

GAMBLERS ANONYMOUS

SCOTLAND



JUST FOR

TODAY

‘I WILL NOT GAMBLE’

GA

Foreword

Gamblers Anonymous members share experience and words of wisdom and inspiration every week. This booklet captures the best of GA sayings, combining with phrases which may be new to you and some famous quotations with particular relevance to the recovering compulsive gambler.

Acknowledgements

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Issue: 2012-2

January

1st Jan	<i>In GA every day is a fresh start; embrace the "new day resolution".</i>	Day at a time
2nd Jan	<i>We are all here because we are not all here.</i>	Addiction
3rd Jan	<i>I couldn't recognise the person I had become.</i>	Character
4th Jan	<i>The first bet is a choice, the second is compulsory.</i>	Choice
5th Jan	<i>To leave this place is a gamble in itself.</i>	Commitment
6th Jan	<i>Kill them with kindness.</i>	Compassion
7th Jan	<i>On the day you decide not to attend GA, look around you and count the things you would not have in your life without it.</i>	Complacency
8th Jan	<i>My conscience is my higher power.</i>	Conscience
9th Jan	<i>Do not be ashamed to attend this meeting, only the chosen few find GA.</i>	Courage
10th Jan	<i>Yesterday is history, tomorrow a mystery, today we can do something about.</i>	Day at a time
11th Jan	<i>If you are honest you don't have to remember what you said.</i>	Dream World
12th Jan	<i>Don't let pride prevent you coming back.</i>	Ego
13th Jan	<i>How we see ourselves determines much about us including the standards and goals which we set ourselves. How do you truly feel about yourself?</i>	Emotions
14th Jan	<i>Life can only be understood backwards but must be lived forwards.</i>	Wisdom
15th Jan	<i>I was lonely and isolated if I won or lost.</i>	Friendship
16th Jan	<i>I cannot control people, places and things; only myself.</i>	Giving Up
17th Jan	<i>Replace guilt with gratitude.</i>	Guilt

18th Jan	<i>Aspire to the dream world of a normal life.</i>	Happiness
19th Jan	<i>I lied to everyone, but most of all to myself.</i>	Honesty
20th Jan	<i>Everything can be replaced, except you and your family.</i>	Hope
21st Jan	<i>Don't judge those who try and fail, pity those who fail to try.</i>	Humility
22nd Jan	<i>Knowing why we gambled isn't important. All that matters is learning how to live a normal life again.</i>	Improvement
23rd Jan	<i>You can do anything you want in life, you just can't gamble.</i>	Inspire
24th Jan	<i>Don't fall into the step 1 to step 12 trap.</i>	Involvement
25th Jan	<i>Stinking Thinking</i>	Mind-set
26th Jan	<i>Learn to cope with normal life after the GA High.</i>	Pressure
27th Jan	<i>Meetings make it</i>	Programme
28th Jan	<i>Progression rather than perfection.</i>	Progress
29th Jan	<i>It's important to look back, just don't stare.</i>	Regret
30th Jan	<i>You can't give resentment, only take it.</i>	Resentment
31st Jan	<i>Death by Duvet</i>	Responsibility

February

1st Feb	<i>Only once you surrender can you find serenity.</i>	Serenity
2nd Feb	<i>No matter how bad my life could be, gambling will only make it worse.</i>	Slip
3rd Feb	<i>You cannot live someone else's recovery for them. Just be there when they are ready.</i>	Sponsorship
4th Feb	<i>The most valuable thing I stole from my family was therapy time.</i>	Therapy
5th Feb	<i>You can lead a gambler to a casino but you can't make him think.</i>	Therapy

6th Feb	<i>I used to think I gambled money, I now realised that I gambled something far more important. The trust of my family.</i>	Trust
7th Feb	<i>Think twice before jeopardising group unity. It takes years to build and minutes to destroy.</i>	Unity
8th Feb	<i>I came to GA thinking that I had a gambling problem. I now realise that I had a life problem and I used gambling as a misguided solution.</i>	Wisdom
9th Feb	<i>Don't replace gambling with another obsession.</i>	Addiction
10th Feb	<i>If you don't change the person who brought you into GA, the same person will take you back out.</i>	Character
11th Feb	<i>I used to think that if you don't play you can't win. I now realise that if you don't play you can't lose.</i>	Choice
12th Feb	<i>If coming to a meeting is awkward or difficult, just remember the effort and time you put into gambling.</i>	Commitment
13th Feb	<i>Care and share.</i>	Compassion
14th Feb	<i>Arguments, disappointments and frustrations create within us an urge to gamble.</i>	Complacency
15th Feb	<i>"When you confront a problem you begin to solve it." Rudy Giuliani</i>	Courage
16th Feb	<i>Living one day at a time is the pathway to peace.</i>	Day at a time
17th Feb	<i>"One of the most tragic things about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses blooming outside our windows today" Dale Carnegie.</i>	Dream World
18th Feb	<i>Don't build yourself up by pulling down others</i>	Ego
19th Feb	<i>To be forgiven, you must forgive yourself.</i>	Forgiveness
20th Feb	<i>Never underestimate the power in the hand of friendship.</i>	Friendship
21st Feb	<i>Don't fixate on why you gambled; focus on how</i>	Giving Up

you can prevent yourself gambling again.

