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***GAMBLERS
ANONYMOUS***



Throughout history untold suffering and humiliation has been the lot of countless thousands of men and women due to their addiction for playing games of chance for money.

Today, with the formation of the Fellowship of Gamblers Anonymous, a bright new page has been unfolded in man's struggle against this insidious problem.

HISTORY

The fellowship of Gamblers Anonymous is the outgrowth of a chance meeting between two men during the month of January in 1957. These men had a truly baffling history of trouble and misery due to an obsession to gamble. They began to meet regularly and as the months passed neither had returned to gambling.

They concluded from their discussions that in order to prevent a relapse it was necessary to bring about certain character changes within themselves. In order to accomplish this, they used for a guide certain spiritual principles which had been utilized by thousands of people who were recovering from other compulsive addictions. The word spiritual can be said to describe those characteristics of the human mind that represent the highest and finest qualities such as kindness, generosity, honesty and humility. Also, in order to maintain their own abstinence they felt that it was vitally important that they carry the message of hope to other compulsive gamblers.

As a result of favorable publicity by a prominent newspaper columnist and TV commentator, the first group meeting of Gamblers Anonymous was held on Friday, September 13, 1957, in Los Angeles, California. Since that time, the fellowship has grown steadily and groups are flourishing throughout the world.

GAMBLERS ANONYMOUS

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people. The idea that somehow, some day, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity, or death.

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed.

We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals — usually brief — were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time we get worse, never better.

Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.

THE RECOVERY PROGRAM

Here are the steps which are a program of recovery.

- 1** We admitted we were powerless over gambling — that our lives had become unmanageable.
- 2** Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
- 3** Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
- 4** Made a searching and fearless moral and financial inventory of ourselves.
- 5** Admitted to ourselves and to another human being the exact nature of our wrongs.
- 6** Were entirely ready to have these defects of character removed.

- 7** Humbly asked God (of our understanding) to remove our shortcomings.
- 8** Made a list of all persons we had harmed and became willing to make amends to them all.
- 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10** Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12** Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.

THE UNITY PROGRAM

In order to maintain unity our experience has shown that:

- 1** Our common welfare should come first; personal recovery depends upon group unity.
- 2** Our leaders are but trusted servants; they do not govern.
- 3** The only requirement for Gamblers Anonymous membership is a desire to stop gambling.
- 4** Each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.
- 5** Gamblers Anonymous has but one primary purpose — to carry its message to the compulsive gambler who still suffers.
- 6** Gamblers Anonymous ought never endorse, finance or lend the Gamblers Anonymous name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

- 7** Every Gamblers Anonymous group ought to be fully self-supporting, declining outside contributions.
- 8** Gamblers Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9** Gamblers Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10** Gamblers Anonymous has no opinion on outside issues; hence the Gamblers Anonymous name ought never be drawn into public controversy.
- 11** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and Internet.
- 12** Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.

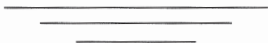
GAMBLERS ANONYMOUS

*God grant me the serenity to accept
the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.*

GAMBLERS ANONYMOUS

Gamblers Anonymous is a worldwide non-profit fellowship with meetings in most areas.

There are no mandatory dues or fees and anyone who is seeking help for a gambling problem is welcome.



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