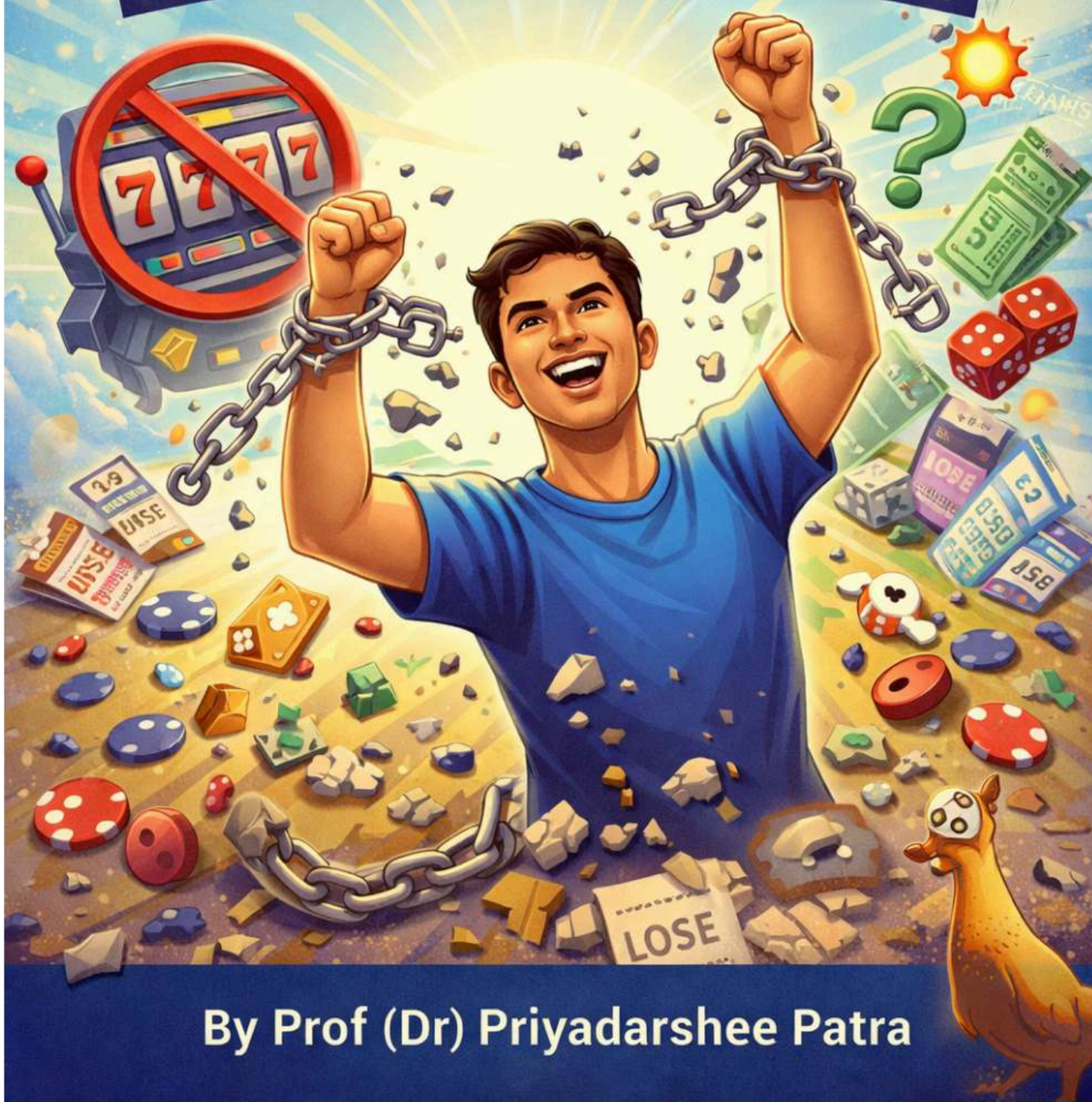
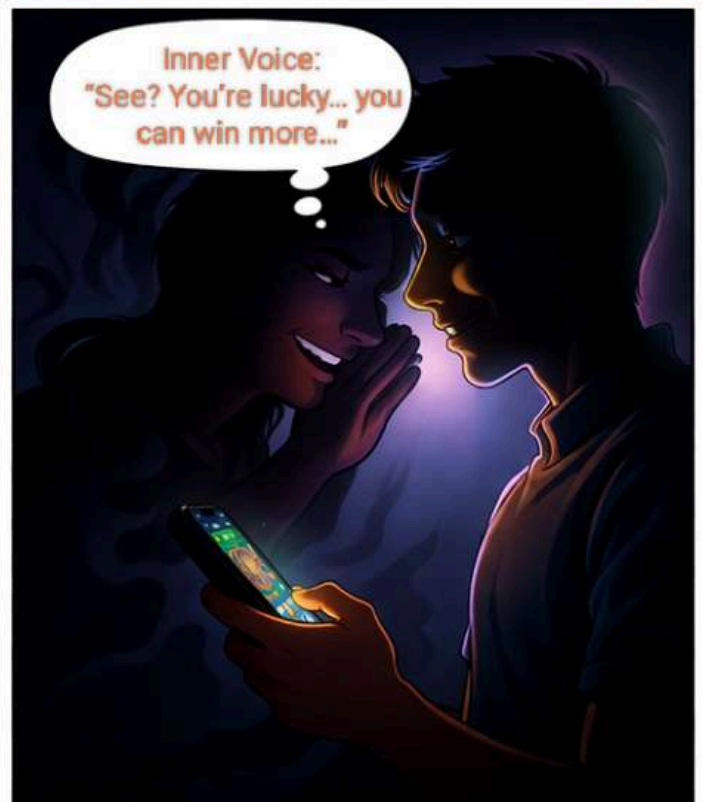
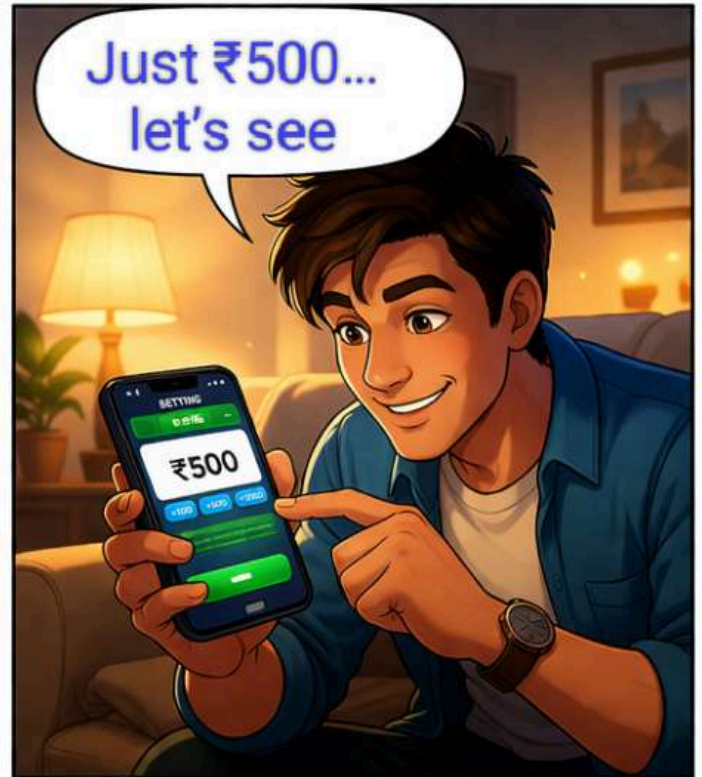


