

Whether or not the gambler in your life chooses to seek help, Gam-Anon can help you. Gam-Anon members are wives, husbands, adult children, parents, family, partners, friends – in fact, *anyone* whose life is affected by a compulsive gambler.

At Gam-Anon meetings, members describe the gambling addiction and share helpful ways for living with the effects of this problem in their lives.

Gam-Anon members willingly share their personal experiences. They understand very well what you are going through *because they've been there*.

Gam-Anon is an anonymous 12 Step self-help program. No fees are charged.

Our members speak:

From a husband --- Compulsive gambling nearly ruined our marriage – twice. After the crisis, caused by mounting debts and lies, finding the Gam-Anon program was a blessing. By learning how to best deal with my wife's addiction, I was able to adjust my attitudes, behaviors, and daily activities. Our lives are improving as we both work on healing our relationship.

From a wife --- Gam-Anon gave me the courage to face the devastating financial and emotional problems my husband's gambling had caused. Our credit cards were maxed out, our 401ks had been tapped to pay ordinary expenses, and the IRS was knocking at our door.

My husband is now in recovery from his gambling addiction and has worked hard to repair our financial situation.

The tools of the Gam-Anon program gave me the structure I needed to open my eyes and deal calmly and realistically with the gambling problem in our family.

From a companion --- Shortly after I met my partner, a compulsive gambler, we went to Lake Tahoe and gambled at several casinos there and in Reno. Gambling became a problem and I attended my first Gam-Anon meeting later that year. After about four meetings I stopped attending as the gambler stopped gambling, and it didn't seem to be a problem anymore.

Within a year my partner started gambling again and the situation became unmanageable for me, so I resumed attendance in Gam-Anon and have been attending on a regular basis since that time.

Gam-Anon has become an important part of my life. When gambling became a problem, I felt like I was drowning. I started coming to Gam-Anon because there was nowhere else to turn to, but I had deep reservations and a sense of insecurity in turning to a group of unknown people. From that first meeting the atmosphere was of trust and honesty. I was accepted without question by the group and was able to unburden myself at the initial meeting. I knew I was in the right place with the right people.

From a parent --- *The hardest thing I ever had to do as a parent was to stop "helping" my son who is a compulsive gambler. Gam-Anon taught my wife and me not to accept his verbal abuse or to "play detective" when he lied or stayed out all night.*

In fact, we learned something at every meeting which eventually turned our lives around and truly helped our son.

From a wife --- *In Gam-Anon I have learned to put my trust in a program with a successful history of being a lifesaver for many. I wanted to smile, laugh, and socialize again like many of my Gam-Anon friends.*

It took me a long time to finally realize that I had to stop doing things "my way" since this had not improved my life and relationship with the gambler. I had to adopt some difficult changes, but what did I have to lose? I listened closely to the wisdom Gam-Anon members shared from their own personal experience. I learned that I had to work hard and do things differently in order for my life to change.

In response, my husband began to make changes in his own life. Today, I can laugh, hold my head up high, and cope with life's challenges much better.



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**Visit the Gam-Anon
website for additional
information:
www.gam-anon.org**

**Information for spouse, family
member, or friend of someone
who may have a gambling
problem**

**IF YOUR LIFE
IS AFFECTED BY
SOMEONE ELSE'S
GAMBLING PROBLEM
GAM-ANON
CAN HELP**

**Local Gam-Anon Contact
Information:**