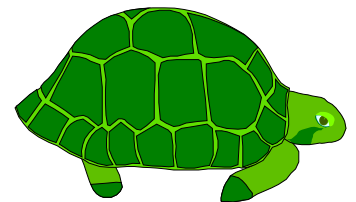


Pathological Gambling and Spirituality

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Special thanks to Lori Rugle PhD and the patients and staff of the Custer Center and Las Vegas GTP



Defining Spirituality and it's Relationship to Problem Gambling and Recovery

Spirituality	Religion	Philosophy	Values

Defining Spirituality and it's Relationship to Problem Gambling and Recovery

Spiritual	Not Spiritual

Themes of Spirituality

- **Sense of Direction**
 - **Meaning**
 - **Purpose in Life**
 - **Feelings of connectedness with oneself, others, HP, or greater reality**
 - **Clarifying what is trivial, what is truly vital in life**
 - **Reducing self-critical and hostile cognitions**
 - **Fostering love, compassion and forgiveness**
-

Dimensions of Spirituality

■ Beliefs

- About Transcendence (soul, afterlife)
 - About Deity
 - About reality of a dimension beyond sensory, intellectual based knowledge
 - About meaning and purpose
 - About connection or interconnection
 - Personal morality and values
 - Highest goals and aspirations
 - Highest human potential
-

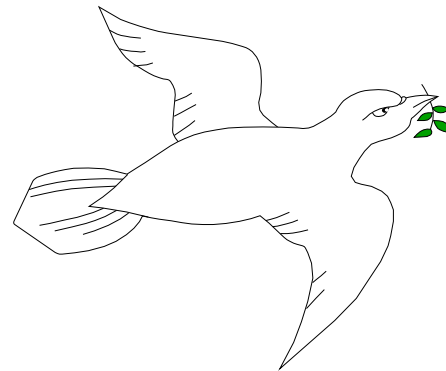
Dimensions of Spirituality

■ Practices

- Prayer
- Meditation
- Contemplation
- Fasting
- Charitable Acts
- Participation in Religious Activities

Dimensions of Spirituality

- **Experiential**
 - **Everyday, routine encounters with the transcendent or sacred**
 - **Exceptional encounters with spiritual or mystical**



Spirituality and Maintaining the Change

- Spiritual practices, beliefs, values as important aspects of life style change
- Spiritual perspective as means to enhancing fun, play, joy, meaning and purpose in life
- As source of support, strength and comfort
- Continuing spiritual development

Pathological Gambling and Spirituality

GAMBLING

EGO

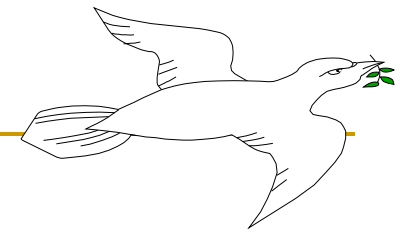
- SOURCE OF BELIEF THAT SELF INTEREST IS THE BASIS FOR ALL BEHAVIOR



SPIRITUALITY

SPIRIT

- SOURCE OF BELIEF IN A POWER OR PRINCIPLES GREATER THAN ONESELF; IN A UNIVERSAL ORDER OR FORCE



Pathological Gambling and Spirituality

GAMBLING

SPIRITUALITY

SHAMEFUL

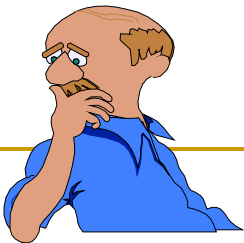
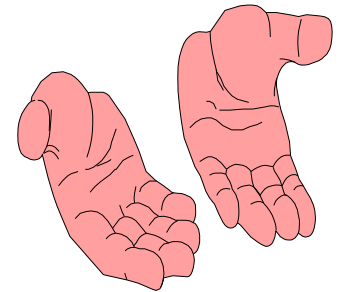
WORTHY

SECRET

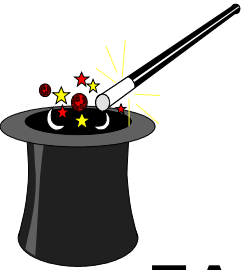
HONEST

HIDDEN

OPEN



Pathological Gambling and Spirituality



GAMBLING

FANTASY/ ILLUSION

EMPTINESS

INSATIABILITY

SPIRITUALITY

REALITY/TRUTH

FULFILLMENT

SATISFACTION

Pathological Gambling and Spirituality

GAMBLING

SEPARATION

DISCONNECTION

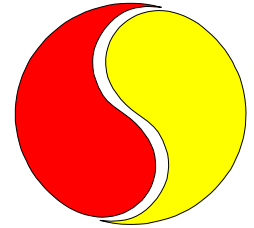
DISSOCIATION

SPIRITUALITY

BELONGING

CONNECTION

WHOLENESS



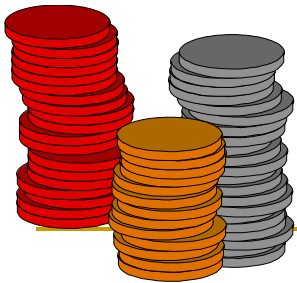
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GAMBLING