22nd Feb	<i>Do you love your life enough to change it?</i>	Giving Up
23rd Feb	<i>"Happiness is when what you think, say and do are in harmony." Ghandi</i>	Happiness
24th Feb	<i>I came to GA a liar, a thief and a cheat. I just didn't know it.</i>	Honesty
25th Feb	<i>It's not what you've lost that counts, it's what you do with all that's left.</i>	Hope
26th Feb	<i>"Life is a long lesson in humility." James M Barrie</i>	Humility
27th Feb	<i>Gamblers Anonymous is a college of knowledge.</i>	Improvement
28th Feb	<i>The person who is the longest from gambling is the person who woke the earliest this morning.</i>	Inspire
29th Feb	<i>You can't carry the message until you have got the message.</i>	Involvement

March

1st Mar	<i>Beware the poor me's.</i>	Mind-set
2nd Mar	<i>A day at a time</i>	Programme
3rd Mar	<i>There is no elevator; you have to take the steps.</i>	Programme
4th Mar	<i>Don't count the days, make the days count.</i>	Progress
5th Mar	<i>It doesn't matter when you decide to get off the bus, just that you get off.</i>	Regret
6th Mar	<i>Progression rather than perfection.</i>	Resentment
7th Mar	<i>In recovery I became accountable for my actions.</i>	Responsibility
8th Mar	<i>Take a quiet half hour each day to reflect.</i>	Serenity
9th Mar	<i>If you go back, come back.</i>	Slip
10th Mar	<i>Remember that member who gave up? Neither does anyone else.</i>	sponsorship

11th Mar	<i>HALT - Hungry, Angry, Lonely, Tired.</i>	Therapy
12th Mar	<i>All I wanted was to control my family, myself and everything else.</i>	Therapy
13th Mar	<i>You can trust me with your life; just don't trust me with your wallet.</i>	Trust
14th Mar	<i>Definition of insanity: Repeating the same action over and over, expecting a different outcome.</i>	Wisdom
15th Mar	<i>"Being the richest man in the cemetery doesn't matter to me ... Going to bed at night saying we've done something wonderful... that's what matters to me." Steve Jobs</i>	Wisdom
16th Mar	<i>Don't transfer your addiction to other aspects of your life.</i>	Addiction
17th Mar	<i>Would I be the person I am today if I had not found GA?</i>	Character
18th Mar	<i>You gambled against your will, now you have true free-will.</i>	Choice
19th Mar	<i>Many meetings = many chances, few meetings = few chances, no meetings = no chance.</i>	Commitment
20th Mar	<i>"If you ever need a helping hand, you'll find one at the end of your arms. One for helping yourself and one for helping others" Audrey Hepburn</i>	Compassion
21st Mar	<i>Keep the desire burning bright or complacency might bite.</i>	Complacency
22nd Mar	<i>"Success is not final, failure is not fatal it is the courage to continue that counts" Winston Churchill</i>	Courage
23rd Mar	<i>"Every man's life lies within the present; for the past is spent and done with and the future is uncertain" Marcus Aurelius.</i>	Day at a time
24th Mar	<i>"You cannot dream yourself into a character; you</i>	Dream World

	<i>must hammer and forge yourself one."</i> <i>Henry David Thoreau</i>	
25th Mar	<i>There are people living in a dream world and people living in the real world and people who don't know the difference.</i>	Dream World
26th Mar	<i>Principles before personalities.</i>	Ego
27th Mar	<i>We forgive to be forgiven.</i>	Forgiveness
28th Mar	<i>Willingness is more important to recovery than will-power alone.</i>	Giving Up
29th Mar	<i>When you put your hand in your pocket you have money to gamble and a phone to call for help.</i>	Giving Up
30th Mar	"Happiness depends more on the inward disposition of mind than on outward circumstances" Benjamin Franklin	Happiness
31st Mar	I lied so much that I couldn't remember the truth.	Honesty

April

1st Apr	<i>A wise man learns from the mistakes of others, a fool by his own.</i>	Wisdom
2nd Apr	<i>Live and let live.</i>	Humility
3rd Apr	<i>Focus on living a better life, the money will take care of itself.</i>	Improvement
4th Apr	<i>In Illinois, USA there is a town called Normal. We all strive to live there in our own way.</i>	Inspire
5th Apr	<i>I have what I have because I give it away</i>	Involvement
6th Apr	<i>Act on your second thought</i>	Mind-set
7th Apr	<i>Goals set too high set me back.</i>	Pressure
8th Apr	<i>I'm heading in one of two directions. Towards a bet or away from a bet.</i>	Programme
9th Apr	<i>The steps are a road, not a resting place.</i>	Progress

10th Apr	<i>It doesn't matter when you stop, just that you stop.</i>	Regret
11th Apr	<i>Actions speak louder than words, even when they are shouted.</i>	Resentment
12th Apr	<i>GA is about living your life in a moral, orderly direction.</i>	Responsibility
13th Apr	<i>Persistence, Patience and Peace</i>	Serenity
14th Apr	<i>"There is nothing wrong with going down, its staying down that's wrong" Mohammed Ali</i>	Slip
15th Apr	<i>Only by supporting others in the fellowship will they be there to support you when you need it most.</i>	Sponsorship
16th Apr	<i>We need to learn how to love people and use money instead of using people and loving money.</i>	Therapy
17th Apr	<i>To trust others you first must learn to trust yourself.</i>	Trust
18th Apr	<i>"Hang together or surely we will all hang separately" Benjamin Franklin</i>	Unity
19th Apr	<i>I would rather be under the thumb than under the ground.</i>	Wisdom
20th Apr	<i>I am Addiction</i> <i>I start in small subtle ways promising many things. I promise you enjoyment and pleasure beyond your wildest dreams, I deliver guilt and despair more horrible than your worst nightmare. I promise you power and courage; I give you feelings of powerlessness and hopelessness. I will force you to live in fear always. I promise you relief and escape from all your daily problems, I create for you greater problems than you ever imagined. I promise you many friends, I allow you only isolation. I promise happiness, I create much sorrow. I will steal from you your dignity, your families, your friends, your children, your home, your demons, your spirit and your life, for love, freedom and happiness are impossible to find in my presence.</i>	Addiction

So never underestimate me, I am devious and manipulating, I have no preferences as to who I pick as my victim, rich or poor, young or old, black, white, yellow or red.

I have killed men, women and children, I have no conscience.

So if you have met me, always be aware if you think you can beat me, that I will be gone from your life and all will go well again.

