



RECOVERY ROAD ONLINE

CHAIRPERSON MEETING PACKAGE

ZOOM UP THE HIGHWAY OF HOPE



RECOVERY ROAD ONLINE

GOD,
GRANT ME THE SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE,
COURAGE TO CHANGE
THE THINGS I CAN,
AND THE WISDOM
TO KNOW THE
DIFFERENCE.





CHAIRPERSON MEETING GUIDELINES

TRAINING PROCEDURES

BEFORE THE MEETING

LAPTOP, PC

PHONE, TABLET

Claim Host:

- 1) Click on "Participants"
- 2) Click on "Claim Host"
- 3) Type in Numbers, Click "Claim Host"

- 1) Press "More"
- 2) Press "Enter Host Key"
- 3) Type in Numbers, Press "Claim Host"

Transfer Host:

- 1) Click on "Participants"
- 2) Click on Participant to Make Host
- 3) Click on More
- 4) Click on "Make Host"

- 1) Press on "Participants"
- 2) Press on Participant to Make Host
- 3) Click on "Make Host"

Cannot Claim or Transfer Host:

Send "messenger" to Heather L Henderson
"text" Heather at 1 (204) 572-0981

Assign Cohost:

- 1) Click on "Participants"
- 2) Click on Participant to Make Cohost
- 3) Click on "More"
- 4) Click on "Assign Cohost"

- 1) Press on "Participants"
- 2) Press on Participant to Make Cohost
- 3) Click on "Assign Cohost"



TRAINING PROCEDURES

BEFORE THE MEETING

LAPTOP, PC

PHONE, TABLET

Mute & Unmute Participants

- 1) Click on "Participants"
- 2) Click on Participant to Mute/Unmute
- 3) Click on "Mute" or "Ask to Unmute"

- 1) Press on "Participants"
- 2) Press on Participant to Mute/Unmute
- 3) Press on "Mute" or "Ask to Unmute"

Rename Participants

- 1) Click on "Participants"
- 2) Click on Participant to Rename
- 3) Click on "More"
- 4) Click on "Rename"
- 5) Type in Name as Requested

- 1) Press on "Participants"
- 2) Press on Participant to Rename
- 4) Press on "Rename"
- 4) Type in Name as Requested

Stop Video for Participants

- 1) Click on "Participants"
- 2) Click on Participant to Shut Off Video
- 3) Click on "More"
- 4) Click on "Stop Video"

- 1) Press on "Participants"
- 2) Press on Participant to Shut Off Video
- 3) Press on "Stop Video"

Start Video for Participants

- 1) Click on "Participants"
- 2) Click on Participant to Turn on Video
- 3) Click on "More"
- 4) Click on "Ask to Start Video"

- 1) Press on "Participants"
- 2) Press on Participant to Turn on Video
- 3) Press on "Ask to Start Video"



TRAINING PROCEDURES

BEFORE THE MEETING

LAPTOP, PC

PHONE, TABLET

Security Settings

- 1) Click on "Security" Button
- 2) "Share Screen" (off - no check mark)
- 3) "Chat" (ON - check mark)
- 4) "Participants May Rename" (off)
- 5) "Participants May Unmute" (ON)
- 6) "Start Video" (ON)

- 1) Press "More"
- 2) Press "Security"
- 3) "Share Screen" (off - gray)
- 4) "Chat" (ON - green)
- 5) "Participants May Rename" (off)
- 6) "Participants May Unmute" (ON)
- 7) "Start Video" (ON)

Play Join and Leave Sound

- 1) Click on "Participants"
- 2) Click on "More" (bottom right)
- 3) Default ON
- 4) Click Check Mark off to Silence

- 1) Press "More"
- 2) Press "Meeting Settings"
- 3) Default ON
- 4) Press to Silence Sounds

Why Should You Have Cohost:

