

## ***I AM ADDICTION***

**I start in a small subtle ways promising many things,**

**I promise you enjoyment and pleasure beyond your wildest dreams, I deliver guilt & despair more horrible than your worst nightmare,**

**I promise you power & courage, I give you feelings of powerlessness & hopelessness,**

**I will force you to live in fear always,**

**I promise you relief and escape from all your daily problems, I create for you greater problems than you ever imagined,**

**I promise you many friends, I allow you only isolation,**

**I promise happiness, I create much sorrow,**

**I will steal from you your dignity, your families, your friends, your children, your homes, your demons, your spirit & your life, for love, freedom & happiness are impossible to find in my presence,**

**So never underestimate me, I am devious & manipulating, I have no preferences as to who I pick as my victim, rich or poor, young or old, black, white, yellow or red,**

**I have killed men, women & children, I have no conscience.**

**So if you have met me, always be aware if you think you can beat me, that I will be gone form your life and all will go well again.**

**Never forget that I will always be there, waiting in the dark shadows just around the corner.**

**I am very patient and I will laugh in your face if I can lure you into my evil world of hell on earth once again.**

*Author anonymous, published in good faith.*

***Don't let this happen to you,  
give Gamblers Anonymous 90 days***

## ***SOME ADVICE TO MEMBERS***

- 1. Attend as many meetings as possible per week.**
- 2. Telephone other members as often as possible between meetings.**

Use the telephone list.

- 3. Don't tempt or test yourself.**

Don't associate with acquaintances who gamble.

Don't go in or near gambling establishments.

Don't gamble for anything - this includes buying lottery tickets, raffle tickets, flipping a coin, or playing games for table stakes.

- 4. Live the Gamblers Anonymous programme one day at a time.**

Don't try to tackle your whole life's problems at once.

- 5. Read the recovery and unity steps often and continuously review the 20 questions.**

Follow the steps in your daily affairs.

These steps are the basis for the entire G.A. programme and practicing them is like the key to your growth. If you have any questions, ask them of the trusted servants of your group.

- 6. Be patient!** The days and weeks will pass soon enough and as you continue to attend meetings and abstain from gambling, your recovery will really accelerate.

**There are meetings in many parts of the country and in major cities on most nights of the week. Ask any members for the addresses and times.**

**Use our website [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)**