

*This Step 1 Workbook is full of self help information and exercises and is available for preview and download (for no charge) at [www.stop-gambling.com](http://www.stop-gambling.com).*



*Shawn and Drew's*  
**21 STEPS TO**  
**STOP**  
**GAMBLING**  
*System and Workbooks*

*The 21 Steps to STOP Gambling System and Workbooks will navigate you through a comprehensive set of exercises and a 21 day self help discovery journey to help you change your thinking patterns and support networks to give you the knowledge and tools to help you re-model your thinking.*

## Words from Shawn & Drew

### The Human Cost of Gambling

Different people react differently to gambling. To some, it's just another form of entertainment, like watching a movie. For far too many, though, gambling consumes and even destroys their lives. While it's probably better for government to control gambling rather than ignore it, we must realize this activity has serious consequences for individuals, families, businesses and society.

Approximately 8% of adversely affected gamblers end up in the hospital with self-inflicted injuries or symptoms of mental illness, each year. Problem gambling also contributes to bankruptcies, poor financial health, family break ups, domestic abuse, fraud, theft, depression, suicide, absenteeism, presenteeism, and homelessness.

Addicts often don't recognize their problems until they are buried under crushing debts. Even when they "hit bottom," their impaired ability to solve problems makes it difficult to stop their self-destructive behaviours. Life can appear hopeless.

Compulsive gamblers and their families usually suffer for years before seeking help. When they finally do, it's important they find the information and resources they need before problems become tragedies.

There's a lesson to be learned in everything. When you realize you've become obsessed with gambling, consider it a detention from life. Use that time to learn about your weaknesses and strengths, and reform yourself into a better person.

We understand what you're going through, and we will do our best to help. In the end, though, it's up to you to make a plan to stop and stick to it! This might seem impossible, but remember how many others have overcome this costly illness and now enjoy life's true treasures.

Learn to enjoy life, friends, work and how to create security by saving some money. This **21 Steps to STOP Gambling System and Workbooks** are designed to steer you in a direction that improves your thinking and way of life.

***Gambling is not the solution to financial hardship; it is the cause.***

We would like extend our appreciation to all of our work mates, friends and family who believed in us, forgave us, and who helped us to get back on track by enjoying life, learning, unlearning, and growing with us!

You know who you are...thanks...you are the difference!

*Shawn & Drew*

# 21 STEPS TO **STOP** GAMBLING

## The 21 Steps

1. Admitting you have a problem
2. Understanding the problem
3. Identifying your specific problem
4. Realizing what gambling is doing to your personality
5. Comprehending the cost of the problem
6. Recognizing your thinking patterns
7. Dismissing your “addictive personality” trains of thought
8. Finding a healthier “rush”
9. STOP gambling
10. Forgiving yourself
11. Dealing with the mess you created
12. Relax
13. Simplifying your life
14. Recreating your core values
15. Understanding why gambling exists
16. Appreciating the value of money
17. Eating healthy food
18. Laughing at yourself
19. Enjoying the company of others
20. Thanking the people who helped you
21. Enjoying life without gambling

# 21 STEPS TO **STOP** GAMBLING

## Your Prescription

We developed this **21 Steps to STOP Gambling System and Workbooks** to help you get back on track after gambling has derailed you. We've written this from a real-life perspective, and we provide you with a step-by-step methodology to **stop** gambling.

It takes at least 21 days to change a habit. The 21 steps in this recovery system can help you recognize your personal strengths and weaknesses, break your gambling habit, and replace it with a healthier lifestyle.

***It is as much about LEARNING as it is about UNLEARNING.***

You should take the 21 prescribed steps in order. Never work on more than one step in a single day. If you're lucky, you will complete one step each day for 21 consecutive days. If you need more than one day to tackle a particularly difficult step, that's okay. But don't let more than three days elapse between steps. If you do, then start over at Step 1.