Never forget that I will always be there, waiting in the dark shadows just around the corner.

I am very patient and I will laugh in your face if I can lure you into my evil world of hell on earth once again.

21st Apr	<i>I eventually realised that non-gambling was not enough. I wanted to become a better person and live an extraordinary life.</i>	Character
22nd Apr	<i>You have a choice today to be positive or negative.</i>	Choice
23rd Apr	<i>This illness doesn't take a day off, neither should your recovery.</i>	Commitment
24th Apr	<i>Don't find fault, find a solution.</i>	Compassion
25th Apr	<i>Complacency can take you back.</i>	Complacency
26th Apr	<i>"The miracle or the power that elevates the few is to be found in their industry, application and perseverance, under the prompting of a brave, determined spirit"</i> <i>Mark Twain</i>	Courage
27th Apr	<i>"The future depends on what we do in the present"</i> <i>Ghandi</i>	Day at a time
28th Apr	<i>Some people dream of success, while others wake up and work hard to achieve it.</i>	Dream World
29th Apr	<i>Take more time to listen and less time to think</i>	Ego

what you are going to say next.

30th Apr *I thought I had a gambling problem but I actually had an emotional problem.* Emotions

May

1st May *Make your compassion infinite.* Compassion

2nd May *There is nothing like finally telling my story to someone who truly understands.* Friendship

3rd May *If you're searching for a way out, follow the well-trodden paths others have made for you.* Giving Up

4th May *Guilt is a heavy load. Don't carry too much or it will carry you back.* Guilt

5th May *Happiness is where we find it but rarely where we seek it.* Happiness

6th May *For every gamble there are a dozen lies.* Honesty

7th May *For a compulsive gambler a normal life is an extraordinary life.* Hope

8th May *Identify but don't compare.* Humility

9th May *Nothing changes if nothing changes.* Improvement

10th May *Be proud, you have made a decision that can change your life.* Inspire

11th May *Get in the middle of the bed* Involvement

12th May *Don't be ashamed to laugh, we are the lucky few.* Mind-set

13th May *You can't have everything and do everything at the same time.* Pressure

14th May *If you leave here its only going to get worse; if you stick around its only going to get better.* Complacency

15th May *Opportunities multiply as they are seized.* Progress

16th May *Don't dwell on who you were, focus on who you want to become.* Regret

17th May	<i>Words should be weighed, not counted.</i>	Resentment
18th May	<i>"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." Barack Obama</i>	Responsibility
19th May	<i>Spend less time analysing the things you don't have and create more time to enjoy the things you do have.</i>	Serenity
20th May	<i>"Success is how high you bounce after you hit the bottom" George Patton</i>	Slip
21st May	<i>"There is no use whatever trying to help people who do not help themselves. You cannot push anyone up a ladder unless he is willing to climb himself". Andrew Carnegie</i>	Sponsorship
22nd May	<i>Don't kid yourself that "next time it will be different". I went back and within a week I doubled my largest bet and in two weeks tripled. In 4 months I learnt the true meaning of question 20.</i>	Therapy
23rd May	<i>Escapism hides your problems but they always resurface twice as large.</i>	Therapy
24th May	<i>Beware of half-truths, you may have got hold of the wrong half.</i>	Unity
25th May	<i>Wise people have something to say, foolish people have to say something.</i>	Wisdom
26th May	<i>The word broke is in the name of Ladbrokes for a reason.</i>	Wisdom
27th May	<i>The better the gambler, the worse the person.</i>	Character
28th May	<i>"the only person you are destined to become is the person you decide to be" Ralph Waldo Emerson</i>	Choice

29th May	<i>If you start to question your commitment to GA, compare the time you gambled and the time you dedicate to GA each week.</i>	Commitment
30th May	<i>Never give up on yourself and others will never give up on you.</i>	Compassion
31st May	<i>Relapse starts long before the first bet.</i>	Complacency

June

1st Jun	<i>"As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."</i> <i>Marianne Williams</i>	Courage
2nd Jun	<i>There are two days every week we have no control over, yesterday and tomorrow. Focus on today.</i>	Day at a time
3rd Jun	<i>"Everyone should be respected but no-one idolised!"</i> <i>Albert Einstein.</i>	Ego
4th Jun	<i>GA can open the door but only you can walk through it.</i>	Giving Up
5th Jun	<i>Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that.</i>	Happiness
6th Jun	<i>I used to think I was a professional gambler when I was just a delusional professional liar.</i>	Honesty
7th Jun	<i>"learn from yesterday, live for today, hope for tomorrow."</i> <i>Einstein</i>	Hope
8th Jun	<i>Even if you are on the right track, you'll get run over if you just sit there.</i>	Improvement

9th Jun	<i>Be like the sun, rise and shine, no matter how dark it once was.</i>	Inspire
10th Jun	<p><i>The Story of The Two Wolves:</i> <i>A grandfather was talking to his grandson. "A fight is going on inside me," he said to the boy. "It's a terrible fight and it is between two wolves." "One wolf is evil and ugly: He is anger, envy, war, greed, self-pity, sorrow, regret, guilt, resentment, inferiority, lies, false pride, superiority, selfishness and arrogance. The other wolf is beautiful and good: He is friendly, joyful, peace, love, hope, serenity, humility, kindness, benevolence, justice, fairness, empathy, generosity, true compassion, gratitude, and deep Vision. This same fight is going on inside you and inside every other human as well." The grandson paused in deep reflection because of what his grandfather had just said. Then he finally asked: "grandfather, which wolf will win?" The Grandfather replied, "The wolf that you feed."</i></p>	Inspire
11th Jun	<i>Don't just mark your card; make a mark on others and yourself.</i>	Involvement
12th Jun	<i>Those who laugh.....last.</i>	Mind-set
13th Jun	<i>The GA programme is not for people who need it, or for people who want it; it is for people who do it.</i>	Programme
14th Jun	<i>Make amends in a small way, every day.</i>	Programme
15th Jun	<i>You can't stop the waves, but you can learn how to surf!</i>	Progress

