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Foreword

Make no mistake about it. Overpowering a gambling addiction is hard work. If it were as easy as simply walking away from the gambling casino, slots, sports betting, track or card games, there'd be a lot fewer problem and driven gamblers in the U.S. – and across the world, for that matter. You've likely tried cutting back or even quitting already, with predictable consequences. In no time at all – occasionally just hours – you're right back at it. So, what does it truly take to crush your gambling addiction?



The Last Bet

Rid Yourself From The Gambling Habit For Good And Save Your
Loved Ones From Sorrow

Chapter 1:

Behind Gambling Addiction

Synopsis

It's rather simple, truly, once you get to the center of what it takes to stop a gambling addiction. The problem or compulsive gambler 1st has to authentically wish to quit gambling. That's simpler said than done. A lot of problem gamblers go for years without arriving at that realization.

When and if they do, it's frequently only a fleeting desire and not commanding enough for them to take action. That's the 2nd basic requirement to quitting gambling: you have to go through the hard work it will take to defeat your addiction. Oh, the rationalizations quickly issue forth here.



The Beginning

- “I do not have the time. I can’t get time off work.”
- “I do not truly have that big an issue.”
- “I may stop anytime I wish.”
- “My gambling isn’t hurting anyone.”
- “What I do is my own business.”
- “I don’t need shrinks poking into my affairs.”
- “No way am I going to some rehabilitation clinic satiated with addicts.”
- “I don’t have the cash to pay for treatment and my insurance will not cover it.”

There are a lot more feeble reasons individuals tell themselves and other people about why they can’t or won’t go into treatment to defeat their gambling addiction.

Perhaps you’ve even utilized one or more of these. The point is, till you are ready to state truthfully to yourself that you authentically wish to give up gambling forever and you’re willing to do whatever work it requires to do so, you’ll never defeat your addiction. Period.

That stated, let's presume that you do now bear the 2 basic requirements. What next? What's truly implicated in stopping gambling addiction? What are the sorts of things that you have to do and that have to shift in your life for your recovery to be successful?



Chapter 2:

Are You Addicted

Synopsis

In the U.S. alone, problem gambling impacts more than fifteen million individuals. More than three million of these are thought severe problem gamblers, differently known as gambling addicts or pathologic gamblers.



Have A Look At The Issue

Problem gambling may stress your relationships; interfere with obligations at home and work, and lead to fiscal calamity. It might even lead you to do things you never believed possible, like stealing cash to gamble or taking income meant for your youngsters.

You might think you can't quit, however problem gambling and gambling addiction are treatable. If you're ready to accept you have a problem and look for help, you are able to overpower your gambling problem and recover control of your life.

Gambling addiction, a.k.a. compulsive gambling, is a sort of impulse-control trouble. Compulsive gamblers can't control the urge to gamble, even when they understand their gambling is harming themselves or their loved ones.

Gambling is all they may think about and all they wish to do, regardless the consequences. Compulsive gamblers continue gambling whether they're up or down, broke or flush, pleased or blue. Even if they recognize the odds are against them, even if they can't afford to lose, individuals with a gambling addiction can't "keep off the bet."

Gamblers may have a problem, but, without being completely out of control. Problem gambling is any gambling conduct that interrupts your life. If you're obsessed with gambling, spending more and more time and cash on it, dogging losses, or gambling in spite of serious aftermaths, you've a gambling problem.

UNTRUE: You have to gamble daily to be a problem gambler.

TRUE: A problem gambler might gamble often or infrequently. Gambling is an issue if it causes troubles.

UNTRUE: Problem gambling isn't truly an issue if the gambler may afford it.

TRUE: issues caused by excessive gambling are not just fiscal. Too much time spent on gambling may lead to relationship breakdown and loss of crucial friendships.

UNTRUE: Partners of problem gamblers frequently drive problem gamblers to gamble.

TRUE: Problem gamblers frequently justify their conduct. Blaming others is one way to prevent taking responsibility for their actions, including what is required to overpower the issue.

UNTRUE: If a problem gambler develops a debt, you ought to help them take care of it.