We used this real-life system to free us of our own gambling habits. Each step contains actual scenarios and tools you can use to take back your life.

This will be hard, but **it works!** Trust us. We recovered, and so can you!

*Shawn & Drew*



# Step 1

## Admitting you have a problem

### Addictive Gambling

Gambling is much like alcohol. Most individuals can consume one or two drinks, and then stop. Alcoholics, on the other hand, repeatedly drink more than they intend. This causes problems with their families, jobs, health, and the law.

The same is true with gambling. The majority of people can set reasonable budgets and treat gambling as a form of entertainment. Once they lose a certain amount, they have no trouble leaving the casino or race track.

**Unfortunately, many individuals have little control over their gambling.**

Gambling is often found out to be the root cause of many individual, workplace, and family related hardships including financial distress, presenteeism, relationship difficulties, homelessness, poor parenting, absenteeism, criminal behaviours, depression, suicide, poor eating habits, and isolationism.

### Is gambling a problem for you?

The following questions might help you determine if gambling is a problem for you and your family. Think carefully, and answer each question as honestly as possible. Remember that gambling comes in many forms: Not just casinos and race tracks but also lotteries, bingo, sports bets, card games, pull tabs, raffles, online gambling, stock market speculation and even carnival games.

- During the past 30 days, \_\_\_\_\_ of those days included gambling by me.
- During the past 30 days, the longest I went without gambling was \_\_\_\_\_ days.
- During the past 30 days, gambling has cost me \$\_\_\_\_\_.
- I gamble longer than I intend to about \_\_\_\_\_ percent of the time.
- I gamble till there's no cash left in my pockets, \_\_\_\_\_ percent of the time.
- I feel remorse after I gamble about \_\_\_\_\_ percent of the time.
- I gamble by myself about \_\_\_\_\_ percent of the time.

*I get restless or irritable when I reduce my gambling.*

- True
- Not sure
- False

# 21 STEPS TO STOP GAMBLING



*Where does  
your money  
for gambling  
come from?*

During my life, I have tried to permanently stop gambling \_\_\_\_\_ times.

During my life, gambling has been a factor in my losing \_\_\_\_\_ jobs.

During my life, gambling has been a factor in harming or ending \_\_\_\_\_ important relationships (friends, family, etc.).

During the past year, I have borrowed money \_\_\_\_\_ times to finance my gambling.

During the past year, I have sold personal or family property \_\_\_\_\_ times to finance my gambling.

During the past year, I have broken the law \_\_\_\_\_ times to finance my gambling.

During the past 30 days, I have been late to or missed work (or school) \_\_\_\_\_ times because of gambling.

During the past 30 days, I have lied to my family and friends \_\_\_\_\_ times about my gambling.

Other people have expressed their concern to me about my gambling.

- True
- Not sure
- False

I'd like to spend less time gambling and more time with family and friends.

- True
- Not sure
- False

I have a gambling problem.

- Definitely True
- Probably true
- Not sure
- Probably false
- Definitely false

Be sure to visit [www.money-school.net](http://www.money-school.net) to learn more about gambling loss prevention.

## **Denial...**

Unfortunately, it's hard for gamblers to evaluate themselves because addicts often are in serious denial. They mislead themselves without being aware of it. As a result, a gambling addict's answers to the above questions might closely resemble the answers of a person who has no gambling problem.

*After work one day, my friend "Bob" and I stopped at the casino to play some Blackjack. Two hours later, I'd emptied my wallet, and Bob was down more*

*than \$200. As I was getting ready to leave, another friend of Bob's sat down at our table and asked Bob how he was doing. "Okay," he replied. "I'm ahead \$50 tonight."*

*Bob is a terrible liar, which is why he doesn't play much poker. When he told his friend he was making money, I could tell he was completely sincere. He really believed it. Sometimes the toughest lies to catch are the ones we tell ourselves.*

If compulsive gamblers were consciously aware of the harm they do to themselves and their loved ones, it would be harder for them to continue gambling. So, the addictive parts of their minds work hard to keep them from seeing the truth. Denial is a tool that problem gamblers use frequently—although unconsciously.

