

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. Make 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 **12 Step Program** is fundamentally based on ancient spiritual principles and rooted in sound medical therapy. The best recommendation for the program is the fact that "it works."

**Gamblers Anonymous** would like to indicate that we are not soliciting members. Our intention is to highlight that gambling for certain individuals is an illness called "*compulsive gambling*." **Gamblers Anonymous** provides the message that there is an alternative to the destruction of compulsive gambling and this alternative is the **Gamblers Anonymous** program.

Our ranks are filled with members who have recovered from the illness by stopping gambling and attaining a normal way of life. These members remain ready to help any individual who passes through the **Gamblers Anonymous** door.