

The Stop Gambling Process Negatively Affected By Triggers

Triggers are obstacles in our environment that can cause our subconscious to override our rational thought. When you make the decision not to gamble your subconscious mind wins out if you let the triggers get to you.

Once a compulsive gambler makes the conscious decision to stop gambling they should be proud of themselves. They should sit back, take a deep breathe and make plans for their future.

As the compulsive gambler goes about their daily routines they may get a call from a friend asking them to go to the gambling establishment. This is the one question that can throw a compulsive gambler back in time. The compulsive gambler should try and focus on the reasons they stopped gambling. At this point you need to pick up the telephone tell your friend that you don't gamble anymore, need to take a break or not in the mood. It's your choice how you deal with it. It's always best to be upfront and honest if you want your recovery to accelerate.

One particular time I was relaxing watching the news and a gambling establishment commercial came on. The first thing I thought of was going back to the gambling establishment. I sat back and thought of all the reasons not to go and the positive changes in my life. As the news ended, it was announced that the gambling establishment was their new sponsor. The gambling establishments sponsor so many events. For example, the Fourth of July fireworks, various not for profit organizations and even local environmental improvements. I realized that the gambling establishments know how to bring back their gamblers. The states do the same type of advertising for their lotto drawings. These are triggers. Situations that will try to have your subconscious mind over rule all your rational thought. Confronting these triggers will prepare you for future events.

Then to top it off, you get mail from the gambling establishments offering you a luxury hotel room, tickets to the hottest shows and special incentive coupons. The gambling establishments do not care if you lose your home, family and friends. They are just there to take their money.

There are all different types of triggers which will affect each person differently based on the gambling they do.

Once a compulsive gambler stops gambling their mind seems clearer so they notice more. You may pass a billboard every day on your way to work. Not once did you ever notice what was written on it. Now you stop gambling you notice more. It's a casino advertisement. This is another trigger. You can focus and continue on your way. I know of people who have actually turned their car around and went gambling. These are the obstacles you face on a daily basis.

Every ones triggers will be different.

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About the Author

Mr. Howard Keith has an extensive background in dealing with compulsive gamblers and relatives of compulsive gamblers. Stop Gambling Addiction website has the useful resources on how to stop gambling <http://www.istoppedgambling.com>