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Why do you gamble? Are you OK

Times

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Why do you gamble? Are you OK with your reasons?

What is the main reason why people like to gamble? The fact of the matter is, there are MANY reasons why people gamble; and for every reason, there's a reason not to...

Ever feel like it's your lucky day? You got a parking spot right in front of work! Found a 10 dollar bill crumpled in your back pocket! And your VISA bill came in with a zero balance! Great day to buy a lottery ticket! How many times have you taken a chance on something because you had a good feeling about it? Luck is a huge factor in gambling. However, if your reason for gambling is luck, consider the Gambler's Fallacy: Believing in luck means denying the unpredictability of random events; you think you have a good chance of winning...but you really don't.

Do you gamble just for fun? The emotional roller coaster one goes through when gambling brings a rush of adrenaline into your system. When your nervous-system needs more adrenaline it seeks out more thrills. This adrenaline addiction can lead to a gambling problem. As with any roller-coaster, the thrilling highs also have rock-bottom lows.

Do you gamble just to win? Think you can make some easy money? What you must not forget is that it is also a very easy way to LOSE money, and those optimists out there must never forget that.

Do you gamble to help out with your finances? Gambling rarely helps financial problems and could even make them worse. This reason to gamble is especially dangerous since you cannot afford to lose the money your gambling with to begin with.

Are you stressed at work? Bored with nothing to do? Having problems at home? Need an escape from the reality of your life? Casinos can only provide a temporary means of escape and relief. They help us to only temporarily

forget about our problems. This can lead to a continuous self-medication and numbing of ourselves with gambling for fear of what will happen if we stop. But a temporary escape can turn into a long-term nightmare when the money starts dwindling.

Do you gamble to have some R&R? To let your hair down? Unwind from a tough week? The casino has been designed to have an elegant and relaxing atmosphere, and although I do appreciate the decor and pricey artwork, if I want to relax, I'd sooner spend my money at the spa across the street. At least that way I know for sure that I go home happy and satisfied.

Are you gambling for charity and thinking you're doing a good thing because you're supporting a good cause? It's a good excuse to place a few innocent bets? What about your own cause? If you cannot afford to gamble for charity, I suggest you don't. And if it's an excuse to gamble and feel good about it, I suggest you don't either. This line of thinking and action can only perpetuate a negative and potentially harmful habit.

Do you gamble because you owe people money? Are you chasing your losses? These are reasons to STOP gambling and seek help. Do not gamble with money you don't have. Do not borrow money to gamble. It is not worth it.

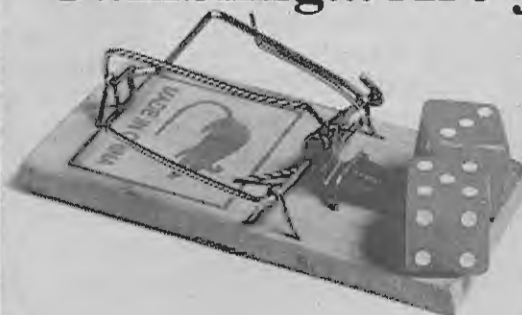
Be aware of your reason for gambling...use moderation...and most importantly, never forget that it is just a game and not worth ruining your life over. If you're not OK with your reasons for gambling and want help redirecting your life, contact someone, anyone, and get help. And if you're going to gamble, gamble responsibly.

For more information Howard P. Riback the Gaming/Gambling Specialist and Inspirational Speaker a.k.a. "The Cleaner" can be reached at: 514 659 5621 or howard@theribackgroup.com or view his website at www.theribackgroup.com.



Howard P. Riback
The Winning Hand
Times

Gambling... Are you trapped?



When you gamble, you are not only gambling with your money, but with your friends, family, job and home.

Are you prepared to lose it all?

For HELP call

Howard P. Riback 514-659-5621

He has been there and has come out on the winning side

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