

**GAMBLERS ANONYMOUS
GROUP STUDY BOOK
ON THE UNITY STEPS**

This book may be used with a sponsor or in your meeting as a group Unity Step study or in addition to the "Gamblers Anonymous Step Meeting Handbook ". Additionally, this book may be used as a stand-alone for discussions, topics and questions or accompanied by Gamblers Anonymous approved literature such as "A New Beginning" (the "Red Book") or "Sharing Recovery through Gamblers Anonymous" (the "Blue Book"). No other material is needed. Only approved or appropriate Gamblers Anonymous literature may be used during any Gamblers Anonymous meeting.

Page 17 (last page) of our combo book says to read the Recovery and Unity steps often. Follow the steps in your daily affairs... Get involved and be of service...

When we first come into Gamblers Anonymous, our primary focus is to stop gambling, one day at a time. Eventually we reach 90 days and we start giving back to the program that has helped us to become abstinent. As we continue with the program we work with a sponsor, building the foundation to work the Recovery Steps. However, in time, we discover and hear about the Unity Steps. We may become involved with service as coffee maker, secretary, chair, intergroup and start to learn about the group aspect of Gamblers Anonymous. We start hearing that personal recovery revolves around or depends upon group unity. This study booklet on Unity Steps is a beginning to help understand what holds us together.

Why have a group step study on the Unity Steps?

1. **Our common welfare should come first; personal recovery depends upon group unity.**
 - A. Define/discuss following phrases: “ Our common welfare”; “should come first” “personal recovery”, “depends upon group unity”.
 - B. What is our common welfare?
 - C. What is unity? What is group unity?
 - D. We often hear in our program – “don’t take others’ inventory”. What does this mean? How does this affect the group when someone takes another’s inventory?
 - E. As we read the combo book, some groups read together aloud “principles before personalities”. Discuss how this phrase relates to Unity step 1.
 - F. How do we put the common welfare in Gamblers Anonymous first?
 - G. How can the lack of unity affect my personal recovery?
 - H. How will the unity of Gamblers Anonymous affect my personal recovery?
 - I. Have I ever contributed to disunity among the fellowship? What could I have done instead?
 - J. How can I as an individual member support the unity within Gamblers Anonymous?
 - K. One of the keywords to our recovery is open-mindedness. Why is open-mindedness needed for our common welfare?
 - L. What are some of the ways to strengthen the unity in our groups?
 - M. Elaborate on the following principles as they relate to Unity Step 1: unity, common welfare, anonymity and other principles for Unity Step 1.

2. Our leaders are but trusted servants; they do not govern.

- A. Define/discuss the following words or phrases: "Our leaders", "trusted servants", "they do not govern".
- B. Does length of time in the program qualify you to be a Trusted Servant? Discuss your perception differences (if any) on "old-timers", someone in the program less than one year and those in between as it relates to this Unity Step.
- C. Does being a trusted servant give them more power than all other members?
- D. What leadership qualities are needed to be a trusted servant?
- E. Are we governed by any of our elected leaders? Why or why not?
- F. Where does Gamblers Anonymous get its direction? Who runs it?
- G. Does Gamblers Anonymous have leaders? Who are they?
- H. How is rotation of trusted servants important to Unity Step 2?

Do I criticize, or do I trust and support, my group secretary, treasurer, Gamblers Anonymous intergroup, International Service Office, office workers and the Board of Regents? What about newcomers? Old-timers?
- I. What are my goals for doing service work for Gamblers Anonymous?
- J. When there is a group conscience discussion, am I listening with an open mind or am I focusing on promoting my own ideas and opinions?
- K. Do I take part in decision making or do I sit on the sidelines and complain about the outcome?
- L. How do our group decisions affect the Fellowship as a whole?
- M. How does group conscience affect this Unity Step?
- N. How does being a trusted servant relate to my recovery?
- O. Elaborate on the following principles as they relate to Unity Step 2: surrender, humility, open-mindedness, integrity, willingness, service.

3. **The only requirement for Gamblers Anonymous membership is a desire to stop gambling.**
- A. Define/discuss follow words or phrases: “only requirement for Gamblers Anonymous membership”, “desire to stop gambling”.
 - B. How can you tell whether you are a compulsive gambler?
 - C. Does your group encourage everyone to share?
 - D. Do we make all gamblers welcome? Does it matter how or what they gambled on?
 - E. What are the topics compulsive gamblers have in common? What topics should be avoided?
 - F. Who decides if “I” am a member of Gamblers Anonymous?
 - G. Why does Gamblers Anonymous leave it to each newcomer to decide for him/her self whether he/she is a compulsive gambler and whether or not to join us?
 - H. What happens when I place expectations on another’s chance for recovery?

I do not believe in God or a Higher Power. May I join Gamblers Anonymous? Why or why not?
 - I. How do honesty, open-mindedness and willingness figure into a desire to stop gambling?
 - J. Does the group have the right to decide who can or cannot be a member?
 - K. How is the group affected when a member continues to slip or relapse?
 - L. Why is it important for me to continue to identify myself as a compulsive gambler?
 - M. What does it mean to me to be a member of Gamblers Anonymous?
 - N. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 3: tolerance, unconditional love, anonymity, responsibility.