TRUE: Quick fix answers might appear to be the right thing to do. But, bailing the gambler out of debt might in reality make matters worse by enabling gambling issues to continue.

Objectionable feelings like tension, depression, loneliness, fear, and anxiety may trigger compulsive gambling or make it tougher. After a nerve-racking day at work or following an argument with your mate or coworker, an evening at the track or the casino may seem like a fun, exciting way to loosen up.

However there are fitter and far less expensive ways to keep objectionable feelings in check. These might include exercising,

meditating, utilizing sensory relaxation techniques, and practicing easy breathing exercises.

For a lot of individuals, a crucial aspect of stopping gambling is to discover alternate ways to handle these hard feelings without gambling.

Even when gambling is no more a part of your life, the painful and objectionable feelings that might have prompted you to gamble in the past will nevertheless remain. So, it's worth spending a little time thinking of the different ways you intend to deal with nerve-racking situations and the daily irritations that would commonly trigger you to begin gambling.



Chapter 3:

Admit You Have A Problem

Synopsis

Addiction is a really serious affliction that ruins the lives of a lot of individuals. The addiction doesn't happen over the course of a day or two, it requires time. You might just do a bet every other weekend.

Then it tumbles into every weekend once the winter comes along and then a couple of times during the week as your job or loved ones are frustrating you. The need for the bet continues to expand and before you realize it, you lose your job and all you care about is the bet.



Face It

This vicious circle is all too familiar among bet addicts. The issue is that when you are addicted, you can't see what is truly happening. The drug will obscure your vision and take charge of your life. Denial that an issue exists is among the 1st signs of an addiction.

If everybody else may see the issue except you, there is a great chance that others are right. Accepting that you have an issue is one of the toughest things to do, but it's the first step at getting your life back on track.

Being able to accept that you have let yourself become addicted may be extremely hard. No one enjoys accepting that they screwed up. All the same, there are a lot of directions to go to seek support if you wish to overcome your addiction, including rehab centers, support groups, counseling and therapists as well as acquaintances and loved ones.

When you have an addiction and are ready to admit that you've an issue, you will rapidly find that you're greeted by a lot of helping hands.

Chapter 4:

Get Support

Synopsis

The individuals who surround you--your support system--will ascertain how well you'll build and maintain the assurance necessary for success. How come? They are the ones that are feeding your brain on a steady basis.

Bearing self-assurance that will never fail is an expression of a secure mind. Anything we wish to be strong in the future has to be fed well in the present.

An Olympian that dines on shakes and candy bars will be a previous Olympian in no time. A fragile flower that dines on Coke and dark instead of water and sun will be a lifeless flower finally.

By the same token, your brain has to be fed well to become a strong, positive mind.

So, how do you establish a strong support system that will help you?

Build The System

Stand by to the golden rule of constructing a support system. Everybody you invite into your life ought to make you greater. This is the golden rule when establishing your entourage, the individuals with whom you spend the majority of your time. Hang solely with individuals for whom your success is their success. The individuals around you have to support your quest to be great...or be not there!

Line your support system with unconditional love. You require individuals who will be with you, regardless what. When you win, they're happy without reserve or qualification, celebrating like they executed "it" themselves.

They don't excuse your screw-ups, but they'll be with you regardless how many times you screw up. The simple presence of these individuals in your life constructs self-assurance as you will always know that somebody will support you regardless what you try. These individuals make you greater psychologically.

Stockpile your support system with tough love. These are the individuals who will tell you what you have to hear, regardless how much the truth hurts. The tough love members of your entourage are like that manager in your life who's tough, but fair.

They might not always boost you in the nicest way, but they constantly want the best for you. Your duty is to take the tough love advice without being hurt by the words, recognizing that minding the message will make you better.

Get rid of "haters" from your support system. Haters are the pivotal opposite to those bestow unconditional love to your life. Instead of enjoying your success, haters revel in your bad luck. Haters, if they weren't so dangerous, would be pitiable individuals. They're miserable individuals who have already decided that they don't have the talent, drive or mind to be successful.

Sadly, haters have determined that their best hope for happiness is to subvert your attempt to be great instead of stage an endeavor of their own. They want as many individuals as possible to share in their wretchedness. Haters are the greatest threat to your self-confidence and ought to be avoided at any cost.

