

# GET OFF THE GAMBLING TRAIN



**A BLUEPRINT TO  
SELF TREATMENT FOR GAMBLING**

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# **Foreword**

Some people prefer to treat their gambling problem themselves and this is possible if the individual is very disciplined about the whole exercise. With the discipline factor dominant in the equation, the individual will be able to explore all the various exercises that would be part of the self treatment basics. Get all the info you need here.

# **Get Off The Gambling Train**

A Blueprint To Self Treatment For Gambling

# **Chapter 1:**

## **Gambling Self Treatment Basics**

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### **Synopsis**

Each individual has a different experience when gambling and these reasons would very much depend on the excitement or pleasure derived from the actual act of gambling.

## **The Basics**

Through the self treatment process, the individual would have to adequately identify the exact reason that directs the individual attention to indulge in the gambling act.

Some people seek this method to treat the gambling addiction as they are simply too embarrassed to face other even if it is within the confines of a professional based aid.

Then there is also the pressure they may feel, should for some reason, the individual is unable to live up to the various requirements of the other programs.

The self help treatments are basically designed to give the individual a lot of different options to explore and how to go about making the right choices to suit the level of addiction to gambling perceived.

There would be information and ideas on gambling management, where the individual would be sole responsible for deciding if and when the change is to be made, thus requiring the very important element of self discipline.

Making the decision to initiate the change would also require the individual to ensure there is an adequate follow up routine that can be practiced to keep him or her, focused on sticking to the plan of kicking the gambling habit.

Maintaining this format will eventually help the individual better approach and manage the various exercises that would be needed to work towards breaking the gambling habit.

## **Chapter 2:**

# **Using Goal Setting**

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### **Synopsis**

When it comes to designing self treatment methods, most courses would require the individual to be focus for a period of roughly 6 – 8 weeks. This is about the most the addict will be able to tolerate before distractions set in and derail the attempt to kick the habit.



## Goals

Therefore the first step to establish after deciding to start the exercise of kicking the gambling addiction would be to establish a goal or a set of goals that would clearly help to keep the focus and energy on the end desired result.

As with any other endeavor, setting goals is one of the most visible ways to gauging the level of success within the exercise attempted, thus being able to define the goals with respect to the gambling act would certainly help the individual also create the respective exercises to help achieve the said goal.

The goal is meant to help guide the individual and the efforts made towards the chosen programs within the gambling self treatment platform. In most cases, there are two main types of goals that are usually sought to be achieved through the self treatment program.

These would include the actual complete quitting of the gambling act for good or to simply be able to control the urge to gamble and only indulge when the individual is comfortable enough to be able to walk away, when the funds allocated are finished.

If the goals set are not done according to the desired end results intended in mind, there is a good chance that the individual will not be able to complete the programs adequately as the goals may seem too overwhelming and unrealistic, thus after the initial attempts these goals would eventually be abandoned. Therefore as a note of caution, the individual should only attempt to set realistic goals always.

## **Chapter 3:**

# **Getting Committed**

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### **Synopsis**

For any endeavor to work, the individual need to consider the very important element of commitment, as without this very pivotal ingredient, there is little chance of being able to succeed in anything and even more when the effort needed is monumental.

## **Dedication**

Commitment is something that should not be taken for granted, as when the decision is made to actually attempt to put a stop to the gambling addiction, there should be some sort of check and balance system in place to keep track of the progress.

The commitment to such various exercises required to ensure the individual follows the outline chosen must be evident from the very beginning.

This is especially important as in most cases, people will attest to the time when program chosen no longer seems to be as easy to follow and requires quite a bit of effort to stick to.

When this happens, which it will most certainly will, the commitment level of the individual will be the deciding factor on the continued struggle towards ensuring success in kicking the gambling habit.

The following are some recommendation that can be adopted in the quest to ensure the commitment levels are kept optimum throughout the exercise to kick the gambling habit:

Making clear plans where there is some evidence of progress that can be actually seen and felt would be a good start. Most people would be more willing to stick to something if they are able to actually see and feel the progress being made.

Creating a good incentive plan to go along with the progress chart will also be helpful in ensuring the individual sticks to the initial plan chosen.