BEATING GAMBLING ADDICTION



By Prof (Dr) Priyadarshee Patra

THE BEGINNING – “JUST FOR FUN”



THE HOOK – REWARD SYSTEM



Arjun is
now betting
every day

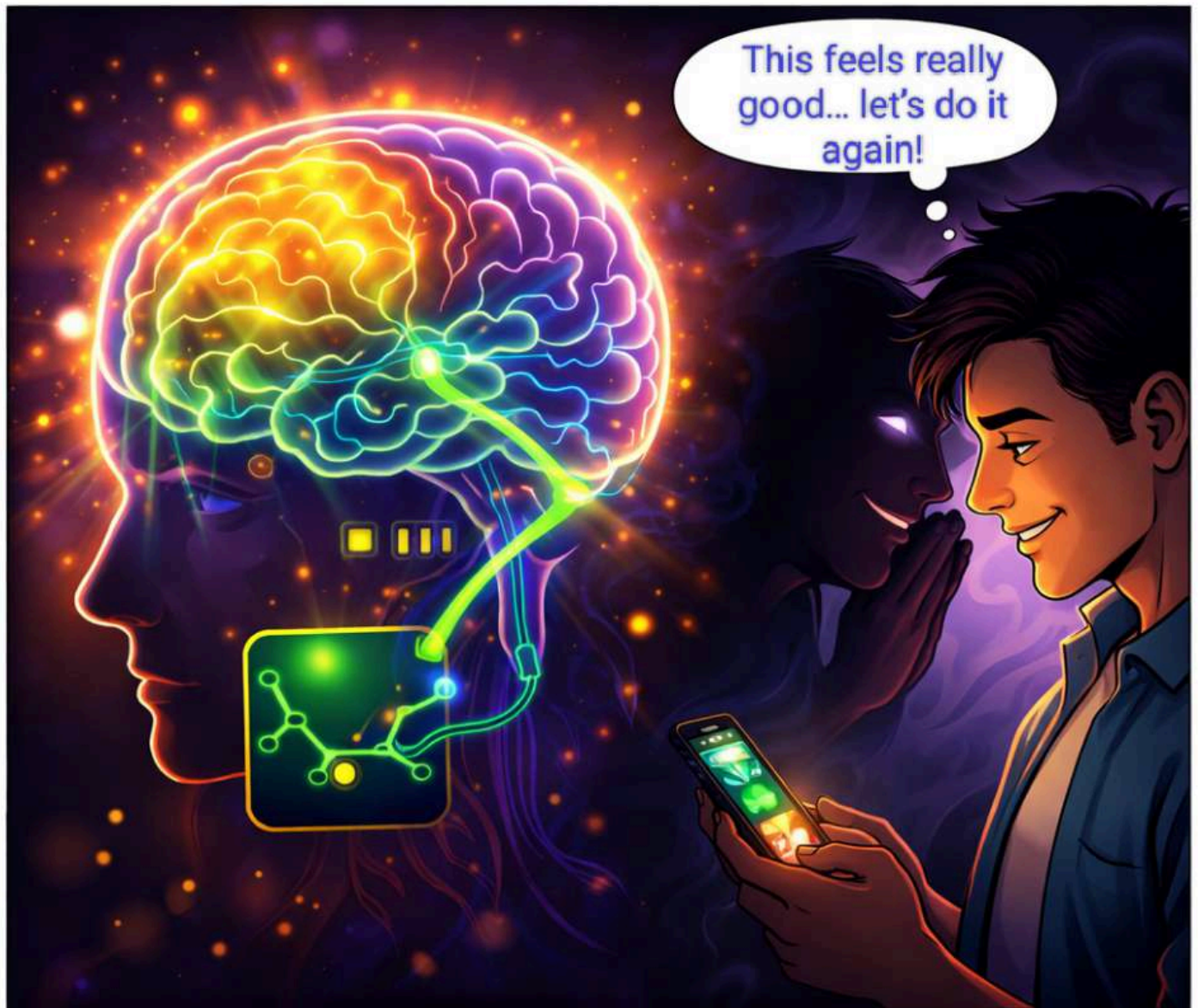


When he wins, his brain releases a 'feel-good chemical' called dopamine."