*Today, you might be convinced you answered all the above questions truthfully. But, review this step in a couple weeks, and you could be surprised how many of your answers are wrong.*

### **What type of illness is compulsive gambling?**

In 1980, the American Psychiatric Association officially recognized compulsive gambling as a psychiatric disorder of impulse control. This means untreated addicts often cannot resist taking certain actions, even when those actions are potentially harmful.

Gambling usually begins as an enjoyable recreational activity. As they gradually lose control over their impulses, however, problem gamblers spend more and more time pursuing their habit even as losses mount. Eventually, gambling consumes their lives, and they cannot do without.

Unlike physical illness, compulsive gambling primarily affects the mind instead of the body. Unfortunately, addicts usually cannot overcome this mental illness simply by exercising more will power. Their impulses often are beyond their control. Instead, they must reprogram their thinking processes, recognize bad patterns, avoid behaviours that trigger a desire to gamble, and develop healthier lifestyles.

*I remember the first time I screamed at my son. I didn't want to do it, but my anger had built up to a point where I couldn't help myself. I immediately regretted my behaviour and wanted to stop it from happening again.*

*With time, I learned to recognize when I was getting upset. Rather than let my anger grow until I explode, I now find ways to release the pressure earlier. For example, I might calmly explain to my boy that I find it difficult to read when he plays his music too loudly.*

Although compulsive gambling is not a physical disease, it is similar to diabetes in many respects. With type 2 diabetes, dietary changes, holistic treatment, and proper monitoring can result in a full, happy, and healthy life. Similarly, compulsive gamblers who avoid certain triggers, change their lifestyles, and effectively monitor their impulses also can lead full, happy, and healthy lives.

Right now, you probably don't have any idea how to stop gambling. This is where **21 Steps to STOP Gambling** will help. This workbook will guide you

# 21 STEPS TO STOP GAMBLING

through the process—one step at a time, one day at a time. We'll help you learn to combat denial, think more rationally, and see the world more clearly. Eventually, you'll re-channel your energies into more productive activities that are rewarding, fun, and life changing.

## “Hitting bottom”

Because they're in denial, many gambling addicts remain unaware of their problem until they reach the advanced stages of the illness. By the time they “hit bottom,” compulsive gamblers usually have accumulated large financial debts. They might have “maxed out” their credit cards, borrowed money from friends and family, pawned their valuables, and stopped paying some bills. Sixty percent of compulsive gamblers commit crimes to support their habit, including fraud, theft, and embezzlement.

Problem gamblers are often unemployed. Those with jobs generally are less productive and absent more often.

If a family life still exists, it's probably in bad shape. There are arguments over money. Separation and divorce could be just around the corner. Addicts might neglect or even abuse their spouses and children—verbally, mentally, or physically.

Gambling also takes its toll on an addict's emotional, physical, and spiritual health. Stress, anxiety, moodiness, and depression are common. Self-esteem takes a beating. Blackouts and emotional breakdowns occur. Some addicts experience muscular tension, fatigue, headaches, and high blood pressure. They often withdraw from their friends, families, and faith groups, perhaps turning to addictive vices instead.

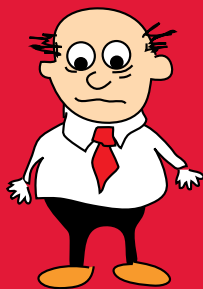
Once things get this bad, denial can no longer hide the obvious. Most addicts finally recognize that gambling is ruining their lives. For many, the situation can appear hopeless. Some 64 percent of problem gamblers want to stop but believe they cannot, says Statistics Canada. About 56 percent of them tried to quit but failed.