4. Each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.

- A. Define/discuss the following words or phrases: self-governing, “each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole”.
- B. How do I respect the self-governing of my group, even if it isn’t what I like or want?
- C. Discuss: how is using non-approved Gamblers Anonymous literature at a meeting harmful to Gamblers Anonymous as a whole?
- D. What role(s) do Unity Step 4 play in service work in my group or in Gamblers Anonymous as a whole?
- E. How does reading the Combo Book, “A Day at a Time” or other literature at every meeting support Gamblers Anonymous?
- F. As a member of Gamblers Anonymous, what actions might I take if I believe that the Unity Steps are not being followed?
- G. Now that I am secretary, I’m making changes to this meeting. Elaborate in relation to Unity Step 4.
- H. Discuss - why is it important to have a group?
- I. What are the guidelines that each group must follow to be called a Gamblers Anonymous meeting?
- J. How do you go about starting a new meeting? Who governs the format of the meeting?
- K. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 4: independence, responsibility, autonomy, anonymity, unity.

5. Gamblers Anonymous has but one primary purpose – to carry its message to the compulsive gambler who still suffers.

- A. Define/discuss the following words/phrases: “one primary purpose”, “to carry its message”, “compulsive gambler who still suffers”.
- B. What is the message?
- C. What does it mean to “carry the message”? How do I/we do this?
- D. What is the role of the group in carrying a clear message?
- E. How does sharing my experience, strength and hope carry the message to those who still suffer?
- F. How can I carry the message to people I don’t know?
- G. How was the message carried to me? Elaborate.
- H. What are some of the distractions that will divert us from our primary purpose?
- I. What do we do to welcome back members who have relapsed and have come back to Gamblers Anonymous?
- J. Can newcomers find sponsors in our groups? Discuss.
- K. Does someone reach out and call a newcomer or members who have been missing meetings?

Does Unity Step 5 mean I should reach out to gamblers in casinos or bring my friend who I know is a compulsive gambler to a meeting but does not admit to it?
- L. Is it possible that old-timers can be gamblers who still suffer? How do we treat an old-timer who is facing difficulties in his or her life?
- M. What can we do to learn from the old-timer? Discuss.
- N. In my home group, how do we focus on abstinence, the steps, page 17, principles, and recovery?
- O. “I am responsible”.... When anyone, anywhere, reaches out for help, I want the hand of Gamblers Anonymous always to be there. How does this apply to Unity step 5? Elaborate.
- P. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 5: purpose, responsibility, anonymity.

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.**

- A. Define/discuss: “ought never”, endorse, finance, lend, related facility, outside enterprise, property and prestige, divert.
- B. If your meeting place asks if they can put Gamblers Anonymous in the weekly/monthly pamphlet, is this a violation of Unity step 6? Discuss.
- C. What is our primary purpose?
- D. If someone asks you to sign a petition to stop a new casino from being built, you sign it. You ask for additional sheets for signatures because you know a group called Gamblers Anonymous that will sign their names. Is this breaking Unity Step 6? Discuss.
- E. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 6: humility, anonymity, harmony.

7. Every Gamblers Anonymous group ought to be fully self-supporting, declining outside contributions.

- A. Define/discuss: Gamblers Anonymous group, fully, self-supporting, declining, “outside contributions”.
- B. I attend my home group weekly and I give a dollar when I can. Sometimes I don’t have the money. Can another member or the group secretary ask me to always donate or tell me how much? Discuss.
- C. Discuss and list what represents “outside contributions”.
- D. When we were gambling we threw away our money. When I first came into Gamblers Anonymous they said I don’t need to donate the first time if I don’t have it. Now I feel like I do all I can to support all areas of Gamblers Anonymous such as my group, other groups, intergroup and ISO to stay self-supporting by pitching in a dollar or two. Is this enough...can Gamblers Anonymous stay self-supporting?

When we were active in our addiction, most of us were dependent on others. How does this Unity Step 7 affect us personally and how does it affect my group, my area, and Gamblers Anonymous as a whole if we still are dependent on others when we are in recovery? Should we be fully self-supporting or continue to be dependent on others? How? Why?

If we are at an open meeting or a birthday celebration and our family or Gam-Anon members wish to donate to our group, should this be allowed?

- E. What is a Life-Liner?
- F. The location where we are holding our meeting does not charge rent – it is free to 12- step groups? Should we make a donation for the use of the room? Why or why not?
- G. Besides monetary, in what other matters do we practice being fully self-supporting in Gamblers Anonymous within our group, sponsorship, mini-conferences, workshops, etc.
- H. What service positions do I hold? Am I doing enough? Am I doing too much?
- I. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 7: gratitude, commitment, willingness, responsibility, self-supporting, independence.