👉 Meaning:

Winning makes him feel happy and excited—so he wants to repeat it

Brain Reward System



The brain starts
linking gambling
with pleasure

His brain is learning:
Gambling = Pleasure →
Repeat it again and again

Early Warning Signs



He doesn't realize it's becoming a problem

Others can see the change before he does

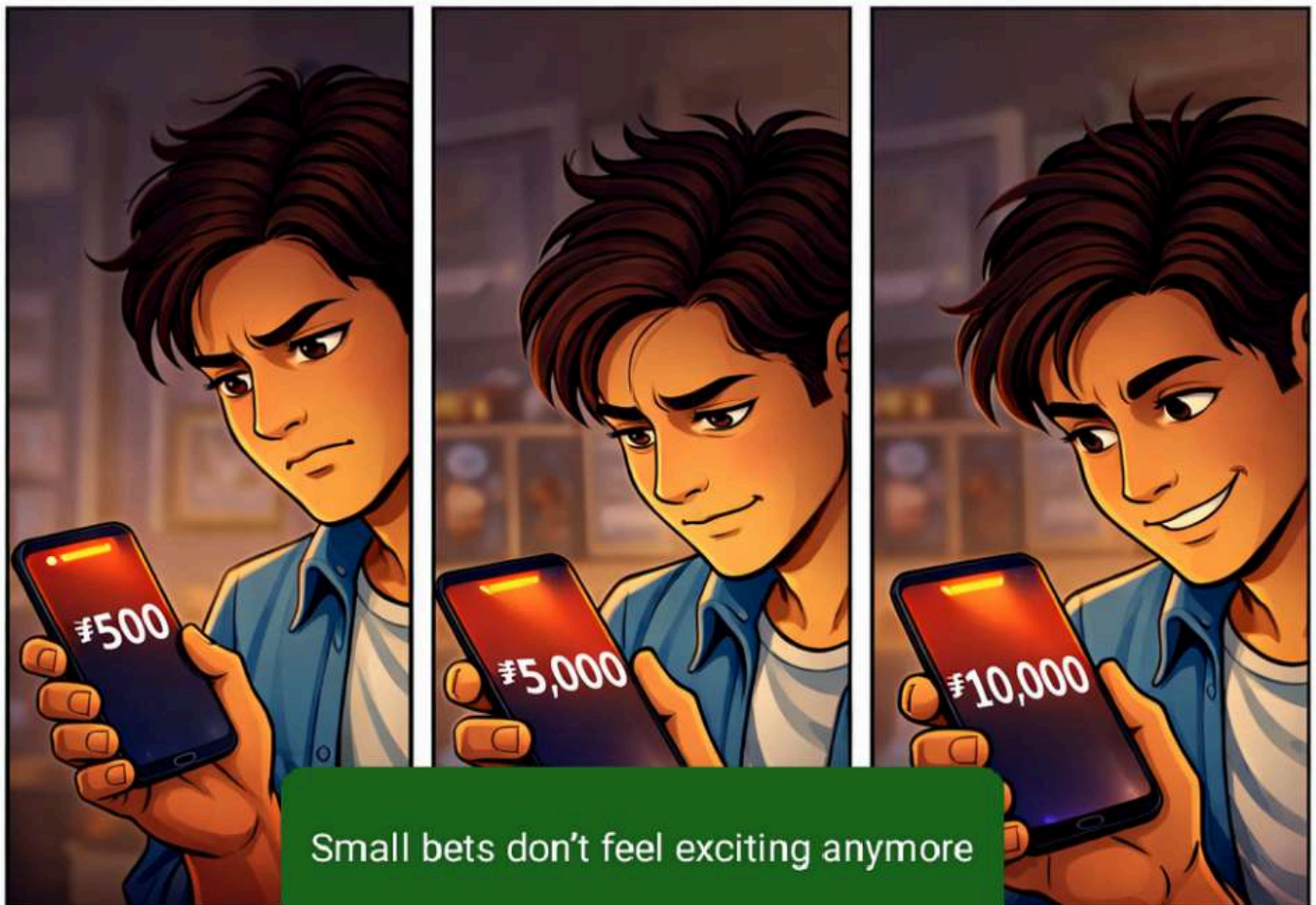


Always Thinking About Gambling

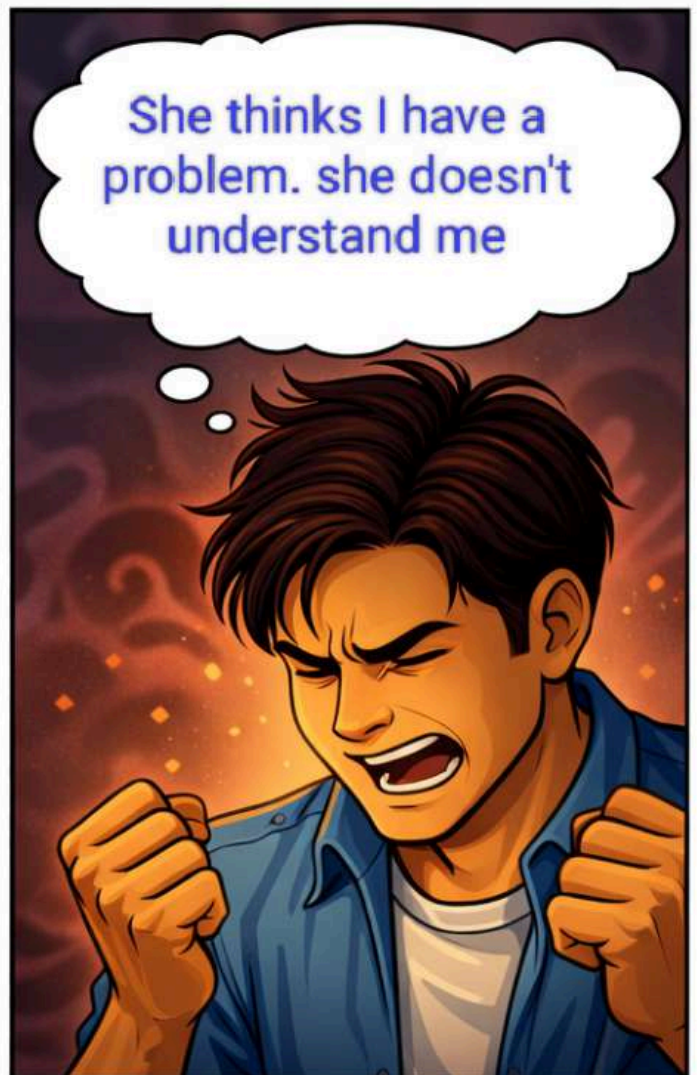


- Even at work or with family, the mind keeps going back to betting
- Planning next bets, remembering past wins/losses

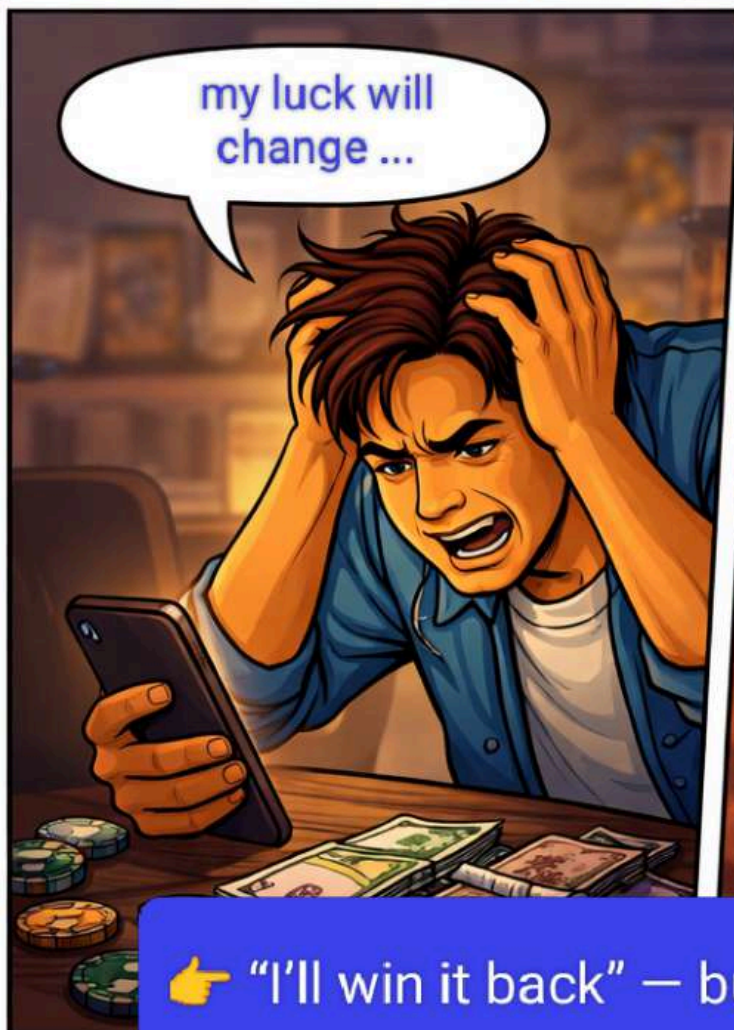
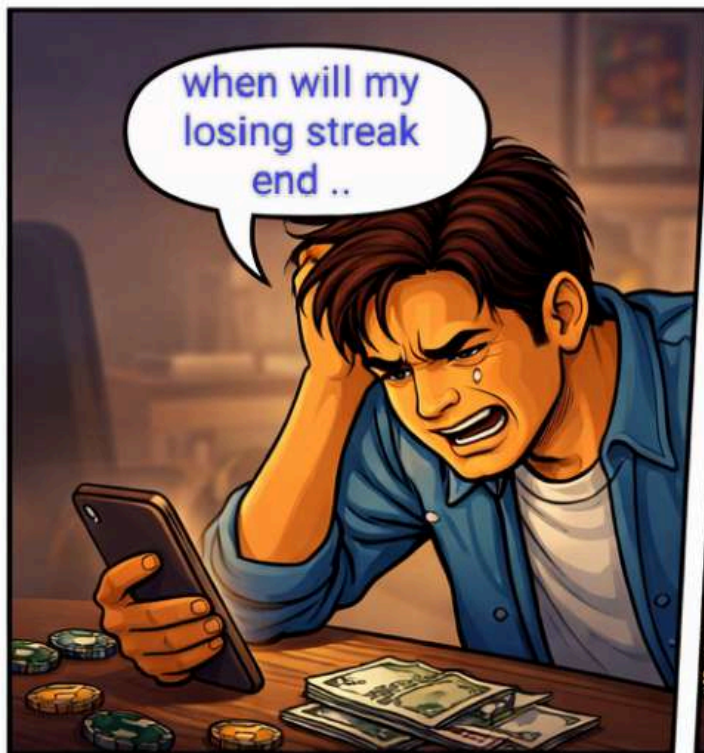
Needs to Bet More and More (Increasing Amount)



