How to Help a Loved One with a Gambling Addiction

Individuals who discover that their loved ones are struggling with a gambling addiction want to find ways to help them and cure their addiction. Information about some of the most effective methods to helping a gambling addict can be found online at GamblingRecovery.org.

Individuals who know someone with a gambling addiction wish that they could simply tell them to quit, but it is not that simple and this should not be said to them, if it was that easy for them to quit they would instead of suffering and enduring all the problems that this type of addiction can cause in their life. By telling a gambling addict to just stop gambling they will not think that you understand their problem and you will lose their trust, without having their trust there is no way that you will be able to help them beat this addiction.

Also when trying to help someone beat their addiction with gambling you can never enable them no matter what you do. An individual with a gambling addiction will show extreme creativity with the stories they come to you with as to why they need you to help them financially, but giving them money would only be enabling them and would not help them at all. One of the ways to help an individual with an addiction to gambling is to force them to deal with the consequences of their actions, which means not helping them financially no matter how much they ask you to.

These individuals may be helped financially by their family members and friends if these people safeguard their ATM cards and credit cards for them. If they are allowed to keep them in their possession the end result could be devastating. In order for this tactic to be effective the addicted individual must willing hand over the cards to you, you cannot take them with force against their will.

Encouraging your loved one to go through counseling is a great idea and will help them accomplish the goal of quitting gambling. One type of counseling that is effective is to seek the help of a therapist who is familiar with performing hypnotherapy. When this is performed correctly the gambler’s negative thoughts that are present in their subconscious mind will be replaced with positive thoughts. Using the subconscious mind is one of the best ways to rid yourself of unwanted habits and addictions. The gamblers will see an increase in their level of confidence and self-esteem due to undergoing hypnotherapy. If therapy is the route that one takes they should also attend anonymous meetings for gamblers consistently in order to increase their chances of ridding themselves of this addiction.

When hypnotherapy is performed an individual’s subconscious thought process will change almost immediately. To gain more support with the fight against this addiction individuals could use hypnosis recordings. No matter how severe the addiction may be this approach to the problem may
prove to be quite helpful. It is important that you locate hypnosis recordings that have an extremely high quality. This is a very convenient tool to use and it is also discrete with a wide variety of different options to choose from.

Another approach that can be used to help with this addiction is to exercise tough love. If the individual that has the gambling addiction is someone that you live with especially if their addiction is putting a strain on your financial situation.