

Recommended ways to avoid the first bet: a collaboration of experience

Going into gambling establishments (for any reason) is a HUGE risk and one you don't need to take. Toilets can be found elsewhere and self-exclusion can be accomplished on-line.

Avoid carrying money as much as possible: some members use a single card so that their partners/family/friends can keep track of where the money is spent; others get receipts; in this way everything can be accounted for.

Make sure you attend meetings regularly and frequently: at least once a week, but in the early days you will really appreciate more.

Barriers are extremely useful, the more hurdles you have to jump before being "able" to bet, the less likely you are to do it.

Let your loved ones know about ALL debts! This can seem a horrendous task to the new member, but read Page 18 of "Towards 90 days", it will explain more.

Every day, first thing in the morning, look at yourself in the mirror and tell yourself that you will not gamble that day and congratulate yourself each night if you don't.

Register with online self-exclusion schemes, this makes it EXTREMELY difficult to place a bet even when your addiction wants you to.

Share – The more you can tell the room, the more the room can help you. Remember, there will likely be someone in the room that has lived through what you are experiencing.

Avoid ways of getting hold of money secretly; this includes handing over your I.D. (to avoid withdrawing money over the counter in-branch). Sometimes it can even mean handing over anything you could pawn; like jewellery and log-books to cars.

Never have access to accounts you don't need access to; this includes knowing login details to online banking

One call or text is all it takes to speak to another G.A. member.

Not sure if something is right?: ask! If you have a question, phone someone; text someone; it is not advisable to wait until your next meeting.

Your addiction wants secrecy and solitude! Try not to give yourself time and opportunity to gamble, this can mean keeping loved ones informed of where you are and how long you'll be there etc.

Make sure you cancel any running bets and close all betting accounts. (having a partner a family member present while doing this will help avoid a slip here).

Only you know how conniving and devious you were, adopt as many safeguards as possible to counteract this.

Unhappy with life?: give us just six weeks. In just 6 weeks attending G.A. we believe your life will have changed dramatically for the better; after all, what have you got to lose?

Someone strong – Handing over your finances to a loved one that will forcefully question why you "need" money will really help you. Not being trusted with money is hard but very beneficial at the beginning. No-one is saying this is forever.