Gets Irritated if Stopped

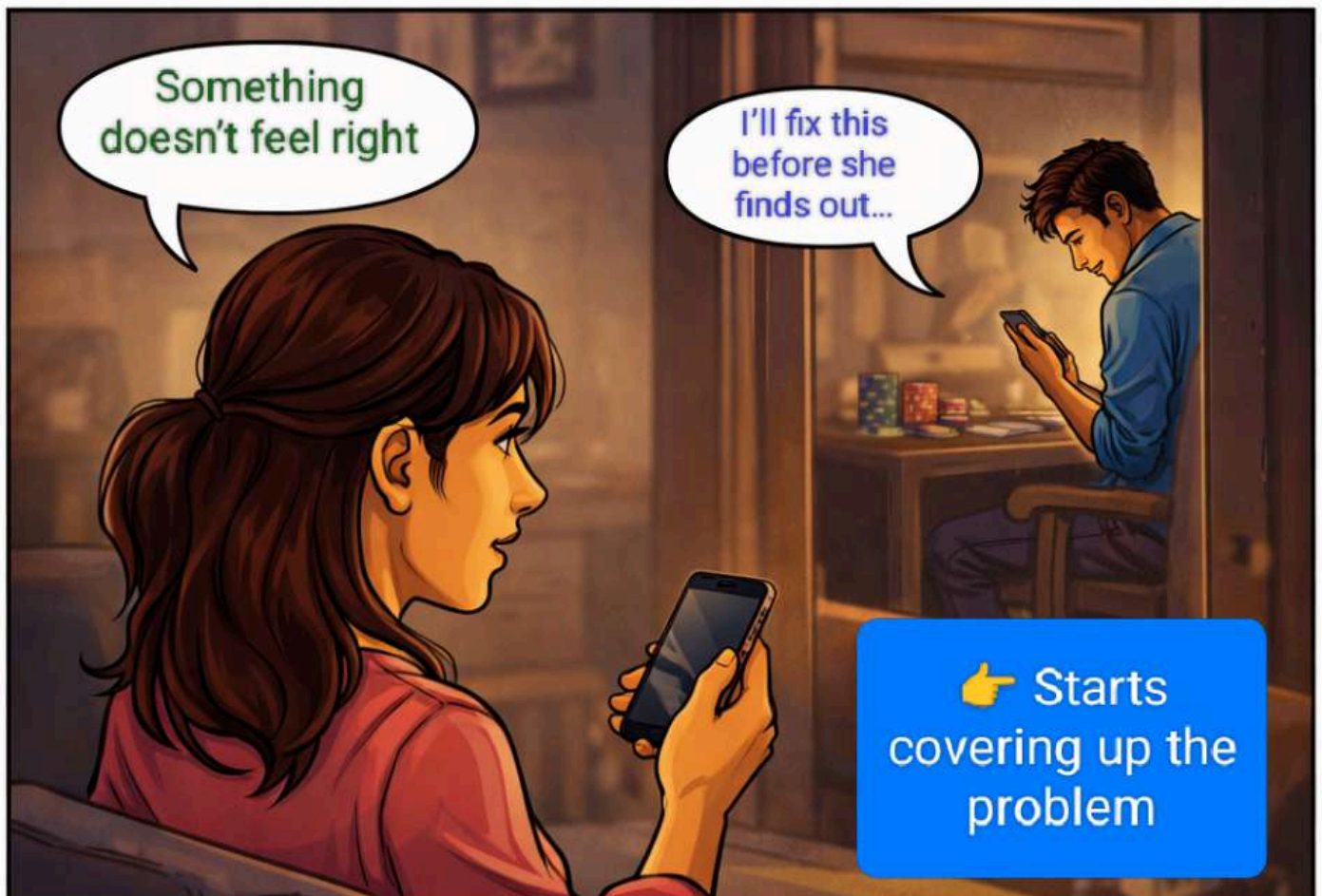


Trying to Win Back Losses (Chasing Losses)



