

The ACTION CYCLE of Compulsive Gambling

Interrupt Action Cycle Create Safety Zone

Establish Barriers to Money
Develop Support Systems
Create Accountability
Engage in Treatment
Remember H.A.L.T.

Three Required Ingredients
For Gambling Episode:
MONEY
TIME
LOCATION

Thoughts, Feelings
Anticipation, Fantasy
“Interior Landscape”
Mind and Emotions

Planning
“Exterior Landscape”
Getting Ready
Removing Obstacles

Actual Gambling
“Gambling Time – Gambling Money”
Isolation
Neurotransmitter Flooding

Crash
Guilt/Shame
Anger
Denial/Justification
Restless/Irritable
Depression
Panic or Numb
Suicidal Thoughts
Suicide Attempts

Daily Life
Ordinary Reality
“Real Time – Real Money”
Self with Others
Self with Self