16th Jun	<i>The most important thing is acceptance and moving on.</i>	Regret
17th Jun	<i>Tomorrows resentments are fed by today's expectations.</i>	Resentment
18th Jun	<i>I am not guilty, I am accountable.</i>	Responsibility
19th Jun	<i>With serenity in my life I can be alone but not lonely.</i>	Serenity
20th Jun	<i>Fall six times and stand up seven.</i>	Slip
21st Jun	<i>I gambled to forget I gambled.</i>	Therapy
22nd Jun	<i>Years of playing "beat the postie"</i>	Therapy
23rd Jun	<i>Better to bend than to break.</i>	Unity
24th Jun	<i>Without GA I wouldn't have my family, without my family I wouldn't have GA.</i>	Wisdom
25th Jun	<i>Learn to know yourself before you presume to know another.</i>	Character
26th Jun	<i>"I am always doing things I can't do. That is how I get to do them." Pablo Picasso</i>	Choice
27th Jun	<i>If you give half the commitment to your life that you once did to gamble, just think of all you can achieve.</i>	Commitment
28th Jun	<i>Don't let sadness of your past or the fear of the future ruin the happiness of your present.</i>	Happiness
29th Jun	<i>Those who cannot remember the past are condemned to repeat it.</i>	Complacency
30th Jun	<i>Don't be discouraged. It's often the last key in the lock that opens the door.</i>	Courage

July

1st Jul	<i>We must learn from the past, prepare for the future and live in the present.</i>	Day at a time
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2nd Jul	<i>When your head begins to swell, your mind stops growing.</i>	Ego
3rd Jul	<i>You may have come to your first meeting for someone else, but stay for yourself.</i>	Giving Up
4th Jul	<i>Happiness is appreciating what you have, not getting what you want.</i>	Happiness
5th Jul	<i>Hide the truth from the room and you hide the truth from yourself.</i>	Honesty
6th Jul	<i>"It's not the years in your life that count; it's the life in your years." Abraham Lincoln</i>	Hope
7th Jul	<i>Humility restores my sight.</i>	Humility
8th Jul	<i>When all is said and done, more is said than done.</i>	Improvement
9th Jul	<i>"Gambling is the child of avarice, the brother of iniquity and the father of mischief" George Washington</i>	Inspire
10th Jul	<i>We have what we have because we give it away.</i>	Involvement
11th Jul	<i>"Your time is limited; don't waste it living someone else's life." Steve Jobs</i>	Mind-set
12th Jul	<i>The programme is about trusting something, clearing away the wreckage of your past and helping people.</i>	Programme
13th Jul	<i>Make your life as uncomplicated as possible.</i>	Programme
14th Jul	<i>Don't look back because you're not going that way.</i>	Regret
15th Jul	<i>Don't look for something or someone else to be the inspiration, be the inspiration yourself.</i>	Responsibility
16th Jul	<i>Serenity is not freedom from the storm but peace amid the storm.</i>	Serenity

17th Jul	<i>I might fall but I will never fail.</i>	Slip
18th Jul	<i>I went back gambling and within a week I had doubled my highest bet.</i>	Therapy
19th Jul	I didn't just gamble my last pound, I gambled everyone else's.	Therapy
20th Jul	"You cannot beat a roulette table unless you steal money from it." Albert Einstein	Wisdom
21st Jul	Failure is not fatal, but failure to change could be.	Character
22nd Jul	Today, finally, I have a choice.	Choice
23rd Jul	"The secret of success is constancy of purpose." Benjamin Disraeli	Commitment
24th Jul	Bad is never good until worse happens.	Complacency
25th Jul	A fear faced is a fear erased.	Courage
26th Jul	Let yesterday go, seize today and put as little trust as you can into tomorrow.	Day at a time
27th Jul	When you point a finger at someone, there are three pointing straight back at you?	Ego
28th Jul	Only through desire can you regain control of your destiny.	Giving Up
29th Jul	<i>Happiness doesn't come from getting the things we don't have, but rather from recognising and appreciating what we do have.</i>	Happiness
30th Jul	<i>If you are true to yourself and to others, you don't have to remember all the lies you have told.</i>	Honesty
31st Jul	<i>The darkest hour is just before the break of dawn.</i>	Hope

August

1st Aug	<i>If you think you have learned all there is to learn, then you haven't even started.</i>	Improvement
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2nd Aug	<i>"If you're going through hell, keep going"</i> Winston Churchill	Inspire
3rd Aug	<i>We are here today because of those who have come before and for those who will come after.</i>	Involvement
4th Aug	<i>Sick and tired of being sick and tired.</i>	Mind-set
5th Aug	<i>Acceptance should exceed expectations.</i>	Programme
6th Aug	<i>"When one door closes another one opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us" Alexander Graham Bell</i>	Regret
7th Aug	<i>Have respect for yourself, find respect for others and take responsibility for all your actions.</i>	Responsibility
8th Aug	<i>The only time you run out of chances is when you stop taking them.</i>	Slip
9th Aug	<i>The worst thing I stole from my family wasn't money, it was time.</i>	Therapy
10th Aug	<i>Time to kill can cause carnage.</i>	Therapy
11th Aug	<i>"Prudent, cautious self-control is wisdoms root"</i> Robert Burns	Wisdom
12th Aug	<i>True success is not measured in time since gambling, it is the value of one's character.</i>	Character
13th Aug	<i>Some people are full of promise, others just make promises.</i>	Commitment
14th Aug	<i>Don't think there are no crocodiles just because the water is calm.</i>	Complacency
15th Aug	<i>Courage is the resistance to fear, not the absence of fear.</i>	Courage
16th Aug	<i>Perseverance is not a long race; it is many short races one after another.</i>	Day at a time
17th Aug	<i>You can't propel yourself forward by patting yourself on the back.</i>	Ego

