

How it works.

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple programme, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave other emotional and other mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any lengths to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless thorough and 100% honest from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we are dealing with compulsive gambling – cunning, baffling, powerful! Without help it is too much for us. But there is a higher power something or someone who has all power may you find that power!

Half measures availed us nothing. We stood at the turning point our rock bottom we asked our higher power for protection and care with complete abandon.

Here are the steps we took, which are suggested as a programme for 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 short comings.
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. Sort through prayer and meditation to improve our conscious contact with God, as we understand 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.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles at all times. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

We do not define compulsive gambling however our personal adventures before and after make clear three pertinent ideas:

- (a) That we were and are powerless over gambling and could not manage our own lives.
- (b) That we alone could not have relieved our gambling addiction.
- (c) That a higher power could and would if it were sought.