

Celebrate Recovery of Allen

Recovery from Gambling

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

Some have arrived at this crossroad. One road, a soft road, lures you on to further despair, illness, ruin, and in some cases, mental institutions, prison, or suicide. The other road, a more challenging road, leads to self-respect, solvency, healing, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

Twelve Steps and their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable. *"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."* (Romans 7:18)

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- 2. We came to believe that a power greater than ourselves could restore us to sanity.** *“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)*
- 3. We made a decision to turn our lives and our wills over to the care of God.** *“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” (Romans 12:1)*
- 4. We made a searching and fearless moral inventory of ourselves.** *“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*
- 5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*
- 6. We were entirely ready to have God remove all these defects of character.** *“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)*
- 7. We humbly asked Him to remove all our shortcomings.** *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.** *“Do to others as you would have them do to you.” (Luke 6:31)*
- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.** *“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)*
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.** *“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*
- 11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.** *“Let the Word of Christ dwell in you richly.” (Colossians 3:16)*
- 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.** *“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.” (Galatians 6:1)*

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