In despair, some addicts contemplate suicide. In the United States, a survey of Gamblers Anonymous members found 48 percent had considered suicide and 13 percent had attempted it. In Australia, it has been reported that approximately 1 in 10 individuals suffering from gambling problems contemplate or attempt suicide as a direct result of their gambling habits.

Research stemming from the United Kingdom reveals similar rates of suicidal ideation occur with the spouses of problem gamblers, where 1 in 10 spouses have either considered or attempted suicide, when faced with the challenges and consequences of having to deal with gambling related aftermath.

But it's **not** hopeless. With help, you can break your gambling habit and rebuild a happy, fulfilling life. It won't be easy. When you're at the bottom of a deep pit, escaping your addiction requires lots of hard work and a lifetime of vigilance. Just remember that countless others have done so, and so can you! With this 21 step system to guide you and friends to support you, you will emerge a better person.

*Save yourself  
lots of pain  
and money by  
quitting now.*



# 21 STEPS TO STOP GAMBLING

Please don't get discouraged if you don't kick your gambling habit on your first try. Most compulsive gamblers suffer relapses when they attempt to quit. If this happens to you, then pick yourself up, reopen this workbook, and start over. You already know what awaits you on the path of addiction, so don't go there.

## Avoiding some pain

Some people must hit bottom before they can start to recover, but that doesn't mean you have to crash, too. If you can identify gambling as a problem early on, then you can save yourself lots of pain and money by quitting now.

## Breaking your gambling habit before it devours you is a huge victory.

If you're in denial, though, then how do you know if gambling is a problem? If you're an addict, your answers to the previous questions won't necessarily diagnose your illness because those answers are unlikely to match reality. For instance, you probably underestimated the amount of time and money you spent gambling.

One big hint that gambling could be a problem for you is the fact that you're reading this workbook. Did a friend recommend it to you? If so, consider yourself lucky because you have someone who cares enough to want to help. Their support will make it easier to stop gambling.

Were you drawn to this book on your own? In that case, maybe part of your subconscious has sneaked past your wall of denial and is trying to warn you that gambling is hurting you and your loved ones. You picked up this helpful information for a reason. Is the possibility of addiction that reason?

Although it is unlikely, there are legitimate reasons why non-addicts might be reading this workbook. It's possible you are simply curious about addictions and want to learn more. Maybe your brother is having gambling troubles and you want to help. Perhaps you just stumbled across it at a friend's home.

Unless you're in the desperate stage of "hitting bottom," it can be very difficult to self-diagnose gambling as a problem. So, what should you do?

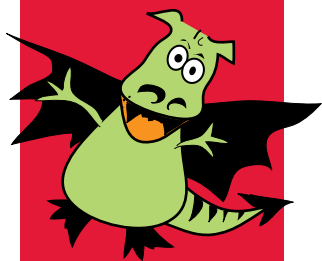
## The solution

The solution is simple. Regardless of whether or not you think you might have a gambling problem, follow the 21-step methodology this system offers. You already have this workbook in your hands and are reading the first step. Keep going.

**If you're not a gambling addict**, then completing the program should be fairly easy and also beneficial. First, you'll be pleased to learn that gambling currently is not a problem for you. Second, if it ever does become a problem, then you'll detect it sooner and know how to react. Finally, even non-addicts will emerge from these 21 steps as better people, since much of this program is geared towards helping participants create healthier, happier lifestyles.

**If you are a gambling addict**, then you'll probably realize it pretty quickly as you work through the steps. It will be hard taking a close look at yourself and even harder weaning yourself off gambling. You might require two or three

*Gambling  
addiction is a  
monster.*



*Facing the  
problem is the  
hardest part.*

days to perform some of these steps instead of just one day. And don't be surprised if you "fall off the wagon" and need to start over at the beginning.

Today, you might not be prepared to admit you have a gambling problem. That's okay. Once you conquer denial, you'll be ready to recognize the truth. The sooner this occurs, the easier it will be for you. You'll know what has been harming you, and you'll be better equipped to fight back.

