My Top 10 Benefits of Stopping Gambling

I am a compulsive gambler, my last bet was January 12, 1997. When I celebrated 10 years of abstinence, I compiled a list of my top ten benefits of stopping gambling. I share these in the hope that individuals with gambling problems can realize that treatment or self-help groups can not only help us to stop gambling but can lead to a richer, more full and productive life. Treatment works, it also matters. The goal of National Problem Gambling Awareness Week is to raise awareness about problem gambling and encourage people to get help. Problem gambling affects individuals, families and the community. Our theme this year – “Problem Gambling: A New Understanding of a Community Concern” reflects that gambling disorders are now recognized as an addiction and are treatable.

10. Adds structure and spirituality to my life

9. Source for my spirituality and values

8. A sense of self-confidence that led me to change careers from law to counseling

7. Began lifetime work on character defects

6. Time became friend rather than enemy

5. Gambling no longer mistress, now happily married

4. Provide clarity and purpose in my life

3. Gave me satisfaction of helping other problem gamblers

2. Realized untapped potential

1. Bless me with great friends and support network

-Jeffrey M. Beck, Chairman, NPGAW Committee

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