

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:

Celebrate Recovery®

GAMBLING

The Problem and Solution

The Problem

If, when you honestly want to, you find you cannot quit gambling entirely, or if you have little control over the amount you bet, you are probably a compulsive gambler. A compulsive gambler is described as a person whose gambling has caused growing and continuing problems in any department of his or her life. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

Most of us have been unwilling to admit that we were compulsive gamblers. I cannot go on believing that I am not in that class.

	Yes	No
1. Have you ever decided to stop gambling for a week or so, but only lasted for a couple of days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you wish people would mind their own business about your gambling—stop telling you what to do?	<input type="checkbox"/>	<input type="checkbox"/>
3. Did gambling make you careless of the welfare of yourself or your family?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever gambled to escape worry or trouble?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you envy people who can gamble without getting into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you had problems connected with gambling during the past year?	<input type="checkbox"/>	<input type="checkbox"/>
7. Did you ever borrow to Finance your gambling?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do arguments, disappointments or frustrations create within you an urge to gamble?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you missed days of work or school because of gambling?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever lost track of time gambling?	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you ever felt that your life would be better if you did not gamble?	<input type="checkbox"/>	<input type="checkbox"/>

What Is Your Score?

Did you answer YES two or more times? If so, you are probably in trouble with gambling.

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped gambling ourselves.

The Solution

Celebrate Recovery does not promise to solve your life's problems, but we can show you how we are learning to live without gambling one day at a time with the help of our Higher Power, Jesus Christ. We stay away from that bet. If there is no first one, there cannot be a tenth one. And when we are free of compulsive gambling, we found that life became much more manageable, with Christ's power.

By working through the Eight Recovery Principles found in the Beatitudes and the 12 Steps with Jesus Christ as my Higher Power, I can and will change! I will begin to experience the true peace and serenity I have been seeking, and I will no longer have to rely on my dysfunctional, compulsive, and addictive behaviors as a temporary "_x" for life.

I will also be willing to:

- Form an Accountability TEAM: Sponsor, Accountability Partners.
- Weekly attending Open Share Group
- Commit to a daily quiet time in the Life Recovery Bible.
- Read about this area of recovery
- Understanding the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.

Definition of Sobriety

Sobriety for the compulsive gambler is defined as follows:

Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or 'skill' constitutes gambling.