Why should you assign a cohost? A cohost can relieve the chair of many duties that will allow the chair to focus and concentrate on leading a meeting. Also, if you are disconnected from the meeting, the host will transfer automatically to your cohost for smooth continuity. What can a cohost do for the host and the meeting? Your cohost can handle all of the technical duties such as: 1) muting participants; 2) renaming; 3) identification; 4) sharing order; 5) lowering hands; 6) posting links for RRO Facebook Group and RRO Website; and 7) any other duties requested by chairperson



TRAINING PROCEDURES

THE MEETING

LAPTOP, PC

PHONE, TABLET

Mute All:

- 1) Click on "Participants"
- 2) Click on "Mute All"

1st Paragraph

"I'm _____ and I'm a compulsive gambler. I've muted everyone to prevent background noise. Welcome everyone to **Recovery Road Online** and our regular meeting, '**NAME OF MEETING**'. RRO is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive gambling. Anytime two or more compulsive gamblers get together for the purpose of talking and sharing about recovery, constitutes a meeting. RRO is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to remain abstinent and help other compulsive gamblers do the same. Welcome!"

TOPICS

Identification

iPhone, Galaxy ASE 10, 727272
First & Last Name Showing
Using Telephone (not ZOOM app)

Compulsive Gamblers Only

Nurses, Doctors, Therapists
Family & Friends
Other Addicts (Alcohol, Eating, etc.)
www.gamblersinrecovery.com
www.gamblersanonymous.org

Non-Identification

Announce, Chat, No Contact, Remove?



TRAINING PROCEDURES

THE MEETING

2nd Paragraph

At this time, we would like to recognize anyone at their very first meeting of recovery from compulsive gambling. We also recognize 30, 60, and 90 days, 6 months and 9 months, and after that, annual clean dates. If you are acknowledging one of these milestones, please unmute now and let us know." (congratulate each person) "Let's continue with some of our regular reading." **(Read from your choice of various materials from RRO, GA, or AA)**

TOPICS

Readings

What materials do I use?

You may read from RRO, following in this booklet or from AA, GA, Al-Anon, or any material that you think will be helpful for the meeting.

LAPTOP, PC

Optional

Do I have to read this paragraph?

As with most everything in recovery, you do not have to do anything. This reading is completely optional and does not have to be read.

PHONE, TABLET

Sharing Content on Screen:

- 1) Click on "Share Screen"
- 2) Click on ICON of item to be shared

The item you wish to share must be ready to display. If you minimize, the item will not appear when you click on "Share Screen." You can prepare the window size for proper display before the meeting. Further training available.

- 1) Press "Share"
- 2) Choose Menu Option
- 3) Choose Item to Share
- 4) Press "Share Content"

You need to know where the content is located in order to choose the right menu option and content. Cannot swipe right or left when sharing.



TRAINING PROCEDURES

THE MEETING

3rd Paragraph

Let's talk about sharing before we move on. Please share about your own personal recovery and do not talk about anyone else. Confidentiality is not a legal protection in these rooms. We ask you not to speak about any crimes you've committed that can still put you in jail, because someone may have to report it. Recovery Road Online is a community and fellowship based on honesty, friendship, and anonymity. It is very important to respect the anonymity of every member. We have little control over who comes in and out of the rooms of Recovery Road Online and it is suggested not to be involved with any business dealings or transactions involving money. If a member displays inappropriate behavior in or out of the meeting, please contact a trusted servant or your sponsor. Everyone has a right to feel safe in the program. Please remember:

WHOM YOU SEE HERE, WHAT YOU HEAR HERE, WHEN YOU LEAVE HERE, LET IT STAY HERE.

TIMING: Discuss whether you will be timing or not and explain the details if you are timing....

To begin sharing for those using the ZOOM App, you may unmute or raise your hand and I will call on you. Most importantly, for those calling in by **PHONE only**, you may press ***6 to unmute** and ***9 to raise your hand**, and then I will call on you. (Occasionally announce on sharing...please allow for some silence, until people are ready to share.)

TOPICS

Introducing Meeting Topic

Before Sharing Instructions

Timing

Inform Participants

Announce Sharing

Unmute or Raise Hand

Phone Only Participants

Announce *6 and *9

Comments & Crosstalk

Inform Participants

Questions from a Participant

Answer or Not?