Get rid of the rivalry from your support system. There's an old saying that says that you ought to "keep your friends close and your enemies closer." I trust nothing may be further from the truth. Your foes, which might include competitors seeking precisely the same prize as you, shouldn't be in your support system except under the most uncommon of conditions.

Part of the advantage of having a solid support system is the power to expose one's weaknesses to that supportive group of individuals without concern of negative consequences. As much as I trust in fellowship, cooperation and the general goodness of humanity, I trust it would be really hard to find the person who, when privy to the failings of the direct competition, wouldn't utilize these weaknesses to his own advantage.

Polish off enablers from your support system. Enablers are those individuals that tell you what you wish to hear, however following their advice constantly seems to get you in trouble. Enablers are the

ones that talk you into going out to party the night prior to a huge test. They advise that you go to the casino when you can't afford to lose any more cash. They get you to have that extra piece of cake when you're on a diet. In brief, they're forever talking you into placing yourself in harm's way.

In some way, enablers are the hardest of the damaging influencers to spot as their conduct occasionally looks like unconditional love. You must be extra watchful to see to it that enablers don't drag you into something that you understand you ought to be avoiding.

Become your own best friend. How do you get to be a better friend to yourself? Anybody who wants somebody else to do well will begin by putting him in the best position to succeed.

Great leaders work to produce an environment around those that follow that's conducive to success. Likewise, being your own best friend implies positioning yourself for success as you accept the challenge of greatness.

By surrounding yourself with the correct support system, you'll be well on your way accomplishing the success that you merit.

Chapter 5:

Seeking Help

Synopsis

As luck would have it, if the addict is really serious about defeating their gambling habit and has the determination and will power to begin the process, there are a lot of techniques that may be utilized to help accomplish this goal.



Get Assistance

If gambling or attempting to give up gambling, notions of shame, guiltiness, anger, anxiety and depression may happen. These emotions ought to be explored and talked about with a professional therapist.

Assistance may be found from the general practitioner, from a net source or by following a recommendation. When professional help has been set up an appraisal of the gambler, their background and gambling habits will be taken to design a suitable treatment regime; it's likewise crucial to discover, comprehend and address the fundamental issues that contribute toward the addiction.

Counseling may either be on a one-to-one basis, net, on the phone or in a group setting. The therapist might likewise utilize cognitive behavioral therapy to help battle the addiction; this therapy utilizes a combination of strategies to help the individual alter their attitudes, opinions and behaviors toward a particular issue.

A few experts recommend the individual abstains from all sorts of gambling to overpower their problem, while other people advocate reducing the sort, frequency and amount of cash spent on gambling by arranging targets and limits of the activity; this is known as 'controlled gambling' and is believed to be more successful, although success is determined by the individual.

Coping mechanisms have to be sought to help manage cravings and reject urges; additional hobbies, relaxation activities or distraction therapy may help this.

Relapse may be avoided by limiting or quashing stressful situations during the initial period of withdrawal, particularly if abstinence is selected. Don't start or participate in conversations relating to gambling if socializing and attempt to discover new ways of spending your spare time and disposable revenue.

Relaxation and thought reconfiguration may help rationalize thoughts and actions and may help to lose the draw of gambling.

Gambling addiction is a dangerous habit and may ruin a lot of lives. It ought to be a fun and enjoyable activity so if you feel it's becoming a too serious part of life, please do look for help before gambling begins to ruin the lives of other people as well.



Chapter 6:

Don't Stop Trying

Synopsis

Life always appears to present us with countless challenges and issues on a day-to-day basis. It throws left hooks if we were anticipating right hooks. It affords us apples if we were wanting oranges.

It even presents us with on the face of it awful surprises that we weren't anticipating, and it bloats us with junky emotions that tend to tie us down to a life of averageness and unhappiness.

All the same, it is not so much what happens to us that really makes a difference, it's rather what we do with what happens to us that decides where we will wind up, what we will have, and how we will be metamorphosed by our experiences.

