

# 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.

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Three Ingredients for a  
 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

