

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 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