Never Give Up

It's really easy to strive toward the accomplishment of our goals and objectives when the seas are calm and nothing seems to be standing in our way. But, if we're not mentally fixed – the moment something starts to stir the waters and shake the boat from side-to-side – we start to panic and battle with our conditions in unproductive and unresourceful ways.

We see these issues and challenges as bigger than life and way past our capabilities and means. The events might very well wind up overpowering us and inducing great heartache and hardship. As a consequence we might wind up quitting and throwing in the towel – all because our resolve wasn't firm enough to manage the burdens affiliated with our journey toward the attainment of our objectives.

Likely the toughest and most challenging obstructions that we face come from inside ourselves. These obstructions are exceedingly challenging to overcome because in a lot of cases we're merely blind to their existence.

The truth of the matter is that these obstructions blind us from comprehending reality in a resourceful and indifferent manner. Your first objective is to discover these obstacles and try to comprehend how they're affecting your life and perception of truth.

Second, you have to learn to deal with them in an effective and resourceful manner that will again help to move you forward toward the accomplishment of your goals and objectives.

Whenever you're centering on your problems, obstacles, and uncontrollable conditions, than you must realize and comprehend the reality of where you are directing your centering and energy.

It's said that whatever you center on will basically expand and envelop you in a fresh reality. Consequently if you continue to center on the things that you don't want; this will effectively amplify the things you don't want inside your reality.

All your thoughts, actions, demeanors and decisions will produce an unresourceful state of weak thinking that will also continue to sabotage your progress toward the attainment of your goals and objectives.

Let's look at a couple of obstacles.

- In this scenario you've meticulously planned out every detail along the path toward accomplishing your goals and objectives. But, for one reason or another something unforeseen occurs and your plans are thrown off course and into a different unexpected direction that brings much stress and anguish to your daily existence.
- In this scenario you had successfully handled the issues and obstructions that stood in your way. But, every time you manage to put an obstruction to rest, a different issue pops up producing an even greater sense of doubt. It appears that the more issues you successfully deal with the deeper you dig yourself into further issues and challenges that appear to have no end.

The above 2 scenarios of unending issues and uncertainty might in essence lead you to think that defeat is only moments away. All the same, the truth of the situation might be somewhat different than what you may imagine.

We must come to realize that life itself is a journey of self-discovery, and not just a mere combination of little destinations. It's a never ending journey that has a lot of unforeseen turns, twists and surprises that make it worthwhile and amusing.

When you're facing obstructions and challenges in your life, it's crucial to realize and understand that you're on a journey, and that no “one” event or circumstance determines how your travel will pan out over the course of a week, month, year or longer.

You can never throw in the towel and never quit because if you really think about it, there are a multitude of others who are relying on you to excel and succeed in accomplishing your goals and objectives.

Consider your youngsters, parents, siblings, loved ones, spouse, colleagues, acquaintances, the individuals you care about most, etc. How much are each of them relying on you to succeed? If you don't do it for yourself, than at least succeed for them.

Likewise, we must come to understand that – whether we know it or not – other people are constantly watching and observing our daily life decisions and actions.

Wrapping Up

Proactive habits are regular actions you take and behaviors you acquire that keep moving you forward toward the accomplishment of your goals and objectives – in spite of the obstructions that are presently blocking your way.

Proactive habits may be asking effective solution centered questions, taking the time to do your homework before attempting particular actions, or merely making an effort to wake up at the same time each and every day, etc.

It does not matter what sort of habits you develop, as long as they're moving you forward toward the accomplishment of your goals and objectives each and every day.

On the other hand, if you're currently riddled with habits that might be sabotaging or holding you back from reaching these goals and objectives, than you have to work on breaking yourself free of their grasp at once. Otherwise they'll carry on sabotaging your progress when unforeseen obstacles cross your path.

Finally, in order to defeat your obstacles successfully you must cultivate the habit of using foresight to distinguish the possibilities that might lie ahead along your path toward the accomplishment of your goals and objectives.

It's after-all better to be geared up for potential issues, than to naively overlook possible scenarios that may eventuate. You ought to effectively use foresight to identify not only issues that might lie along

your path, but likewise the knowledge and skills that you'll need to master in order to minimize the resistance and friction that future obstructions might present.

