



GAM-ANON SUGGESTED POINTS

1. Accept and learn to live with the fact that compulsive gambling is an illness that cannot be cured, only arrested.
2. Please do not repeat anything you hear in this room to anyone. What you hear here, who you see here, let it stay here.
3. During the Gam-Anon meeting suggestions should be given and received with an open mind.
4. Attend meetings regularly and make use of the telephone and e-mail during the week.
5. To interrogate the gambler will serve no purpose. If the gambler wishes to hide the truth, interrogation will prove pointless.
6. To nag the gambler about past losses or to talk of what might have been will prove detrimental to both the gambler's and your recovery.
7. It is not recommended that the Gam-Anon member go to work specifically to cover gambling debts. Restitution is the responsibility of the gambler.
8. The gambler, not the Gam-Anon member, should be responsible for calling the gambler's creditors to make restitution. Don't take this responsibility from the gambler.
9. It is strongly suggested that NO ONE finance, sign for or consolidate the gambler's debts. Experience has taught us that it is not helpful to borrow money to cover the gambling debts whether or not the gambler is in G.A. Discourage friends and family from lending the gambler money.
10. The gambler's gambling debts were not incurred over a short period of time, therefore, don't be discouraged if the gambler finds it necessary to pay back small amounts of monies over an extended period. Normal family expenses must come first.
11. Prudence tells us that compulsive gamblers are seldom able to handle finances. Perhaps this condition will be altered as the gambler progresses towards recovery.
12. Gamblers Anonymous is a program for the compulsive gambler. Do not interfere. Work your own program.
13. It may be beneficial to encourage the gambler to go to the first few meetings. However, after this the G.A. activities must be left to the gambler.
14. Recovery is a very slow process for the gambler. Give the gambler encouragement and have confidence in the G.A. and Gam-Anon programs.
15. The past is gone. Peace of mind can be found when the past is accepted without resentment.
16. Come to Gam-Anon even if your gambler continues to gamble. We understand your problem and we can help you through our program.
17. You may wish to obtain a personal credit report.
18. You may want to obtain information as to your liability on existing credit cards and credit lines.
19. You may want to contact your Internet company to find out how to limit access to gambling and sports websites as appropriate to your needs.
20. You may want to seek appropriate legal advice for answers if: there is a question of liability for taxes (past, present, future); you want to change title to real property; you have questions about pensions, ownership of insurance policies and any other matters you feel require legal advice.
21. Be aware that some medications may increase tendencies towards compulsive gambling.
22. Be aware that, with the ease of direct access (computers, smartphones, etc.) to online gambling by teens and college age students, it is important to understand the risks surrounding this activity, including potential legal liability to parents/guardians.