Posting Details and Links

Topic, Raising Hands, Facebook, Website

Thanking a Participant for Sharing

Commenting?



TRAINING PROCEDURES

THE MEETING

Posting Links for Raising Hands, Facebook and Website

Please raise your hand by pressing on REACTIONS and then choosing the RAISE HAND option. We will call on each participant in order...

If you are on Facebook, please check out or join our Recovery Road Online PRIVATE Facebook Group:

<https://www.facebook.com/groups/1636657949798079/>

Do you sponsor or are you trying to find a sponsor...please check out or join our Recovery Road Online Sponsorship PRIVATE Facebook Group:

<https://www.facebook.com/groups/2966444456903619>

Please check out our website for our complete list of meetings, hundreds of pages of literature, and more: <https://recoveryroadonline.com>

We are pleased to announce our Facebook Group for women members only: PRIVATE place to share, learn, and support each other in recovery. Please join now! Recovery Road Online Women's Group:

<https://www.facebook.com/groups/138607691434337/>

Welcome to Recovery Road Online Family Group. We are a combined group of both compulsive gamblers and "family" members whose lives have been affected by gambling...

If you are on Facebook, please check out or join our PRIVATE RRO Family Facebook Group:

<https://www.facebook.com/groups/317544429273231>



TRAINING PROCEDURES

THE MEETING

Concluding Paragraphs

Announce Upcoming (Birthday, Training, and other specials). "Our Seventh Step of Group Unity states, 'Recovery Road Online ought to be fully self-supporting.' We have no dues or fees, but we do have expenses such as our ZOOM meeting rooms and website. RRO does not pass a basket during the meetings, but we do have a donation basket available on our website for members who support Recovery Road Online (www.recoveryroadonline.com)

The opinions expressed here are strictly those of the individuals who gave them. Take what you like and consider the rest. Talk with each other but, let there be no gossip or criticism of one another. Let the understanding, love, and peace of the program grow in you, one day at a time. Now, let's have a moment of silence for all those sick and suffering in and out of these rooms. Please unmute and we'll conclude with the Serenity Prayer.

Thank you for your participation...the meeting is over. We are now in the Meeting after the Meeting.

TOPICS

Upcoming Announcements

Where from? Which Ones?

Donations & Website

All literature is free. Meeting Lists.

Extended Sharing

Close? Continue?

Leaving the Meeting as Host

Procedures...

ADDITIONAL TOPICS

Removing a Participant

Why? How? Should you?

Zoom Bombings

How to handle?

Suicide Threats

What to do?

Meeting After the Meeting

Do I have to stay around?



MEETING SCRIPT

"I'm [redacted] and I'm a compulsive gambler. I've muted everyone to prevent background noise. Welcome everyone to **Recovery Road Online** and our regular meeting, '**NAME OF MEETING**'. RRO is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive gambling. Anytime two or more compulsive gamblers get together for the purpose of talking and sharing about recovery, constitutes a meeting. RRO is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to remain abstinent and help other compulsive gamblers do the same. Welcome!"

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"Let's talk about sharing before we move on. Please share about your own personal recovery and do not talk about anyone else. **Confidentiality** is not a legal protection in these rooms. We ask you not to speak about any crimes you've committed that can still put you in jail, because someone may have to report it. Recovery Road Online is a community and fellowship based on honesty, friendship, and anonymity. It is very important to respect the anonymity of every member. We have little control over who comes in and out of the rooms of Recovery Road Online and it is suggested not to be involved with any business dealings or transactions involving money. If a member displays inappropriate behavior in or out of the meeting, please contact a trusted servant or your sponsor. Everyone has a right to feel safe in the program. Please remember:"

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3 MINUTES BEFORE CONCLUSION

Announce Upcoming (Birthday, Training, and other specials). "Our Seventh Step of Group Unity states, 'Recovery Road Online ought to be fully self-supporting.' We have no dues or fees, but we do have expenses such as our ZOOM meeting rooms and website. RRO does not pass a basket during the meetings, but we do have a donation basket available on our website for **members** who **support** Recovery Road Online (www.recoveryroadonline.com)"

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"Thank you for your participation...the meeting is over. We are now in the *Meeting after the Meeting*."