18th Aug	<i>If you find yourself in a hole, the first thing to do is stop digging.</i>	Giving Up
19th Aug	<i>Happiness is a way of travel, not a destination.</i>	Happiness
20th Aug	<i>"The cruellest lies are often told in silence" Robert Louis Stevenson</i>	Honesty
21st Aug	<i>Don't just survive, thrive.</i>	Hope
22nd Aug	<i>Don't be a mental loafer.</i>	Improvement
23rd Aug	<i>"The ultimate measure of a man is not where they stand in moments of comfort and convenience, but where they stand at times of challenge and controversy" Martin Luther King Jr</i>	Inspire
24th Aug	<i>We are here today because we give it away.</i>	Involvement
25th Aug	<i>Minds are like parachutes, they don't work unless they are open.</i>	Mind-set
26th Aug	<i>Gambling plays no part in my life because I have the tools to deal with it.</i>	Programme
27th Aug	<i>The most valuable things I lost were time and self-respect.</i>	Regret
28th Aug	<i>Sometimes I desperately wanted to lose, until I lost.</i>	Therapy
29th Aug	<i>When you logon to a gambling site, you logoff from all that matters in your life.</i>	Therapy
30th Aug	<i>"He who conquers himself is the mightiest warrior" Confucius</i>	Wisdom
31st Aug	<i>Take care, thoughts become words, words become actions, actions become habits, habits become character and character becomes destiny.</i>	Character

September

1st Sep	<i>Do not allow yesterday's success to lull you into today's complacency.</i>	Complacency
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2nd Sep	<i>Not everything I face can be changed but nothing can be changed until it is faced.</i>	Courage
3rd Sep	<i>Do not judge another until you stand in their shoes.</i>	Ego
4th Sep	<i>If you think you can't then you can't, if you think you can, then you might just be able to.</i>	Giving Up
5th Sep	<i>Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain.</i>	Happiness
6th Sep	<i>"Above all, to your own self be true" William Shakespeare.</i>	Honesty
7th Sep	<i>Become addicted to constant self-improvement.</i>	Improvement
8th Sep	<i>"Your worth consists of who you are and not what you have" Thomas Edison</i>	Inspire
9th Sep	<i>"Thousands of candles can be lit by a single candle and the life of that candle will not be shortened" Buddah</i>	Involvement
10th Sep	<i>Right actions depend on right thinking.</i>	Mind-set
11th Sep	<i>You can't give away what you don't have.</i>	Programme
12th Sep	<i>We only know the true worth of something when we have lost it.</i>	Regret
13th Sep	<i>There is no next time, for me It is now or never.</i>	Therapy
14th Sep	<i>Gambling was my trap door and then my trap.</i>	Therapy
15th Sep	<i>"Only a life lived for others is a life worthwhile." Albert Einstein</i>	Wisdom
16th Sep	<i>Yesterday's recovery is no good to me today.</i>	Complacency
17th Sep	<i>Life is like a tea bag, you never know how strong you are until you are in hot water!</i>	Courage

18th Sep	<i>Pride comes before a fall.</i>	Ego
19th Sep	<i>Denial is not just a river in Egypt.</i>	Giving Up
20th Sep	<i>"Oh what a tangled web we weave, when first we practice to deceive" Sir Walter Scott</i>	Honesty
21st Sep	<i>Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Michelangelo, Mother Teresa, Leonardo da Vinci, Stephen Hawking and Albert Einstein.</i>	Improvement
22nd Sep	<i>"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Dream. Discover." Mark Twain</i>	Inspire
23rd Sep	<i>"We make a living by what we get, but we make a life by what we give." Winston Churchill</i>	Involvement
24th Sep	<i>"A strong positive mental attitude will create more miracles than any wonder drug" Patricia Neal</i>	Mind-set
25th Sep	<i>This is a selfish programme.</i>	Programme
26th Sep	<i>You can't move forward if you keep looking back.</i>	Regret
27th Sep	<i>My worst day free from gambling is better than my best day gambling.</i>	Therapy
28th Sep	<i>"Life is rather like a tin of sardines, we're all of us looking for the key! " Alan Bennett</i>	Wisdom
29th Sep	<i>Never ask others to do what you must do for</i>	Complacency

yourself.

30th Sep *Do not preach your beliefs; let others observe them in your actions.* Ego

October

1st Oct *Fill the void* Giving Up

2nd Oct *Say what you mean and mean what you say.* Honesty

3rd Oct *From darkest adversity comes strength and light.* Improvement

4th Oct *"The best things in life are nearest:
Breath in your nostrils, light in your eyes,
flowers at your feet, duties at your hand, the
path of right just before you.
Then do not grasp at the stars, but do life's
plain, common work as it comes, certain that
daily duties and daily bread are the sweetest
things in life."
Robert Louis Stevenson* Inspire

5th Oct *"Those who bring sunshine into the lives of others cannot keep it from themselves"
James M Barrie* Involvement

6th Oct *"Humans, by changing the inner attitudes of their minds, can change the outer aspects of their lives"
William Shakespeare* Mind-set

7th Oct *Fail to plan and plan to fail.* Programme

8th Oct *It's useless to regret the things that you've done; it's like throwing snowballs at the setting sun.* Regret