👉 "I'll win it back" — but usually lose more

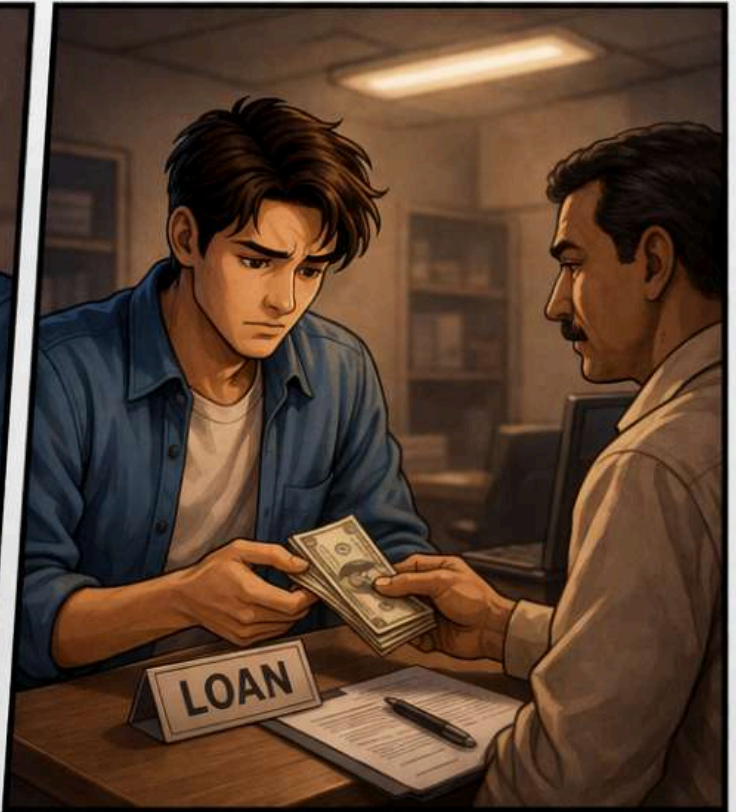
Lying to Others



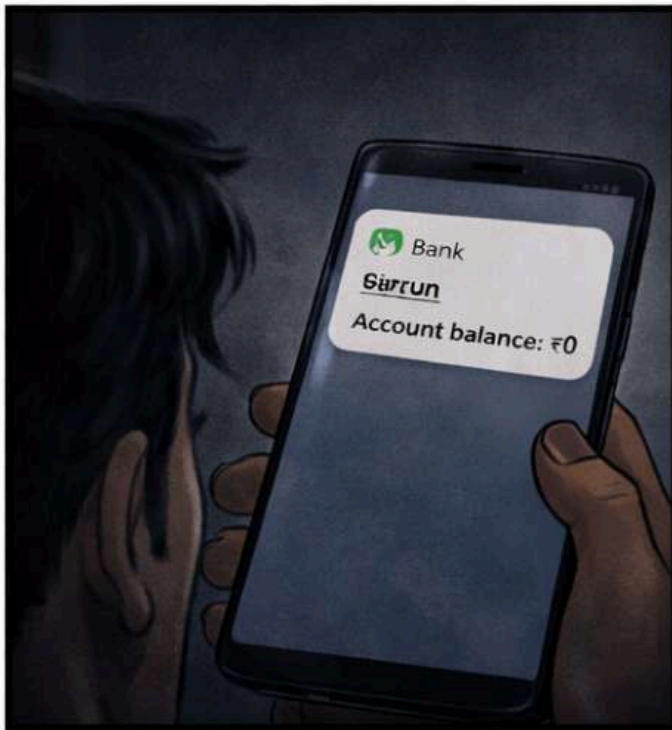
Relationships Get Affected



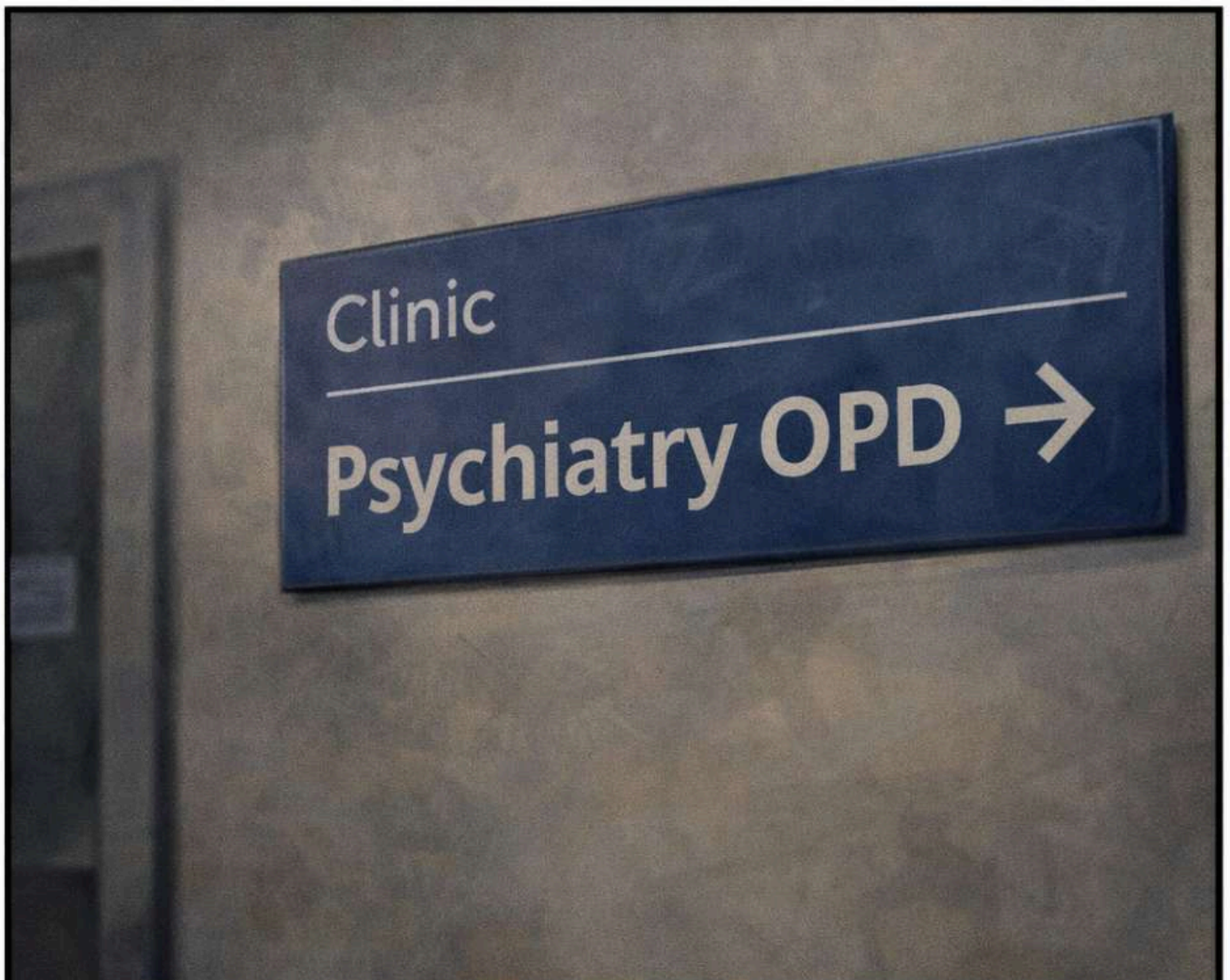
