

## Gambling Addictions. The Risks Inherent In Gambling

The almighty dollar will always be shown to be the most superior force, which drives many people to addictions. These gambling addictions are present from way in the past, whatever the country or civilization, gambling is prevalent all through.

Started as a means of recreation whether on horses, races or at casinos, it has evolved out into a suicidal habit. Gambling is a risk-takers habit. It forces a person to take chances again and again with a belief that the next chance taken could be the one which will put everything right.

It involves escaping from reality. It is not just the actual risk, but also the whole occurrence of events leading up to a concluding choice and outcome that has a delusory sense of certainty. It forms a delirious environment which is surrounded by the fantasy.

Gambling is associated with selective excitement, dissociation, and increased heart rate i.e. more or less close to a drug induced high. Gamblers, usually, are very ego orientated, risk taking, in search of approval and affirmation people, who wants to justify themselves.

Now, Gambling Casinos are available online. Gambling has crossed borders just like a disease all over the world. In Asia alone up to 21% of the poll respondents stated that they are pathological (alter or disease effect) gamblers. While in America, around 5% among respondents have gambling problems.

The backers in gambling addictions can be envy, greed, and the all-powerful dollar in whole. Lots of gamblers strive to surpass others by gaining power and control through money. Sometimes, the gamblers get so impulsive that they literally commit a crime, in the form of robbery or even murder, for their irresistible needs.

Other backers of gambling addictions could stem from poverty. When a person struggles, throughout his existence, without the required success, it becomes tiresome and frequently the addict gives in to the bad habit of Gambling. For him it is the final move to escape the problems.

Sheer enjoyment and exhilaration is another backer in the gambling world. Many times the gambling arena brings in immoral practices that lures in the gamblers. Immoral practices such as soliciting sex, alcohol, etc also act as backers in gambling addictions.

The consequences of obsessive gambling can be devastating. Not only can enormous debts accrue but also an addict can end up behind bars as a consequence of some crime though unintended.

Gambling behaviour is a problem when disruptions in any dominant area of life i.e. psychological, physical, social, or personal start emerging. As a person has to compromise his family or career pursuits, it means the situation is alarming.

Some people considered gambling just as their habit or entertainment rather than addiction but if they are missing work hours or school , resultant from gambling habits, probably then they have a problem.

What has gambling done to their reputation, or status in life, if people see them as greedy people? Do they experience embarrassment because of their gambling problem? Is constantly borrowing cash for gambling purpose becoming a growing tendency? Are gambling habits putting harmful thoughts in their consciousness, such as robbery, , etc? If any of these have an affirmative response it stands to reason that assuredly a person is on the way of addiction.

Help is close by if person feels; he is a pathological addict of gambling or if gambling problem is becoming a serious issue. Gambling Anonymous is one of the sources nearby that offers help to affected persons. Although, if one has a close-nit household and/or friends then explaining problems to relatives or friends can be of good help.

Self-talk is other excellent way to help. Inside, a person is a skilled psychiatrist that can offer support for a variety of problems. Role-playing and self-talk combined can do much more for the mind than any second party stepping inside one's persona, yet a person will still require help.

So, before it ruins person's precious life gambling should be nailed down.

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## About the Author

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