***You will have seen the enemy, and the enemy is part of you.***

When you are ready, write on a piece of paper: "I have a gambling problem, and I am in the process of learning how to recover from it successfully". Put that paper on your mirror, refrigerator, or some other obvious place. Say the words out loud. Repeat them. Make this battle against addiction your most important mission for the next few weeks.

If the thought of ridding yourself of gambling thrills you, then you're well on your way to getting excited about life, your unique talents, and being able to contribute again.

**"Nobody gambles alone"**

Consider the importance of this statement: "Nobody gambles alone." It means you likely use gambling to cope with some insecurity or an unhealthy relationship. Your mind uses gambling to connect you to a feeling, a person, or a sense of escape. Gambling appears to fill a need and hide some pain, but that's an illusion!

Insecurities and relationships shape the perceptions and feelings that create your personality. The foundations of your comfort zones regarding money and security began forming before you were six years old. People around you constantly shape your experiences and perceptions, and they help make you who you are today.

Think about all the people who are important in your life. It's unrealistic to expect all your relationships to be healthy. Some will be healthy and others unhealthy. That's normal. Still, you should determine who positively influences you and who adversely affects you. Then figure out how to reduce the importance of your unhealthy relationships.

Take the time right now to reflect on your key relationships. These can include your significant other, children, parents or guardians, brothers, sisters, grandparents, long-term friends, new friends, co-workers, mentors, coaches, and counsellors. There probably are others, as well.

Which of these people make you feel good about yourself? With whom do you behave in ways you later regret? Who cares about your best interests? Who would barely notice your absence? Who should play a less important role in your life, and what actions can you take to see that they do?

*List the people with whom you have **unhealthy** relationships.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# 21 STEPS TO **STOP** GAMBLING

## It's up to you

It is important to minimize the unhealthy influences in your life. And it's very helpful to have good relationships with people who will love and support you as you battle your gambling addiction. But it's absolutely critical that you improve one key relationship: The relationship you have with yourself!

You must gain enough confidence to stand alone, without feeling lonely, and be self-sufficient. You must restore your sense of balance and well being. You must be capable of fulfilling your needs without relying on crutches like gambling. Others can help. In the end, though, it's up to you. You are responsible when you fail. And you are to be congratulated when you succeed in improving your life.

You need to focus on yourself. You must become more self-aware and take better care of yourself. This doesn't mean you should become selfish or self-centred. You shouldn't be rude or ignore others, but you cannot be there for the people you love if your own life is falling apart.

We can help guide you, but you need to do the thinking and take the actions that your unique situation requires. To do that effectively, you must be strong.

For some, balance and self-awareness comes naturally. Others have acquired these qualities throughout the course of their life experiences. You probably had them at one time, too. Restoring your balance and awareness is vital to your recovery from addiction. You'll need them to progress through this 21-step program.

## Get help

Although you are the person responsible for fighting your gambling addiction, that doesn't mean you cannot seek help from others. Indeed, the more support you have, the more likely you are to succeed.

We're human, so we make mistakes. Nobody is perfect. When we stumble and fall, it's helpful to have friends who are there for us and can help us to our feet again. Conquering a gambling addiction is tough. There will be times when you'll get down on yourself and drag your feet. You might even hit a brick wall at some point.

This is when you need someone to look over your shoulder, encourage you to move forward, and push you to kick your destructive gambling habit. You need a "motivator."

Ideally, you should select a person whom you admire for the balance they have achieved in their life. While they should be caring, they also must be strong enough to stand up to you and brush aside your excuses if you try to take shortcuts.

Your motivator should not be someone with whom you share an unconditional love relationship, because they will not be helpful in this particular role. You need a person who is willing to risk their relationship with you in order to help you help yourself.



# 21 STEPS TO **STOP** GAMBLING

You can speak with this person as often as you like, but you should arrange three formal, face-to-face meetings in advance. At these meetings, you will explain which step you currently are working on and show your motivator this workbook.