MEETING TOPICS

- A Day At A Time
- Abstinence vs. Recovery
- Acceptance
- Adversity
- Am I Different?
- Am I Unique?
- Ambition
- Anger
- Attitude Matters
- Attitude of Gratitude
- Battle of Boredom
- Being Right
- Being Wrong
- Beyond People Pleasing
- Carrying the Message
- Changing What We Can
- Coincidences
- Continue and Continue
- Controlling the Imagination
- Dependence vs. Independence
- Depression
- Die to Live
- Disagreements
- Discipline
- Do the Next Right Thing
- Easy Does It
- Emotional Sobriety
- Erasing the Old Tapes
- Faith
- Faith Without Work
- Fear
- Fear of Acceptance
- Fear of Change
- Fear of Failure
- Fear of Rejection
- Fear of Success
- Feelings Are Not Facts
- Fifth Step
- First Things First
- Forgiveness
- Friends – Old and New
- Frustrations
- Future
- God's Will for Us
- Guilt
- Harm Reduction
- Higher Power



MEETING TOPICS

- Honesty
- Impatience
- Insanity
- Instant Gratification
- Integrity
- Just for Today
- Justified Resentments
- Keep Coming Back
- Keep It Simple
- Let It Begin with Me
- Let Go Let God
- Live and Let Live
- Living on Life's Terms
- Making A Decision
- Making Amends
- Material Things
- Meeting Makers Make It
- Open-Mindedness
- Passing It On
- Past
- Patience
- Perfection
- Personalities
- Physical Nature of Illness
- Pink Cloud
- Powerlessness
- Prayer and Action
- Prayer and Meditation
- Praying For...
- Pride Gets in My Way
- Primary Purpose
- Principles
- Problems
- Progress Not Perfection
- Prosperity
- Recovery – Need or Want?
- Rejection
- Resentment
- Responsible Recovery
- Self-Honesty
- Self-Pity
- Self-Sufficiency
- Self-Will
- Self-Will Run Riot
- Sincerity
- Social Pressure



MEETING TOPICS

- Spiritually Fit
- Staying Abstinent
- Stick with The Winners
- Take It Easy
- Tempting Trouble
- This Too Shall Pass
- Time Takes Time
- Truth
- Victim or Victory
- Vision for You
- WE Program
- Who Is A Compulsive Gambler?
- Whom Can We Fix?
- Why Did We Gamble?
- Why Work the Steps?
- Willingness
- Willpower



SAYINGS

**“Short Expression that Generally
Contains Advice or Wisdom”**

- A Simple Program for Complicated People
- Breathe in, Breathe out, Don't make a bet Today
- Don't Quit before the Miracle Happens
- I can't, He can, I'll let Him
- It Works if you Work it, so Work it, cause you're Worth it
- Recovery is a Journey, not a Destination
- Take what you Need and Consider the Rest
- Trust God, Clean House, Help Others
- The Past is a Place of Reference, not Residence
- We are only as Sick as our Secrets



PARADOXES

“Self-Contradictory or Absurd Statement That When Explained May Prove to be Well Founded or True”

- Admit our weaknesses to discover our strengths
- Learn to listen and listen to learn
- Nothing changes if nothing changes
- One bet is too many and 1000 is never enough
- Power through powerlessness
- Rock bottom is the foundation upon which I built my recovery
- Rock bottom is where you put down the shovel
- The way up from rock bottom is taking the steps
- Those who mind, don't matter & those that matter, don't mind
- To keep what you have, you must give it away
- You cannot think your way into right action,
but you can act your way into right living
- You have to die in order to live
- You have to give up in order to be free



ACRONYMS

“Abbreviation Formed from the Initial Letters of Other Words and Pronounced as Another Word”

