

IMPACTS OF PROBLEM GAMBLING ON THE FAMILY

Presented by:

Konnie Kirchner, LCSW, LISW,
CCGC

Compulsive Gambler

Rationalizes

Justifies

Blames

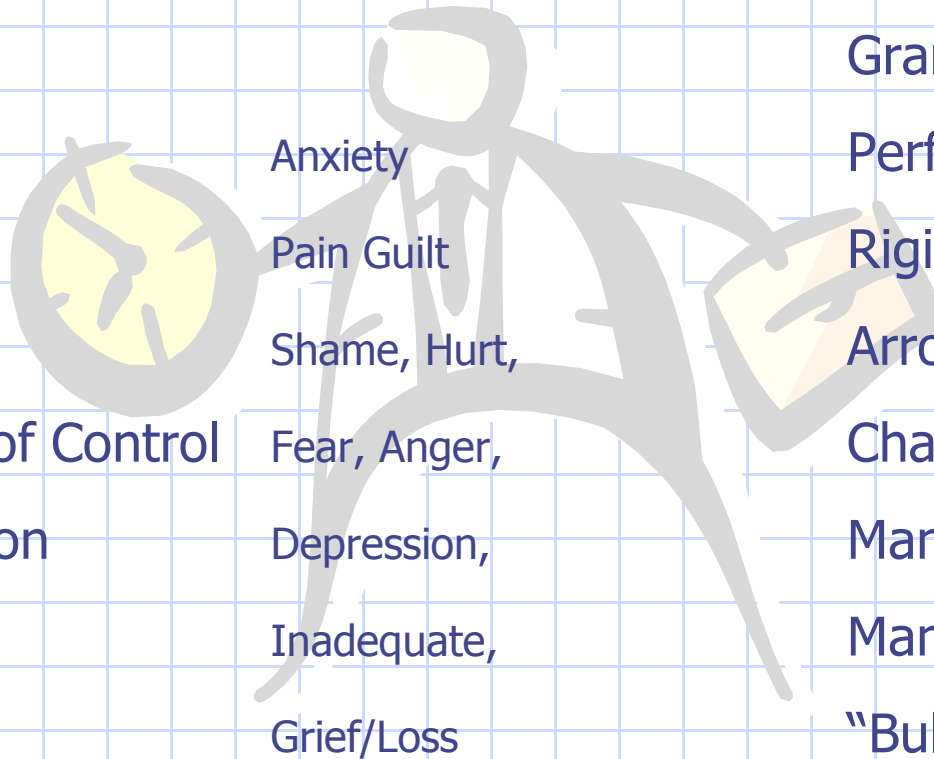
Dishonesty

False Sense of Control

Social Isolation

Poor Health

Family of Origin Issues



Anxiety

Pain Guilt

Shame, Hurt,

Fear, Anger,

Depression,

Inadequate,

Grief/Loss

Grandiosity

Perfectionism

Rigidity

Arrogant

Charming

Manipulative

Manic Phases

"Bully"

Emotional

Financial Control= "high"

Chief Enabler

Self Pity

Fragile

Controls

Manipulative

Rescuer

False sense of power

Blames and shames spouse

Physical ailments

Self Blame

Serious/difficulty having fun

Super responsible

Good at giving ultimatums

Poor at follow through

Denial

Focus on others

Chaos



Pain, Anger, Hurt

Fear, Shame, Inadequate, Anxiety, Lonely,

Depression, Confused, Ignored

Profile of the Spouse of the Male Compulsive Gambler

- ◆ Passive dependent
- ◆ Unrealistic expectations of marriage or husband
- ◆ Denial as strong as gambler
- ◆ Family history of addiction (Gambling/Other)
- ◆ Feels trapped
- ◆ Low self esteem
- ◆ Tries to control husband's gambling
- ◆ Experienced emotional deprivation
- ◆ Often the enabler
- ◆ Allies with children against husband
- ◆ Outward appearances more important than reality
- ◆ Often a spender/nothing but the best

Profile of the Spouse of the Male Compulsive Gambler

- ◆ Lack of sexual desire
- ◆ Poor self image
- ◆ May be psychologically or physically abused
- ◆ Feels inadequate as a parent
- ◆ Often contemplates separation/divorce
- ◆ Unable to manage the children
- ◆ Few friends/hobbies
- ◆ May be depressed
- ◆ Grew up feeling inadequate
- ◆ Poor assertiveness skills
- ◆ Angry, resentful, confused
- ◆ Physically neglected

Profile of the Spouse of the Female Compulsive Gambler

- ◆ May be a compulsive gambler himself
- ◆ Distant/emotionally detached
- ◆ May be overly involved with family, friends versus wife
- ◆ Poor money management skills
- ◆ Expects to spend money freely
- ◆ May have no awareness of spouse's gambling habits
- ◆ Less likely to participate in Gamanon
- ◆ A "workaholic"
- ◆ May abuse drugs/alcohol
- ◆ Often verbally, emotionally or physically abusive
- ◆ More likely to end marriage
- ◆ Feels disgusted
- ◆ Expects spouse to handle family finances

Profile of the Parent of the Compulsive Gambler

- ◆ People pleasers (mothers)
- ◆ Disgusted/angry (fathers)
- ◆ Denial
- ◆ Easily guilted and manipulated
- ◆ Enabling
- ◆ Low self worth
- ◆ Feels inadequate as a parent
- ◆ Likely from dysfunctional family
- ◆ Fears for child's welfare

Profile of the Child of the Compulsive Gambler

- ◆ Takes on extreme family role
 - High Achiever
 - Peacemaker
 - Scapegoat
 - Lost Child
- ◆ Strong sense of shame and guilt
- ◆ Depressed
- ◆ Poor social/interpersonal skills
- ◆ Family Mascot
- ◆ Inconsistent academic performance
- ◆ Mediator
- ◆ May protect non-gambler
- ◆ Overachiever

Profile of the Child of the Compulsive Gambler

- ◆ Overly responsible/irresponsible
- ◆ Tries to maintain peace in the family
- ◆ Seeks other adults as role models
- ◆ Denies gambler's negative activity
- ◆ High risk: Substance abuse, gambling, depression, suicide
- ◆ Fear of abandonment
- ◆ Consistently disappointed
- ◆ Views money as expression of love
- ◆ Does not trust themselves or others
- ◆ Always looking for positive feedback from the gambler
- ◆ Very physically active
- ◆ Projects anger and depression on peers
- ◆ Does not want to be like gambler

Financial Protection...Unfortunately, nothing is foolproof

1. Get credit report
2. Get name off credit card marketing lists 1-888-5OPT-OUT
3. Get name off casino marketing lists
4. Banking options:
 - Close out joint accounts
 - Set up own account
 - Use of automatic deposits/withdrawals
 - Savings account only – no ATM or checks – use of gift cards
 - Secure blank checks
 - Have security number on account or change PIN #
 - Talk with Bank manager/tellers about gambling problem
 - Check transactions over internet

Financial Protection...Unfortunately, nothing is foolproof

1. Protect family heirlooms
2. Protect 401k's, stocks, bonds, etc.
3. Children's accounts or education funds without gambler's name
4. Keep statements which pinpoint transactions at casinos or other gambling venues
5. Talk with relatives or friends whom gambler may borrow money from
6. If possible, close out joint credit card accounts or call to change to zero cash advance limit

NOTE: There may be a fear of complete financial protection from the gambler. This may mean that the only way the gambler can access monies is through illegal activity, which may put the family member in a position of pressing charges on the gambler, creating an emotional dilemma in addition to the financial stress.