At the start of each remaining step, there is a "Progress List," which itemizes the tasks you should have completed. Review these lists with your motivator, and bring any supporting material to demonstrate you have finished your tasks. If you've avoided any task, your motivator should hold you accountable and help you get back on track.

As you review your progress, discuss any difficulties you are experiencing with this program. Perhaps your motivator will have some insights that will clarify your situation and make your journey a bit easier. As well, take time to reflect upon all the positive accomplishments you've made.

If you cannot think of a friend who would be good at this task, consider calling your Employee Family Assistance Program (EFAP) or hiring a practitioner, counsellor, or therapist, to help you. It will cost you some money, but you'll save money in the long run when you successfully overcome your gambling related afflictions.

## Think about who you would like this person to be...

What is their name: \_\_\_\_\_

What is their phone number: \_\_\_\_\_

Now call them or their receptionist. Explain what you need from them and ask if they are willing to help you. If your first choice turns you down, keep trying. When someone agrees, schedule three one-hour appointments.

.....

### 1st appointment

Date: \_\_\_\_\_

*After your Step 7 workbook is completed*

Time: \_\_\_\_\_

*Approximately 7-21 days from now*

Location: \_\_\_\_\_

.....

### 2nd appointment

Date: \_\_\_\_\_

*After your Step 14 workbook is completed*

Time: \_\_\_\_\_

*Approximately 14-42 days from now*

Location: \_\_\_\_\_

.....

### 3rd appointment

Date: \_\_\_\_\_

*After your Step 21 workbook is completed*

Time: \_\_\_\_\_

*Approximately 21-63 days from now*

Location: \_\_\_\_\_

.....



► Be sure to mark these appointments on your calendar, and look forward to attending them.

## Personal inventory

Let's finish this first step by thinking about what kind of person you hope to become as you free yourself from your gambling habit. Which healthy characteristics do you want to enhance? Which unhealthy qualities do you want to dismiss?

*Of these **healthy attributes**, which do you feel accurately describe you today?*

- |                     |                    |                 |
|---------------------|--------------------|-----------------|
| • Hard worker       | • Colourful        | • Imaginative   |
| • Able              | • Larger than life | • Optimistic    |
| • Talented          | • Fun              | • Realistic     |
| • Team leader       | • Energetic        | • Humble        |
| • Team player       | • Consistent       | • Loved         |
| • Determined        | • Balanced         | • Loving        |
| • Self-disciplined  | • Patient          | • Caring        |
| • Confident         | • Relaxed          | • Devoted       |
| • Self-sufficient   | • Intelligent      | • Protective    |
| • Thriving          | • Insightful       | • Supportive    |
| • Frugal with money | • Attractive       | • Conscientious |
| • Honest            | • Mentally stable  | • Friendly      |
| • Fair              | • Physically fit   | • Helpful       |
| • Trustworthy       | • Healthy          | • Giving        |
| • Loyal             | • Spiritual        | • Polite        |
| • Unique            | • Creative         |                 |

*Create a list of **healthy attributes** you should improve, in order of importance:*

- |           |           |
|-----------|-----------|
| 1. _____  | 14. _____ |
| 2. _____  | 15. _____ |
| 3. _____  | 16. _____ |
| 4. _____  | 17. _____ |
| 5. _____  | 18. _____ |
| 6. _____  | 19. _____ |
| 7. _____  | 20. _____ |
| 8. _____  | 21. _____ |
| 9. _____  | 22. _____ |
| 10. _____ | 23. _____ |
| 11. _____ | 24. _____ |
| 12. _____ | 25. _____ |
| 13. _____ | 26. _____ |



# 21 STEPS TO STOP GAMBLING

Of these **unhealthy attributes**, which do you feel accurately describe you today?