- | | |
|---------------|--|
| • E. G. O. | Edging God Out |
| • F. E. A. R. | Face Everything and Recover |
| • G. O. D. | Good Orderly Direction |
| • G. R. O. W. | God Rewards Our Work |
| • H. A. L. T. | Hungry – Angry – Lonely – Tired |
| • H. O. P. E. | Happy Our Program Exists |
| • H. O. P. E. | Hold on Pain Ends |
| • H. O. W. | Honesty – Openmindedness - Willingness |
| • K. I. S. | Keep It Simple |
| • P. A. C. E. | Positive Attitude Changes Everything |
| • P. U. S. H. | Pray Until Something Happens |
| • S. L. I. P. | Sobriety Lost Its Priority |
| • T. G. I. F. | Thank God I’m Forgiven |
| • Z. O. O. M. | Zippping Often onto Meetings |



WELCOME

You are not alone. We too have suffered the consequences of gambling for too long and for too much money. Some of us played slot machines, some bet on sports, some played poker or casino games, some bought hundreds of lottery tickets, and some gambled online.

Whether our game of choice was bingo or day trading stock options, our inability to stop or control our gambling was the same. We could not stop. We tried. We swore that this time we would only gamble until we lost a certain amount of money or for some specific length of time. We pledged to ourselves that this time would be different. Yet time and time again we found ourselves losing more money and spending more time than we had planned – often times considerably more.

We came to Recovery Road Online for different reasons. Maybe a spouse has threatened to leave you, or a judge sentenced you to attend meetings. Perhaps on your last gambling spree you lost more than you ever had before, and it scared you. Maybe you had a moment of clear thinking and suddenly you knew that the problem (compulsive gambling) was out of control and you needed help. On the other hand, possibly you simply got worn down and became “sick and tired of being sick and tired”.



WELCOME

Whatever the reason you came here, you are welcome. We truly do not care about anything that divide people outside of our rooms. The only requirement for membership is a desire to stop gambling. Even if you are not certain about whether you want to completely quit gambling, our meetings are open to anyone who even thinks they might have a gambling problem. There are also no dues or fees. As we like to say “Give Recovery Road a chance. If you do not like it, we will fully refund your misery!”

We hope you relate to some of the things you read in our fellowship and hear other members share at meetings. If there are things you question or disagree with, do not worry about it for we are not a cult. You are welcome to believe anything you want. Our program continues to be strengthened by the diversity of our members’ opinions and points of view.

Sadly, some of us never find recovery from compulsive gambling and wind up broke, alone, miserable, incarcerated and/or survivors of attempts at taking our own life or even victims of suicide. However, many of us in our fellowship were not only able to quit gambling, but we found an amazing and wonderful life that we never could have imagined. One member is fond of saying that “Recovery Road gave me the life I never knew I wanted”. We found through working the Steps of Recovery, the Promises can be yours.

THE PROMISES

**As the door to the past life closes, the door to a new life opens.
There was no faith or hope and now there is.**

**Money falls into its proper place.
No longer are material objects the only aim and ambition.**

**A Higher Power and you walking side by side
can work together each day so that you can
become better than you have ever been.**

**No longer will you be lonely.
No longer do you make the decisions.
Life has a balance which it has lacked.
In a crowd or by yourself, you are no longer alone.**

**You will see yourself more clearly.
This insight will remain.
Self-knowledge has no bounds.
Your newfound serenity will enable you
to calmly listen and learn.
Your awareness will really accelerate.**

What the program teaches comes true.

**You continue to let go of the old ways and
allow your Higher Power to guide you towards peace and serenity.**

**All fear will dissipate.
You will be free to talk and move about as a normal person.
You will be able to resume a beneficial role in society.
Self-respect, so long absent, starts to return.**

**The ability to cope is perhaps
the most valuable reward which you will receive.
One no longer has to avoid a problem
by ignoring or side-stepping the issue.
One day at a time becomes a lifetime.**



THE PROMISES CAN BE YOURS DO ALL OF THESE THINGS

LIVE A DAY AT A TIME

Our problems were created over our lifetime; therefore, we learn to solve them one day at a time.