9th Oct *Gambling is the surest way to get nothing from something.* Therapy

10th Oct *At a gambling table there are no fathers and sons.* Therapy

11th Oct	<i>In here there's hope, out there there's none.</i>	Hope
12th Oct	<i>Keep coming back.</i>	Giving Up
13th Oct	<i>We are only as sick as our secrets.</i>	Honesty
14th Oct	<i>Every day in every way strive to be better.</i>	Improvement
15th Oct	<i>Luck never gives, it only lends.</i>	Inspire
16th Oct	<i>There are members who make things happen and members who watch things happen. Which one are you?</i>	Involvement
17th Oct	<i>An active mind is a focussed mind.</i>	Mind-set
18th Oct	<i>If you stray from the path of recovery you can end up back where you started.</i>	Programme
19th Oct	<i>Regretted time is wasted time.</i>	Regret
20th Oct	<i>A pint of milk always cost a fortune.</i>	Therapy
21st Oct	<i>Knowledge talks, wisdom listens.</i>	Wisdom
22nd Oct	<i>You teach best when you most need to learn.</i>	Wisdom
23rd Oct	<i>When in doubt, don't.</i>	Giving Up
24th Oct	<i>It's better to tell a painful truth than an easy lie.</i>	Honesty
25th Oct	<i>The biggest room in the world is the room for improvement.</i>	Improvement
26th Oct	<i>From dependence we found independence.</i>	Inspire
27th Oct	<i>Share your experience strength and hope.</i>	Involvement
28th Oct	<i>Your altitude is determined by your attitude.</i>	Mind-set
29th Oct	<i>Recovery is a process, a contentious journey. You don't have to wait for years to feel the benefits. If you stop running and stop fighting, you begin accepting. If you forgive yourself, the benefits of recovery are available to you now, in the space of your next breath.</i>	Forgiveness
30th Oct	<i>Any journey, however long, begins with the first step.</i>	Programme

31st Oct	<i>No-one can make a brand new start but anyone can start from today and make a brand new beginning.</i>	Regret
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November

1st Nov	<i>Gambling is an equal opportunity destroyer of lives.</i>	Therapy
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2nd Nov	<i>It makes no difference if you win or lose, until you lose.</i>	Therapy
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3rd Nov	<i>Prizes easily won are often not worth winning.</i>	Wisdom
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4th Nov	<i>I didn't make it all the way to the beach to drown in the sand.</i>	Giving Up
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5th Nov	<i>I was blind but now I see.</i>	Improvement
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6th Nov	<i>Turn your face to the sun and the shadows will fall behind you.</i>	Inspire
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7th Nov	<i>I am powerless but not helpless.</i>	Programme
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8th Nov	<i>The journey is the destination.</i>	Programme
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9th Nov	<i>It's never too late to be who you could have been.</i>	Regret
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10th Nov	<i>Sometimes if you hold out for everything, you walk away with nothing.</i>	Therapy
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11th Nov	<i>The safest way to double your money is to fold it over once and put it in your pocket</i>	Therapy
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12th Nov	<i>HOW to succeed in GA: Honesty, Open-mindedness and Willingness.</i>	Wisdom
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13th Nov	<i>Waste your money and you have less money. Waste your time and you've lost part of your life.</i>	Wisdom
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14th Nov	<i>Success required obsessive desire; coordinated thoughts, aims and actions; concentrated energy and constant application.</i>	Giving Up
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15th Nov	<i>Learn to listen and listen to learn.</i>	Improvement
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16th Nov	<i>Worrying is like a rocking chair, it gives you something to do but it gets you nowhere.</i>	Inspire
17th Nov	<i>Liberation from gambling is just the beginning.</i>	Programme
18th Nov	<i>In a bookmakers there are 3 windows marked "Bet Here" and one window marked "Pay Out".</i>	Therapy
19th Nov	<i>There is only one good throw of the dice, to throw them away.</i>	Therapy
20th Nov	<i>Advice is hollow, experience is strength.</i>	Wisdom
21st Nov	<i>The chains of addiction are often too small to be felt until they grow too strong to break.</i>	Addiction
22nd Nov	<i>Be more concerned with your character than your reputation, because your character is who you are and your reputation is merely who others think you are.</i>	Character
23rd Nov	<i>Don't let what you cannot do interfere with what you can do.</i>	Choice
24th Nov	<i>If you don't climb the mountain, how do you expect to see the view?</i>	Commitment
25th Nov	<i>Take care of other people and they will take care of you.</i>	Compassion
26th Nov	<i>Seven days without a meeting makes one weak.</i>	Complacency
27th Nov	<i>A clear conscience makes a soft pillow.</i>	Conscience
28th Nov	<i>If life was easy it wouldn't be as rewarding.</i>	Courage
29th Nov	<i>The only thing I can do, is make today the best it can be.</i>	Day at a time
30th Nov	<i>Don't chase your dreams, catch them.</i>	Dream World

December

1st Dec	<i>Never look down on anyone unless you're helping them up.</i>	Ego
2nd Dec	<i>Emotions were lost, only with honesty and commitment can they be rediscovered.</i>	Emotions

3rd Dec	<i>Forgiveness does not change the past, but it does enlarge the future.</i>	Forgiveness
4th Dec	<i>No-one understands my addiction except my friends in this room.</i>	Friendship
5th Dec	<i>Let's keep our hands off and our hearts on.</i>	Giving Up
6th Dec	<i>My guilt will be with me forever. It no longer dominates me, but will always act as a reminder of the person I once was.</i>	Guilt
7th Dec	<i>Gifts made from money can be replaced; gifts from the heart are infinite.</i>	Happiness
8th Dec	<i>Honesty is the first chapter in the book of wisdom.</i>	Honesty
9th Dec	<i>Rainbows only appear after the storm.</i>	Hope
10th Dec	<i>Never tire of doing ordinary things.</i>	Humility
11th Dec	<i>To get something you have never had; you need to do something you have never done.</i>	Improvement
12th Dec	<i>You never know when you're making a memory.</i>	Inspire
13th Dec	<i>What the mind can conceive and believe, the mind can achieve.</i>	Inspire
14th Dec	<i>People don't care how much you know until they know how much you care.</i>	Involvement
15th Dec	<i>Exercise your mind, soul and behaviour.</i>	Mind-set
16th Dec	<i>Don't try to solve all your problems at once.</i>	Pressure
17th Dec	<i>Stopping is starting.</i>	Programme
18th Dec	<i>There is a difference between knowing the path and walking the path.</i>	Programme
19th Dec	<i>Meeting together is a beginning; staying together is progress; working together is success.</i>	Progress
20th Dec	<i>I wish I could turn back the clock but I don't want the money, I just want the time.</i>	Regret

