

The Three **C**'s of addiction are :

**C**ompulsion – feeling and thinking as if they have to gamble. (feeling that if they don't gamble life would be no fun at all and that there is nothing more important than gambling)

**C**ontrol- the addiction controls their thinking, feeling and behaviour. (every decisions about life, family, work, friends etc is based on gambling)

**C**onsequences- continues to gamble despite adverse or negative results (loss of family, car, house, job, relationships etc)

Addiction affects an individual's important life areas :

- 1. FAMILY LIFE**
- 2. SOCIAL – FRIENDSHIPS**
- 3. OCCUPATION - SCHOOL OR WORK**
- 4. HEALTH - MENTAL AND PHYSICAL**
- 5. PSYCHOLOGICAL WELL-BEING**
- 6. SPIRITUALITY – RELATIONSHIP WITH GOD**