STAY IN TOUCH

No one understands a compulsive gambler better than another compulsive gambler.

MIRACLES HAPPEN

AT MEETINGS

Patience...don't leave before the miracle happens to you.

SPONSORSHIP

This is your key to working
The 12 Steps of Recovery
The 12 Steps of Group Unity
The Fast Track to The Promises.

WORK WITH OTHERS

RRO members keep their recovery when they give away freely what was given to them!

JUST FOR TODAY

Stay away from those who gamble, or in any way encourage you to gamble. Stay away from gambling establishments and online games.
Breathe in, Breathe Out, Don't Make a Bet Today.



THE COMPULSIVE GAMBLING ILLNESS

There has been abundant scientific research on compulsive gambling, which is sometimes called “gambling disorder” or “pathological gambling”. There is some debate in the scientific community as to whether compulsive gambling is an impulse control disorder or an addiction. Recovery Road Online has no opinion on this debate. Interestingly though, compulsive gambling is in one sense “the original addiction” since the Latin term *addictus* in Roman use referred to those who could not pay their debts (often due to gambling), and who were therefore sentenced into slavery to the creditor. As a practical matter, we find this description of compulsive gambling from the Mayo Clinic to be accurate and sufficient for treatment.

Compulsive gambling, also called gambling disorder, is the uncontrollable urge to keep gambling despite the toll it takes on your life. Gambling means that you're willing to risk something you value in the hope of getting something of even greater value.

Gambling can stimulate the brain's reward system much like drugs or alcohol can, leading to addiction. If you have a problem with compulsive gambling, you may continually chase bets that lead to losses, hide your behavior, deplete savings, accumulate debt, or even resort to theft or fraud to support your addiction.



SYMPTOMS OF COMPULSIVE GAMBLING

Signs and symptoms of compulsive gambling (gambling disorder) include:

- ***Being preoccupied with gambling, such as constantly planning how to get more gambling money***
- ***Needing to gamble with increasing amounts of money to get the same thrill***
- ***Trying to control, cut back or stop gambling, without success***
- ***Feeling restless or irritable when you try to cut down on gambling***
- ***Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression***



SYMPTOMS OF COMPULSIVE GAMBLING

- ***Trying to get back lost money by gambling more (chasing losses)***
- ***Lying to family members or others to hide the extent of your gambling***
- ***Jeopardizing or losing important relationships, a job, or school or work opportunities because of gambling***
- ***Resorting to theft or fraud to get gambling money***
- ***Asking others to bail you out of financial trouble because you gambled money away***

IF YOU FIND THAT YOU CAN RELATE TO EVEN JUST ONE OF THESE SYMPTOMS, YOU MAY HAVE A GAMBLING PROBLEM.



THE COMPULSIVE GAMBLING ILLNESS

Unlike most casual gamblers who stop when losing or set a loss limit, people with a compulsive gambling problem are compelled to keep playing to recover their money — a pattern that becomes increasingly destructive over time. Some people with a compulsive gambling problem may have remission where they gamble less or not at all for a period of time. However, without treatment the remission usually is not permanent.¹

Another useful way to think about compulsive gambling is as both an allergy of the body and an obsession of the mind. By allergy we just mean that we have an “abnormal reaction”. If for example someone has an allergy to strawberries, their abnormal reaction is to get hives if they eat strawberries. For us, when we gamble, our abnormal reaction is the need to keep gambling – often for higher and higher stakes. For the normal gambler, when they lose their allotted \$20 in the casino on their cruise ship vacation, they typically close their wallet and head out to the pool. This is something we compulsive gamblers are almost never able to reliably do. In this way, we actually have an allergy to the gambling activity indicating that our only solution is one that results in complete abstinence.