8. **Gamblers Anonymous should remain forever non-professional, but our service centers may employ special workers.**
- A. Define/discuss: non-professional, service centers, employ, special workers
 - B. How does hiring someone to answer phones or take orders at the International Service Office help the compulsive gambler who still suffers
 - C. Should we hire counselors, accountants and/or web administrators? All three? One? None? Discuss.
 - D. Can a compulsive gambler be employed as a special worker? Why or why not?
 - E. Discuss reasons why we do service? What are the reasons you do service?
 - F. How does service work keep you abstinent, in addition to making you a bigger part of the program or group?
 - G. How can I learn about what our paid workers are doing? Have I attended an International Service Office workshop to learn about how paid Gamblers Anonymous employees help those in recovery?
 - H. Have you ever resisted giving up your service position? Do you practice rotation of service?
 - I. There is a paradox...“We can’t keep it unless we give it away”. Discuss how this relates to Unity Step 8.
 - J. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 8: humility, integrity, giving.

9. **Gamblers Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- A. Define/discuss: organized, create, service boards, committees, serve.
 - B. What is the difference between an organization and a fellowship?
 - C. Elaborate: rotation is essential to this Unity step.
 - D. How can our egos be affected by this Unity step?
 - E. Should Gamblers Anonymous be more organized? If yes, in what way and why?
 - F. When I am elected to serve in my group, do I take my responsibility seriously? How could I improve my service?
 - G. What are the International Service Office, Board of Trustees, Board of Regents and Intergroup? How are they responsible for those they serve?
 - H. Name some committees on which you might serve in your local Area for Gamblers Anonymous? Have you volunteered your services? How does committee work help the compulsive gambler who still suffers?
 - I. "I am responsible...." When anyone, anywhere, reaches out for help, I want the hand of Gamblers Anonymous to always be there. And for that I am responsible. How does this apply to Unity Step 9? Elaborate.
 - J. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 9: service, maturity, humility, patience, responsibility.

10. Gamblers Anonymous has no opinion on outside issues; hence the Gamblers Anonymous name ought never be drawn into public controversy.

- A. Define/discuss: “no opinion“, “Gamblers Anonymous name”, “outside issues”, “public controversy”.
- B. Do we ever give the impression that there is a “Gamblers Anonymous opinion”? Discuss.
- C. If members are discussing the effects of a local Indian casino during a break, how does this relate to Unity Step 10?
- D. If a member shares that counselors and psychologists don’t work, or shares on other 12-step programs, is this violating the 10th Unity step? Why or why not?
- E. How does Unity Step 10 support the newcomer? How does this relate to our common welfare? Our primary purpose?
- F. If we are distracted by outside issues, how will this affect our recovery within Gamblers Anonymous?
- G. How does my share/therapy affect this step?
- H. When we speak, we are encouraged to share our experience, strength and hope.

Can I share about my personal opinions and will this affect the welfare of Gamblers Anonymous as whole?
- I. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 10: non-judgmental, keep it simple.

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.

- A. Define/discuss: public relations, attraction, promotion, personal anonymity.
- B. What is public relations? What is our public relations policy?
- C. Discuss: How does my home group make its meeting location and time known to compulsive gamblers who might want to attend?
- D. How do we inform the public about the Gamblers Anonymous program?
- E. Are we attractive when new members come in for the first time?
- F. Do we talk about Gamblers Anonymous negatively in our shares/therapy or outside of the meetings, such as at a public event? Do we make it unattractive to people in our lives?
- G. When we are on the Internet/social media, are we careful about our own and others' anonymity?
- H. How do we break anonymity? How do we maintain personal anonymity?
- I. Why do we have a public relations policy?
- J. May we contact a university or local school to speak to psychology classes? Why or why not?
- K. How do we keep our anonymity if we are asked to speak in a public setting, or if a TV news station asks us to talk about our recovery in Gamblers Anonymous?
- L. How does Gamblers Anonymous attract members?
- M. Where can I find Gamblers Anonymous approved literature that will provide me information about public relations?
- N. Can a news station visit our meeting? If yes, how do we maintain our personal anonymity?
- O. Can anyone be involved in public relations? What can this person do or not do?
- P. "I am responsible...." When anyone, anywhere, reaches out for help, I want the hand of Gamblers Anonymous to always be there. And for that I am responsible. How does this apply to Unity Step 11? Elaborate.
- Q. What is the difference between attraction and promotion?
- R. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 11: anonymity, responsibility, integrity.

12. Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.

- A. Define/discuss: anonymity, spiritual foundation of the Gamblers Anonymous program, principles before personalities.
- B. What is Gamblers Anonymous?
- C. What would happen to me if Gamblers Anonymous disappeared?
- D. Do I repeat anything personal about another Gamblers Anonymous member outside the rooms? Is it OK to discuss this with my sponsor?
- E. Does my home group value the group conscience or are we swayed by the views of one or more strong-minded members?
- F. How does Unity step 12 maintain my meeting to be safe for all, and welcoming to newcomers?
- G. How do I view anonymity in the program and in my own life?
- H. What is the Guidance Code of Gamblers Anonymous? Does it apply to everyone in the fellowship?
- I. How is there strength in unity?
- J. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 12: spirituality, anonymity, principles before personalities, tolerance, respect.

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