Borrowing and Losing Money



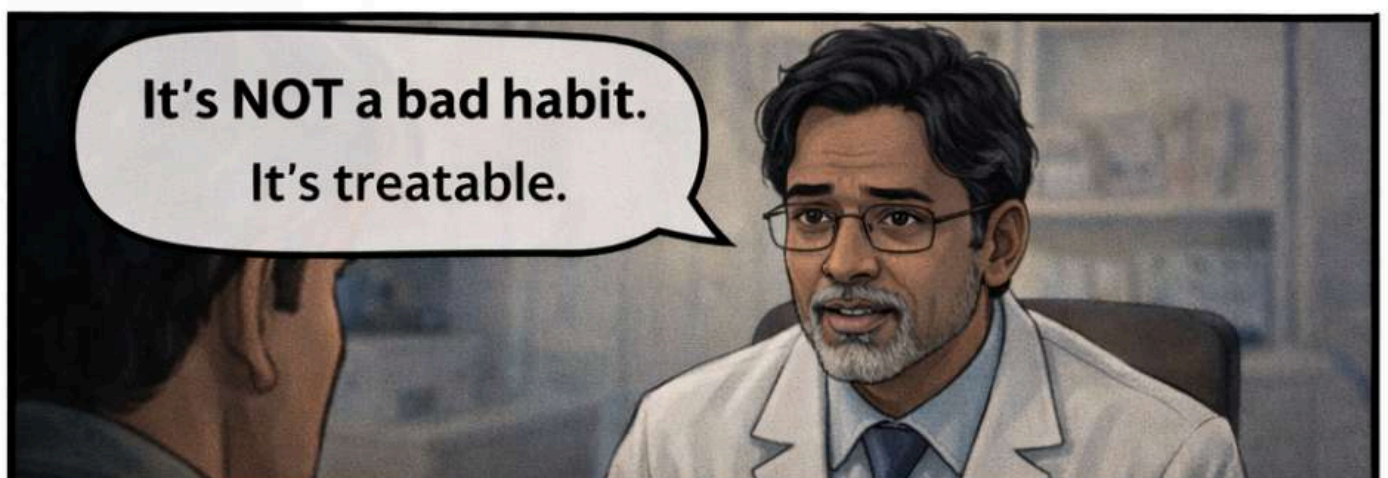
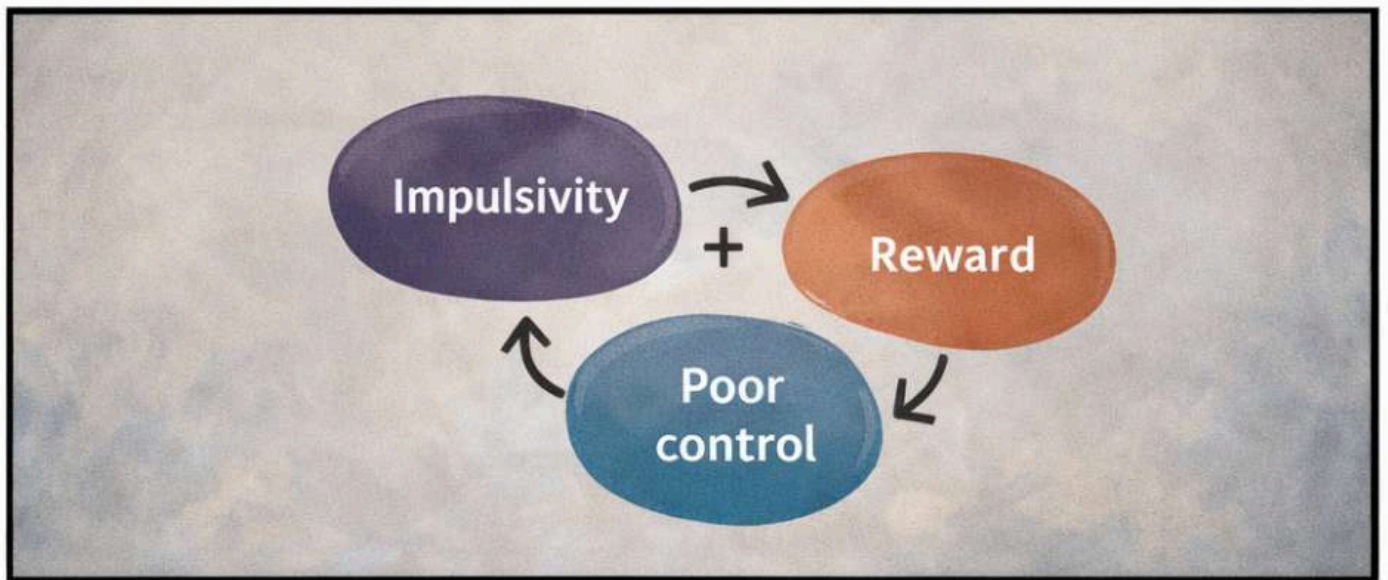
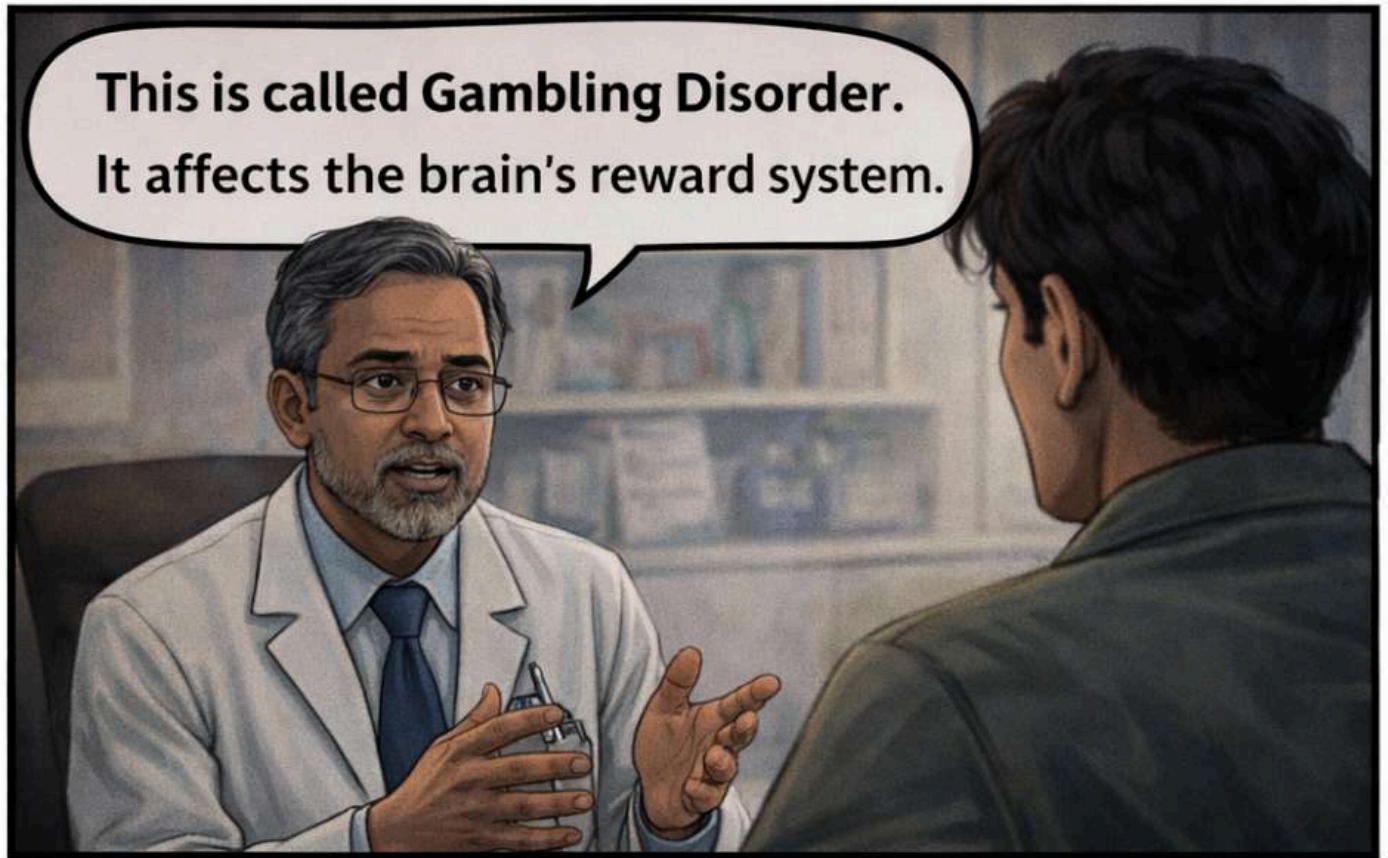
👉 Financial problems start building up