¹ mayoclinic.org/diseases-conditions/compulsive-gambling/home/ovc-20258391



THE COMPULSIVE GAMBLING ILLNESS

However, in addition to the allergy of the body, we also have an obsession of the mind. This is the part of compulsive gambling that is especially baffling and insidious. For unlike our friend with the strawberry allergy who carefully avoids strawberries for his entire life, when we are not gambling, we eventually begin to obsess about gambling again without thought of the consequences. Once we succumb to the obsession and begin gambling, the allergy takes affect and the entire cycle starts again.

An important and especially tragic feature of compulsive gambling is that this is a progressive illness. By that we mean that over time the compulsive gambler inevitably needs to gamble for greater amounts and for longer time periods. The small table stakes games he or she might have played for as a teenager, no longer provide the same rush and a much higher stakes game is required. Sadly, this progressive feature usually continues even during long periods of abstinence. Recovery Road Online members who have abstained from gambling for many years, occasionally relapse and quickly find that in order to get the required thrill, they now have to play for much higher stakes than when they originally quit gambling.



THE COMPULSIVE GAMBLING ILLNESS

One other common characteristic of compulsive gambling is the tendency towards cross addiction. It is not unusual for people recovering from substance abuse or other addictions to develop the compulsive gambling illness. It seems that they are replacing one addiction for another. Approximately one third of compulsive gamblers have also had issues with other addictive behaviors such as substance abuse, food addictions or sex addictions.

A final point about compulsive gambling worth noting is the difference between men and women. Years ago, statistics indicated twice as many men as women became compulsive gamblers. It is not entirely clear, however, how much of this was the result of the traditional male dominated environments of poker and craps games, sports betting, racetracks etc. Also, it appeared that the illness generally progressed faster in women and they tended to have shorter gambling careers before they sought treatment.



THE COMPULSIVE GAMBLING ILLNESS

Our women members (only half-jokingly) like to attribute this to the simple fact that they are smarter than the men. Fortunately, in spite of these differences, both men and women respond positively to recovery in the Recovery Road Online Fellowship. Sometimes women members have initially felt uncomfortable at meetings that are predominately men. But those who stay usually find that these “brother Recovery Road members” have shared their pain of compulsive gambling and their joy of recovery. Today, many of our fellowship meetings are now being attended by a larger majority of women.





ANOTHER CHANCE

**Fellow gambler, take my hand;
I'm your friend, I understand.**

**I've known your guilt, your shame, remorse;
I've borne the burden of your course.**

**I found a friend who offered ease;
He suffered, too, with the disease.**

**Although he had no magic cure,
He showed me how we could endure.**

**We walked together side by side;
We spoke of things we had to hide.**

**We told of sleepless nights and debts,
Of broken homes and lies and threats.**

**And so, my weary gambling friend,
Please take this hand that I extend.**

**Take one more chance on something new,
Another gambler helping you.**



THE TREATMENT OF COMPULSIVE GAMBLING

Since the highly successful Alcoholics Anonymous program, many other Twelve Step programs have subsequently been formed which have saved many thousands of lives over many decades. In all cases however, individual success is normally dependent on the willingness of the participants to continue to attend meetings and work the Twelve Steps.

The illness of compulsive gambling is cunning, baffling and powerful. A casual approach to working the steps is not likely to be successful. It is critical that the program of Recovery Road Online and working the steps become the top priority in the life of the compulsive gambler. Just as diabetics cannot take their insulin only when it is convenient for them, so it is with the compulsive gambler and the program of Recovery Road. Some members say that they do not have the time for these meetings because they are busy with their work or their family. What we have learned is that the compulsive gambler should be prepared to lose whatever they put ahead of their Recovery Road program. If they put their work ahead of Recovery Road, they should be prepared to lose their job. If they put their family ahead of Recovery Road, they should be prepared to lose their family. Invariably we discover that wonderful paradox



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that when we put our recovery program first, most everything else in our lives – especially our families, our careers and our finances, usually gets much better.