21st Dec	<i>You cannot shake hands with a clenched fist.</i>	Resentment
22nd Dec	<p><i>David's Poem</i></p> <p><i>I am one of many who liked to gamble , One thing in common life was a shambles</i></p> <p><i>The destruction I caused can't be brought back, Will my life ever get back on track</i></p> <p><i>I begged I borrowed at worst I would steal, Always for gambling who cared for a meal</i></p> <p><i>I lost my job my house and my car, The wages I earned never went far</i></p> <p><i>I argued non-stop and always would lie, The darkest days I just wanted to die</i></p> <p><i>Scared of the phone never answering the door, Reality hit I couldn't take anymore</i></p> <p><i>Caused hurt to my partner and also my mum, Took the piss out my daughters and my son</i></p> <p><i>I hated myself I felt all alone, Then plucked up the courage to pick up the phone</i></p> <p><i>With a helping hand I climbed off the floor, On 15th September I came through the door</i></p> <p><i>1st time in my life I noticed the light, I now have some help to win this fight</i></p> <p><i>Each day is a challenge I will meet head on, My thoughts of a gamble might never be gone</i></p> <p><i>Emotions play havoc but I'm in the right place, I know to be patient this isn't a race</i></p> <p><i>One rung on the ladder but a long way to go, My frown will erase and my smile will show</i></p> <p><i>I now have the will and desire for sure , G.A is my medicine but isn't my cure</i></p> <p><i>One day at a time is the way ahead, Go back on a gamble I know I'll be dead David, Kirkcaldy</i></p>	Inspire
23rd Dec	<i>Strive for the golden mean.</i>	Serenity
24th Dec	<i>We all make mistakes, we don't all learn from them.</i>	Slip
25th Dec	<i>Today is a gift, that's why they call it the</i>	Wisdom

present.

26th Dec	<i>The only person I can change is myself.</i>	Sponsorship
27th Dec	<i>Trust someone who has gone through it.</i>	Trust
28th Dec	<i>Neither look down or up to other members.</i>	Unity
29th Dec	<i>One bet is too many and a thousand is not enough.</i>	Therapy
30th Dec	<i>The pine tree stays green in winter. Seek wisdom from hardship.</i>	Wisdom
31st Dec	<i>A good teacher remains teachable.</i>	Wisdom

References

Scattered throughout this booklet are inspirational quotations from prominent historical and modern figures. This section provides a brief biography of each individual.

Abraham Lincoln (12th Feb 1809 - 15th Apr 1865)

Abraham Lincoln was the 16th president of the United States. Assassinated in 1865, he led his country through the civil war, building unity across opposing factions. Lincoln issued the Emancipation Proclamation in 1863 which led to the abolishment of slavery.

Alan Bennett (9th May 1934)

Alan Bennett is a British author, actor and playwright. He is viewed as one of the foremost screenwriters of the 20th century.

Albert Einstein (14th Mar 1879 - 18th Apr 1955)

Albert Einstein was a German theoretical physicist who developed the theory of general relativity. He resolved fundamental issues with Newtonian mechanics, progressing Physics into the modern age and giving birth to quantum theory. Einstein was involved in the development of the atomic weapon during World War 2, although subsequently opposed the use of such weaponry, alongside Bertrand Russell.

Alexander Graham Bell (3rd Mar 1847 - 2nd Aug 1922)

Alexander Graham Bell was a Scottish scientist, engineer and inventor. He developed the first telephone but is also credited with ground-breaking work in optical telecommunications and aeronautics.

Andrew Carnegie (25th Nov 1835 - 11th Aug 1919)

Andrew Carnegie was a Scottish industrialist and philanthropist who led the massive expansion of the American steel industry. He sold his business interests in 1901 and devoted the rest of his life to establishing many universities, libraries and schools within the USA, Canada and the United Kingdom.

Audrey Hepburn (4th May 1929 - 20th Jan 1993)

Audrey Hepburn was a British actress who became one of the world's most famous actresses of all time. She won an Academy Award and devoted her later life to the support of Unicef working with disadvantaged communities across the globe.

Barack Obama (4th Aug 1961 to date)

Barack Hussein Obama the second was elected President of the United States from 2008. He was the first black president and his work included revolutionary legislation to protect Americans without medical insurance.

Benjamin Disraeli (21st Dec 1804 - 19th Apr 1881)

Benjamin Disraeli was British Prime Minister during 1868 and again between 1874 and 1880. Disraeli is the only Jewish Prime Minister in British history and was Glasgow University rector in the 1870s.

Benjamin Franklin (17th Jan 1706 - 17th Apr 1780)

Benjamin Franklin was a scientist, politician, musician and inventor. He developed several applications for the use of electricity and was pivotal in the establishment of key American institutions such as the first lending library and fire department.

Buddha (563BC - 483BC)

Gautama Buddha is the supreme Buddha and the inspiration behind the Buddhist religion. Buddha's life shunned self-indulgence in favour of a higher meaning and a path towards enlightenment.

Confucius (28th Sept 551BC - 479BC)

Confucius was a Chinese philosopher credited with the creation of concepts around social relationships, justice and sincerity. Confucius is believed to be the basis of Chinese tradition, beliefs and society. One famous saying to which he is associated is "do not do to others what you do not want done to yourself".

Dale Carnegie (24th Nov 1888 - 1st Nov 1955)

Dale Carnegie was an American writer and lecturer who specialised in self-improvement. He believed that it was possible to change someone's

behaviour by changing how one acts to them.

George Patton (11th Nov 1885 - 21st Dec 1945)

George S Patton was a United States Army General who led the Third Army division during World War II. Patton's army captured more enemy soldiers and captured territory faster than any other army in military history.

