GAMBLING VS DRUGS & ALCOHOL: SIMILARITIES AND DIFFERENCES

Similarities
- Biological dependency on pleasure path
- Tension & relief
- Bio-psycho-social
- Loss of spirituality
- Lies to cover up behavior
- Denial a common response to confrontation
- High relapse potential
- Controls person’s whole life
- Tolerance and withdrawal
- Chasing the high
- All are painkillers
- Physical distress
- Family illness
- Bankrupt emotionally and morally
- Neglect of responsibilities

Differences
- Gambling connected to fantasy
- Gamblers favor suicide, alcoholics helpless and hopeless
- Fully functional until hitting bottom
- Money seen as drug and power
- Gambling disease model harder to accept
- Cannot measure gambling through blood, urine, or hair
- Gambling sponsored by religion and government
- Bailout or big win temporarily can stop self-destructive cycle
- Gambling win seen as solution to problems
- Gamblers tend to do it alone
- More difficult to define gambling
- No saturation point for gamblers
- Gambling recovery often requires significant financial restitution
- No hangover
- No preventative medication
- Often overlooked by professionals until late stages

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