- Lazy
- Unreliable
- Undisciplined
- Arrogant
- Self-righteous
- Clinging
- Cheap
- Unfair
- Deceptive
- Dishonest
- Cheater
- Criminal
- Not trustworthy
- Not accountable
- Inconsistent
- Unstable
- Self-centred
- Selfish
- Calculating
- Physically unfit
- Unhealthy
- Unwise
- Unwilling to learn
- Nagging
- Jealous
- Envious
- Disruptive
- Pessimistic
- Depressed
- Abusive
- Not protective
- Unloving
- Not conscientious
- Mean
- Rude

Remember, it's normal for you to have a mixture of healthy and unhealthy characteristics. No one is perfect in every way.

Create a list of **unhealthy attributes** you want to diminish, in order of importance:

|           |           |
|-----------|-----------|
| 1. _____  | 14. _____ |
| 2. _____  | 15. _____ |
| 3. _____  | 16. _____ |
| 4. _____  | 17. _____ |
| 5. _____  | 18. _____ |
| 6. _____  | 19. _____ |
| 7. _____  | 20. _____ |
| 8. _____  | 21. _____ |
| 9. _____  | 22. _____ |
| 10. _____ | 23. _____ |
| 11. _____ | 24. _____ |
| 12. _____ | 25. _____ |
| 13. _____ | 26. _____ |

Again, photocopy or tear out this completed list and post it where you will see it every day. Study this list each morning, but do not dwell on it before going to sleep. (See the "Bonus golden tip" at the end of this step.) Every day, make a determined effort to reduce the number of times you display these characteristics. With hard work and much patience, you can eliminate many of these attributes from your personality.

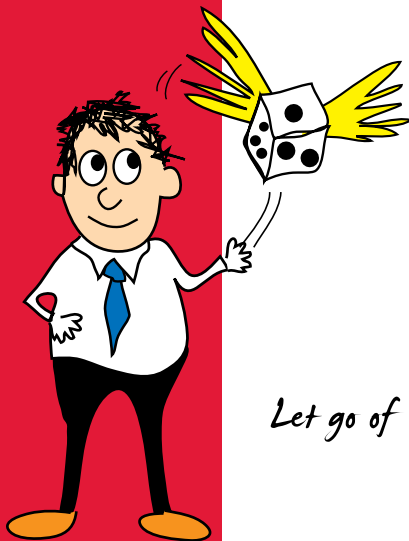
# 21 STEPS TO **STOP** GAMBLING

Our personalities change as we are affected by our experiences and our choices. Remember, there is no future in the past. This is especially true about poor choices. Don't let your previous mistakes hurt your bright future. Work hard to remove your unhealthy personality traits. Use the realizations you discovered in this exercise to make healthier choices from now on.

Please be patient with others as well as yourself. Even after you stop displaying a particular attribute, it often requires seven years or longer before many of your friends and family stop associating that trait with your personality.

## Summary

- *It's often difficult to know if you have a gambling problem because an addict usually is in a serious state of denial.*
- *Compulsive gambling is a mental illness that gradually reduces a person's ability to control their impulse to gamble.*
- *Most gambling addicts admit they have a problem only when they "hit bottom" and it's obvious gambling is ruining their finances, jobs, families, and health.*
- *Whether or not you are a gambling addict, you can benefit by following this 21-step program. It's better to be safe than sorry.*
- *You should carefully evaluate your important relationships, encouraging the healthy ones and avoiding the unhealthy ones.*
- *You are the only person responsible for how you live your life. However, you can and should seek support from others. This includes a "motivator" who will help you stay on track while completing this program.*
- *Work on your healthy attributes, and push the unhealthy ones out of your life.*



*We hope you have enjoyed the learning so far.  
Great work getting through Step 1!  
Keep it up, Check back tomorrow for Step 2.  
Shawn & Drew*

*Let go of whatever holds you down.*



## Bonus golden tip #1

*Optimists enjoy longer, happier, and more fulfilling lives.*

When you feel negatively about life's events, you are more likely to suffer stress, depression, and even illness. Positive thinkers cope better with challenges. Since thought patterns are learned throughout life, you might have picked up pessimism along the way. Rebalance yourself with upbeat thoughts before you sleep. By dwelling on the positive, your subconscious mind will help you embrace affirmative energy and directions while you sleep.