ARROGANCE

GRANDIOSITY

OBLIVION

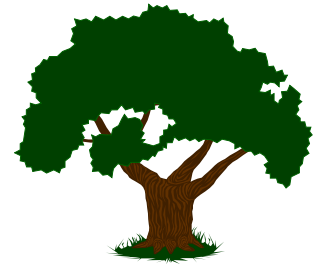


SPIRITUALITY

HUMILITY

GRANDEUR

BLISS



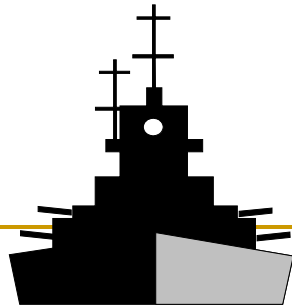
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GAMBLING

SCARCITY

ATTACK/DEFEND

FEAR

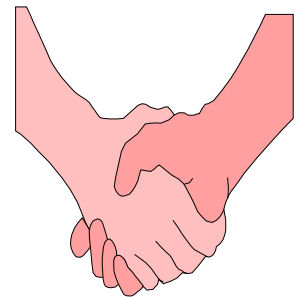


SPIRITUALITY

ABUNDANCE

FORGIVE/HEAL

LOVE

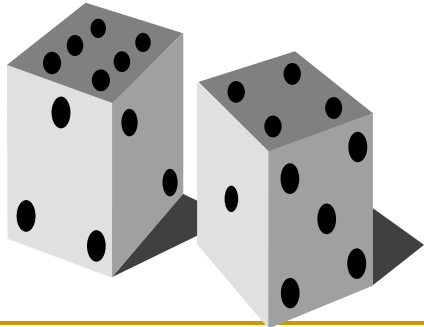


Pathological Gambling and Spirituality

GAMBLING

LUCK

MAGIC



SPIRITUALITY

FAITH

MIRACLES



SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- ❑ **Spiritual Coping Styles**
 - **Deferring**
 - ❑ **Passive, God will handle it**
 - **Pleading**
 - ❑ **Pleading, bargaining**
 - **Self-directing**
 - ❑ **Active, handle without God**
 - **Collaborative**
 - ❑ **Active partner with God**
 - **Spiritual Surrender**
 - ❑ **Did best and let go**
 - ❑ **Serenity Prayer**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- **Lessons from 12 Steps:**
 - **Begin with surrender**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- ❑ **Spiritual Surrender**
 - **More than a coping skill**
 - **Higher value or greater good in a seemingly negative situation**
 - ❑ **Self-transcendence**
 - ❑ **Self in relation to higher purpose rather than center of the world**
 - ❑ **Connection with transcendent reality**
 - ❑ **Stop “playing God” and start “seeking God”**
 - ❑ **Transformation of Significance**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- ❑ **Spiritual Surrender**
 - **Spiritual Awakening**
 - ❑ **More than a cognitive shift**
 - ❑ **Experiential Shift**
 - **Changes motivation**
 - **Emotion**
 - **Values**
 - **Perception**
 - **Thoughts**
 - **Behavior**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- **Spiritual Surrender**
 - **Spiritual Awakening**
 - **Followed by an enhanced state of being**
 - **Acceptance**
 - **Completeness**
 - **Peace**
 - **Gratitude**
 - **Compassion**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- **Spiritual Surrender**
 - **Understand client's orientation**
 - **Can't surrender to gain control**
 - **Surrender not learned helplessness**
 - **Differentiate controllable from uncontrollable**

SPIRITUAL FACTORS: TREATMENT IMPLICATIONS

- **Spiritual Surrender**

- **Circles of Control**

- **Two circles: What do you have control over, What don't you have control over**
 - **What did you believe you could control when gambling?**
 - **Challenge errors**
 - **Aborting control when possible**
 - **Attempting to control what is out of one's control**

Choices in the Steps

- Step One: We admitted we were powerless over gambling – that our lives had become unmanageable
 - 1. What personal choices would a person need to make in order to take this step?
 - 2. How can this step apply to someone who is not yet ready to abstain from gambling?
 - 3. How can this step apply to someone who is in precontemplation or contemplation?

Choices in the Steps

- Step Two: Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living
 - 1. What personal choices would a person need to make in order to take this step?
 - 2. How does this apply to someone who feels they already have a normal way of thinking and living?

Choices in the Steps

- Step Three: Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
 - 1. What personal choices would a person need to make in order to take this step?
 - 2. What obstacles (mental & emotional) would someone who has a history of physical or sexual abuse need to overcome in working this step?

Choices in the Steps

- Step Four: Made a searching and fearless moral and financial inventory of ourselves
 - 1. What personal choices would a person need to make in order to take this step?
 - 2. What spiritual issues does a person need to face to complete this step?
 - 3. What spiritual benefits derive from working this step?