Whenever the individual reaches the phase where he or she is able to enjoy the incentives promised, the commitment levels will be further strengthened.

# **Chapter 4:**

## **Taking Action**

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### **Synopsis**

Taking action is the next step that should be initiated after the person acknowledges that there is actually a gambling problem to admit to. There are various forms a person can adopt in the quest to take some sort of action towards the goal of eradication of the gambling habit.

## **Get Going**

The following are some ideas that can be successfully used to help the individual through the process of taking action:

Asking someone to help monitor the progress of the individual is being able to successfully stay away from the gambling act is one way of taking action.

However this is only possible if both parties are equally committed to the idea of keeping away from gambling.

Another way to take action would be to limit the amount of cash the individual has access to. This can be a very effective way to curb the urge to gamble as without cash the individual will not be allowed into any gambling outlets to gamble, thus effectively limiting this indulgence.

Finding other exciting and interesting distractions would also be advised as this too would keep the individual's mind of the gambling act and also provide a healthier way of living.

For those people who look upon gambling as a possible way out of a difficult financial situation, it would be better to look into other more productive ways to help solve the financial problem than to choose gambling.

Instead of helping the financial situation, it is more than likely the gambling act will contribute further to the already negative financial situation of the individual.

Learning to meditate whenever faced with the urge to gamble has also been a well documented way of overcoming the gambling addiction. Here the mind and body work together to stop the individual from seeking solace by gambling.

## **Chapter 5:**

# **Changing Your Beliefs About Gambling**

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### **Synopsis**

Most people, who are not really exposed to the idea of gambling or the possibility of being addicted to this particular act, will not be able to understand the enormity of the addiction. Then there are also those who think they can outsmart the various tools for gambling to ensure this go in their favor and this too is a very unrealistic mindset.

## **Change It Up**

Making someone understand that gambling is something that is based on the relativity of chance is often an uphill battle, especially when there is a lot of material available in the market today that preaches the exact opposite.

Therefore in the quest to get rich quickly, people will buy into such concepts only to realize sometime too late, the fallacy of such mindsets and thought processes.

There are also those who carefully wager against the odd of something and again here the success rates are usually very negligible, thus resulting in the complete waste of time and money, however not before almost always exhausting the finances of the individual concerned.

Some people are lured by the seemingly exciting rewards that are usually advertised by these gaming houses, and do very little in the way of staying alert towards the possibility of being taken for a ride.

Although most gaming facilities would not really design their tools to cheat the public, the actual percentages of wins would definitely be less than advertised or touted.

This is mainly used to lure the potential gambler into thinking the stakes required are relatively low when compared to the possible winnings that can be enjoyed.

Also understanding the lure of the gambling pull and being weary of the chances of leaving such an attraction as and when desired, should be thoroughly understood as impossible for those who are hooked.



## **Chapter 6:**

# **Looking To The Future**

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### **Synopsis**

It would be wise to acknowledge that gambling does in fact have a rather mysterious exciting element surrounding it, and for most people who eventually become addicted to gambling, this initial perceived and sometimes very evident excitement, is the element that first gets them started.

## **Moving Ahead**

However all is not lost as it is very possible to be able to enjoy some form of gambling without actually getting into the rather negative position of being considered an addict.

Being able to recognize the gambling act as a temporary indulgence that should not be taken further than financially comfortable, would be the first step, towards being able enjoy a little gambling without it taking over the individual's life.

This will then allow the individual to look forward to a whole new lifestyle, where activities can be picked based on the positive influence it has on the individual as opposed to the rather destructiveness of the gambling habit.

Choosing to surround one's self with people who would also naturally distance themselves from gambling is also another way to have a good future where gambling is not even remotely featured.

This will help the individual eventually forget about gambling altogether in favor of other more positive indulgences.

## **Wrapping Up**

As it is not really easy to fight the gambling habit successful and quickly, the individual needs to be prepared to have some discipline and social adjustment capabilities in place once the addiction is recognized for what it has made the individual become.

Other elements that should be part of the quest to rid oneself of the addiction and to look forward to a gambling free future would be, the strength to avoid all gambling situations, affirmation for the positive steps taken towards keeping away from gambling scenarios and joining organizations that will help the individual beat the bad habit successfully.

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