George Washington (22nd Feb 1732 - 14th Dec 1799)

George Washington was the first president of the United States of America. Washington led the American Revolutionary War and presided over the establishment of the constitution.

Henry David Thoreau (12th Jul 1817 - 6th May 1862)

Henry David Thoreau was an American author, poet and philosopher. He wrote over 20 books and focussed upon justice and morality, often questioning government policies of the time.

James Barrie (9th May 1860 - 19th June 1937)

James Matthew Barrie was a Scottish author, renowned for the creation of Peter Pan. Barrie was born in Kirriemuir, Angus. Before his death he gifted all rights to Great Ormand Street hospital who continue to benefit from them.

Mahatma Ghandi (2nd Oct 1869 - 30th Jan 1948)

Mahatma Ghandi led India to independence through a movement of non-violent protest. Widely recognised as an inspiration for civil rights and freedom movements across the world.

Marcus Aurelius (26th Apr 121AD - 17th Mar 180AD)

Marcus Aurelius Antoninus Augustus was Roman Emperor from 161 to 180AD. Aurelius acquired the reputation of a "Philosopher King". The historian Herodian wrote that Aurelius "gave proof of his learning not by mere words or knowledge of philosophical doctrines, but by his blameless character and temperate way of life".

Marianne Williams (12th Dec 1793 - 16th Dec 1879)

Marianne Williams is an English teacher who is renowned for her pioneering work establishing the first schools for Maori children in New Zealand. She became known as *Mata Wiremu* (Mother Williams).

Mark Twain (30th Nov 1835 - 21st Apr 1910)

Mark Twain (real name: Samuel Langhorne Clemens) was an American author most renowned for *The Adventures of Tom Sawyer* and *Adventures of Huckelberry Finn*. Twain was often referred to as the father of American literature.

Martin Luther King Jr (15th Jan 1929 - 4th Apr 1968)

Martin Luther King Jr was an American minister and civil rights activist. He preached the use of non-violent methods of protest in an effort to address inequality and persecution of non-white American citizens. In 1964 King became the youngest person to receive the Nobel Peace Prize in recognition of his efforts to end racial discrimination and segregation. He was assassinated pm the 4th April 1968 in Memphis Tennessee.

Mohammad Ali (17th Jan 1942)

Mohammad Ali (born Cassius Clay Jr) is an American former professional boxer. A heavyweight boxing champion, Ali is renowned as the greatest boxer of all time. His exuberant style and high profile in the American civil rights movement led to his legendary status. Ali was awarded the title of sportsman of the century in 1999.

Pablo Picasso (25th Oct 1881 - 8th Apr 1973)

Picasso is a Spanish painter and sculptor and is one of the most influential artists of the 20th Century. He is the co-founder of the Cubist movement, among a variety of other styles.

Patricia Neal (20th Jan 1926 – 8th Aug 2010)

Patricia Neal was an American stage and screen actress. She starred in The Day the Earth Stood Still and Breakfast at Tiffany's and was married to Roald Dahl. She won an Academy award for best actress in 1971 for her role in Hud.

Ralph Waldo Emerson (25th May 1803 - 27th April 1882)

Ralph Waldo Emerson was an American essay writer who wrote in favour of individualism. A philosopher who considered the relationship between the soul and surrounding world.

Robert Burns (25th Jan 1759 - 21st July 1796)

Robert Burns is a Scottish poet and lyricist and the national poet of Scotland. The pioneer of the romantic movement writing in both Scots and English. An iconic Scottish cultural figure throughout the world, his most famous work includes A Red Red Rose, Auld Lang Syne, Tam o'Shanter and Scots Who Hae.

Robert Louis Stevenson (13th Nov 1850 - 3rd Dec 1894)

Stevenson was a seminal Scottish novelist, poet and travel writer. He was a famous author within his own lifetime and has become one of the most translated authors of all time. His works include Dr Jekyll and My Hyde, Treasure Island and Kidnapped.

Rudy Giuliani (28th May 1944 to date)

Rudy Giuliani is an American businessman and politician who served as Mayor of New York between 1994 and 2001. He gained international recognition for his handling of the September 11th 2001 terrorist attacks.

Sir Walter Scott (15th Aug 1771 - 21st Sept 1832)

Scott was a Scottish historical novelist, poet and playwright. He was the first English language author to gain an international reputation. His works include Rob Roy, The Heart of Midlothian and Ivanhoe.

Steve Jobs (24th Feb 1955 - 5th Oct 2011)

Steven Paul Jobs was an American inventor and businessman widely renowned as pioneering the personal computing revolution. Jobs products include the Macintosh computer, iPod, iPhone and iPad. Jobs is accredited with making IT simple and accessible to the consumer and for making products that the public did not know they needed until they owned it.

Thomas Edison (11th Feb 1847 - 18th Oct 1931)

Thomas Alva Edison was an American inventor who developed many devices which significantly impacted society to this day. He was the fourth most prolific inventor in history, holding 1093 patents. His inventions include the light bulb, electrical power distribution technology and motion picture camera.

William Shakespeare (26th Apr 1564 - 23rd Apr 1616)

Shakespeare is regarded as the most famous playwright of all time and the most celebrated artist of the English language. He has produced some of the most important works to the English language amounting to 38 plays, 154 sonnets and a number of poems. His works include King Lear, Macbeth, Othello, Hamlet and Romeo and Juliet.

Winston Churchill (30th Nov 1874 - 24th Jan 1965)

Churchill was British Prime-Minister between 1940 and 1945 and then 1951 to 1955. He led Britain through the second world war as leader of a coalition government. He received a nobel prize for literature and became the first honorary citizen of the United States.

My Favourite Sayings

Notes

God

Grant me the Serenity

To accept the things

I cannot change...

Courage to change

The things I can

And Wisdom to know the

difference