambling addiction

The core beliefs:

- 1. Whether or not we are born compulsive gamblers, gambling is just a bad financial decision for anyone, no matter how you do it. The only people who have financial success with gambling are the casino owners, the bookies, or the state lottery departments, in other words, “the house.” Gamblers always lose over the long run. It is just a mathematical process.**
- 2. We are not morally defective. Gambling is a process that has defined effects on people. Gambling is bad, people are good, not the other way around.**
- 3. We can stop once we learn how the brain works and how to change our thoughts and develop a unique path of recovery that works for us.**
- 4. Being able to stop solely because of a loved one asking us to stop is usually not enough but they can be our lifeline for change. Just wishing it to happen is not sufficient, you have to work at it.**
- 5. We can use scientific studies in the areas of operant conditioning to help us in our recovery. The key aspect of gambling that gets us addicted is “Intermittent Reinforcement.”**
- 6. By changing our thoughts about who we are and why we gamble, and actively doing things to train to become a non-gambler, we can learn to stop the habit of gambling and get on with our lives. We can transform ourselves. There is hope.**

- 7. We will be encouraged by the knowledge that once we get over the initial difficulty of withdrawal, it gets easier and easier with the passage of time as the urges keep getting less and less the longer you stay away from gambling.**
- 8. We will develop the habit of asking ourselves positive questions instead of negative ones.**
- 9. There is hope. Once we learn the secrets and overcome the habit of gambling we will enrich our lives by having the time and money to do other, more productive things.**

Remember: There is a science of gambling. It is not a moral issue. It is a mathematical formula. We either understand it, and learn how to control it, or we don't understand it, and it controls us.

What is scientifically done to us by gambling,
can be easily undone, once we learn how.