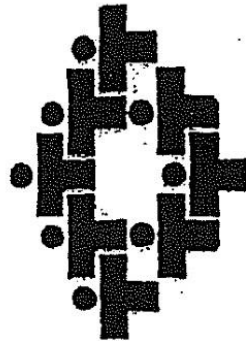


GAM-ANON®

Compulsive gambling is recognized as an emotional illness. Living with this illness proves to be a devastating experience. Family relationships become unbearably strained. The home is filled with bitterness, frustration and resentment. There seems to be no way to solve our insurmountable difficulties. We are unable to think rationally at times. As families and friends of a gambler, we also are very prone to develop a neurosis. Life seems hardly worthwhile.

As families and friends of compulsive gamblers, many of us have found a strong bond. We need no longer feel alone. A wonderful new life is ours.

Come, join with us in this, the Gam-Anon way of life.

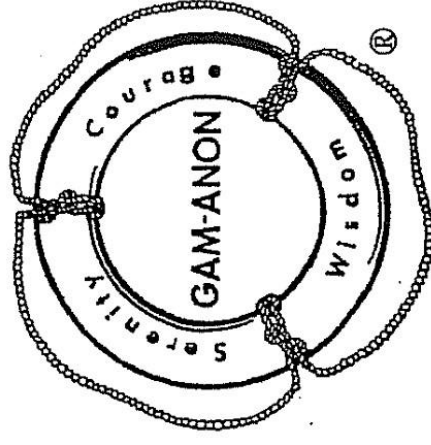


**YOU NEED NOT WAIT FOR THE
COMPULSIVE GAMBLER TO SEEK
HELP BEFORE YOU COME TO**

GAM-ANON®

WE CARE

IS THERE A GAMBLING PROBLEM IN YOUR FAMILY?



GAM-ANON INTERNATIONAL
SERVICE OFFICE, INC.

PO BOX 307

MASSAPEQUA PARK, NY 11762

718-352-1671

www.gam-anon.org

gamanonoffice@gam-anon.org

GAM-ANON CAN HELP!

The name GAM-ANON and the
GAM-ANON LOGO
are registered trademarks of the
Gam-Anon International Service Office, Inc.

IF YOU CAN ANSWER YES TO AT LEAST SIX OF THE FOLLOWING QUESTIONS, GAM-ANON® CAN HELP.

CONTACT:

GAM-ANON INTERNATIONAL
SERVICE OFFICE, INC.
P.O. BOX 307
Massapequa Par, NY 11762
phone: 718-352-1671

website gam-anon.org

Please contact the website, office or local
hotlines for meeting information.

IF THERE IS A GAMBLING PROBLEM in your home the Gam-Anon family groups may be able to help you cope with it. If you are living with a compulsive gambler, you will answer "yes" to at least six of the following questions.

1. Do you find yourself constantly bothered by bill collectors?
2. Is the person in question often away from home for long, unexplained periods of time?
3. Does this person ever lose time from work due to gambling?
4. Do you feel that this person cannot be trusted with money?
5. Does this person in question faithfully promise that he or she will stop gambling; beg, plead for another chance, yet gamble again and again?
6. Does this person ever gamble longer than he or she intended to, until the last dollar is gone?
7. Does this person immediately return to gambling to try to recover losses, or to win more?
8. Does this person ever gamble to get money to solve financial difficulties, or have unrealistic expectations that gambling will bring the family material comfort and wealth?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
11. Have you come to the point of hiding money needed for living expenses, knowing that you and the rest of the family may go without food and clothing if you do not?
12. Do you search this person's clothing or go through his or her wallet when the opportunity presents itself, or otherwise check on his or her activities?
13. Does the person in question hide his or her money?
14. Have you noticed a personality change in the gambler as his or her gambling progresses?
15. Does the person in question consistently lie to cover-up or deny his or her gambling activities?
16. Does this person use guilt induction as a method of shifting responsibilities for his or her gambling upon you?
17. Do you attempt to anticipate this person's moods, or try to control his or her life?
18. Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self-destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a nightmare?

In Gam-Anon we learn effective ways of coping with the gambling problem. By seeking help for ourselves and gaining serenity and peace of mind, we find that we are better able to cope with our problems on a day-to-day basis and in some cases motivate the gambler toward seeking help for him or herself.