A percentage of the revenues received from the sale of these workbooks sponsor Money School education in areas where the workbooks are purchased. For more information about the socially responsible benefits, please visit [www.21StepsToStopGambling.com](http://www.21StepsToStopGambling.com).

The content of these workbooks is based upon the authors' experiences and research into the best gambling recovery practices. The information is intended to help readers make informed decisions about their health and suggest specific actions they can take towards recovery.

The 21 workbooks and accompanying on-line support (at [www.stop-gambling.net](http://www.stop-gambling.net)) are intended to serve as tools to assist the recovery process. They are not intended as a substitute for treatment or the advice of a professional health care provider.

The opinions, advice, and guidance offered in this system and workbooks are based solely on the real life experiences of the authors and their understanding of gambling addiction. None of the authors, editors, or content creators of the information in these workbooks are medical professionals or government officials.

We recommend complimenting your self-help recovery efforts with assistance from a certified psychiatrist, psychologist, therapist, counsellor, recovery specialist, or professional health care provider—especially one certified in gambling addiction treatment.

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Shawn and Drew's 21 Steps to STOP Gambling System and Workbooks:  
A Problem Gambling Recovery Intervention Tool

By Shawn Jordan edited by Carey Kress

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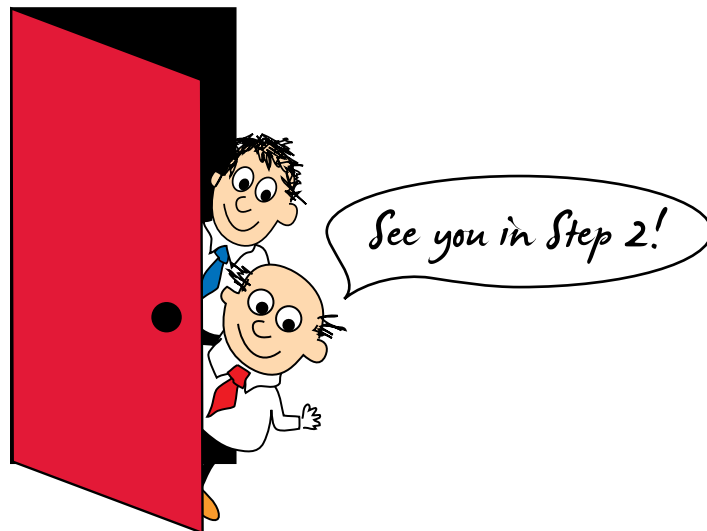
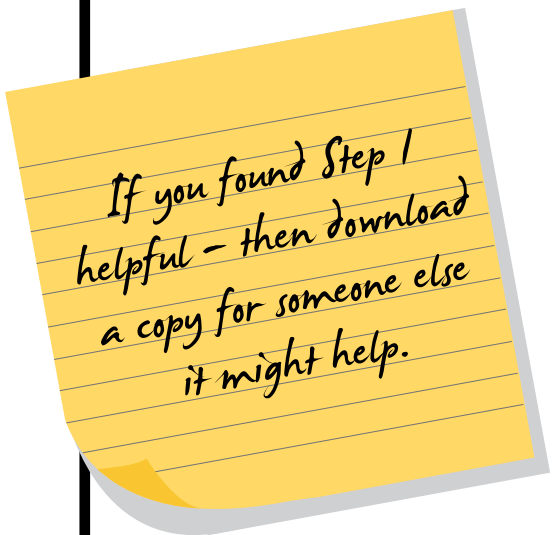
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We look forward to working with you again soon!

*Shawn & Drew*



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