Perhaps the greatest challenge with treating addictions such as substance abuse or compulsive gambling is that one of the major symptoms is resistance to treatment. People with illnesses such as cancer or HIV are often willing to go to very great lengths to modify their lifestyles – in some cases even with a very poor likelihood of success. On the other hand, many with a compulsive gambling problem have described an inner voice that says things to them like “I am different. Recovery Road Online will not work for me”, “I’m too busy or too tired to go to these meetings”, “Maybe this next time the gambling will be different”, or “What’s the point? My situation is hopeless”. This inner voice is really nothing more than the illness itself. As many addicts say, “I have a disease that tells me I do not have a disease”. This is why compulsive gamblers cannot simply reason or think their way into recovery. The simple fact is that you cannot fix a broken brain with a broken brain. Recovery therefore requires more than just thinking, it requires the positive action of working the steps.



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Many newcomers to the Recovery Road Online Fellowship also find the Twelve Steps to be very mysterious or religious and the Steps seem to have no apparent direct relation to solving their gambling problems. To these skeptics we say, “We too were skeptical when we got here, but this program saved our lives. We encourage you to have a little faith and try to follow some simple suggestions. The value and the benefits of the Twelve Steps usually do not become fully apparent until after we work them”.

We also encourage newcomers to not be put off by the use of “God”, “Higher Power”, or “Spiritual”. If you have any prejudices about these terms, we encourage you to stay open-minded as you come to realize that these words are often used differently in Recovery Road Online than you might experience in many religious environments. Thousands of people of all faiths and non-believers alike have come to realize there is nothing in the Twelve Steps that requires them to compromise their core beliefs or non-beliefs on spiritual matters.





ONE JOURNEY

**We travel together
As one in fellowship,
And we pave the road
As we walk it
For all who may follow.**

**No matter how far we have come,
Or how far we know we have to go,**

**When we live
In abstinence,
In recovery,
The journey continues...**



12 STEPS OF 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 sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God, *as we understood Him*.**
- 4. Made a searching and fearless moral and financial inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**



12 STEPS OF RECOVERY

7. Humbly asked Him to remove our shortcomings.
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. 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 had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive gamblers, and to practice these principles in all our affairs.



12 STEPS OF GROUP UNITY

- 1. Our Common welfare should come first; personal recovery depends upon Recovery Road Online unity.**
- 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**
- 3. The only requirement for Recovery Road Online membership is a desire to stop gambling.**
- 4. Each meeting group should be autonomous except in matters affecting other groups or Recovery Road Online as a whole.**
- 5. Each group has but one primary purpose—to carry its message to the compulsive gambler who still suffers.**
- 6. A Recovery Road Online group ought never endorse, finance, or lend the Recovery Road Online name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**



12 STEPS OF GROUP UNITY

- 7. Every Recovery Road Online group ought to be fully self-supporting, declining outside contributions.**
- 8. Recovery Road Online should remain forever nonprofessional, but our service centers may employ special workers.**
- 9. Recovery Road Online as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- 10. Recovery Road Online has no opinion on outside issues; hence the Recovery Road Online name ought never be drawn into public controversy.**
- 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at all levels of public broadcast (e.g. podcasts, streaming, films, television, internet).**
- 12. Anonymity is the spiritual foundation of all of our Steps of Group Unity, ever reminding us to place principles before personalities.**

JUST FOR TODAY I WILL NOT GAMBLE

Just for today I will try to live through this day only and not tackle my whole life problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that: "most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is and not try to adjust everything to my own desires. I will take each day as it comes and fit myself to it

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to do - just for exercise; I will not show anyone that my feelings are hurt - they may be hurt but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests - hurry and indecision.

Just for today I will have a quiet half-hour all by myself and relax. During this half-hour, sometime, I will try and get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that, as I give to the world, so the world will give to me.

JUST FOR TODAY I WILL NOT GAMBLE

EFFECTIVE October 9, 2023

Recovery Road Online is a Recovery & Support Group for those with a compulsive gambling problem. You may apply to join our private Facebook Group at the following: <https://www.facebook.com/groups/1636657949798079/>. We also conduct 12 Step Meetings though the video conference app ZOOM. We are not affiliated with Gamblers Anonymous.