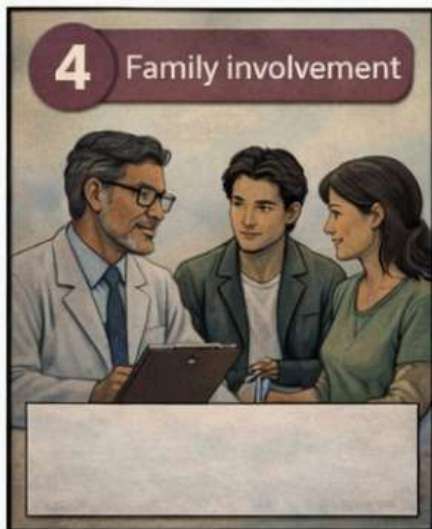
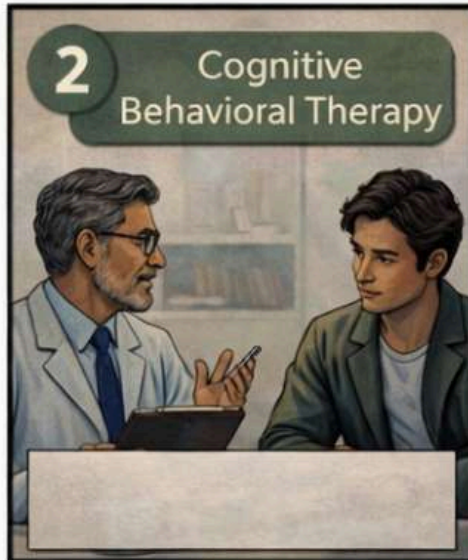
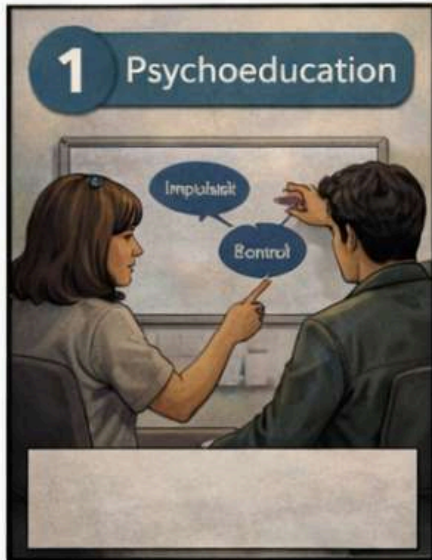
TURNING POINT



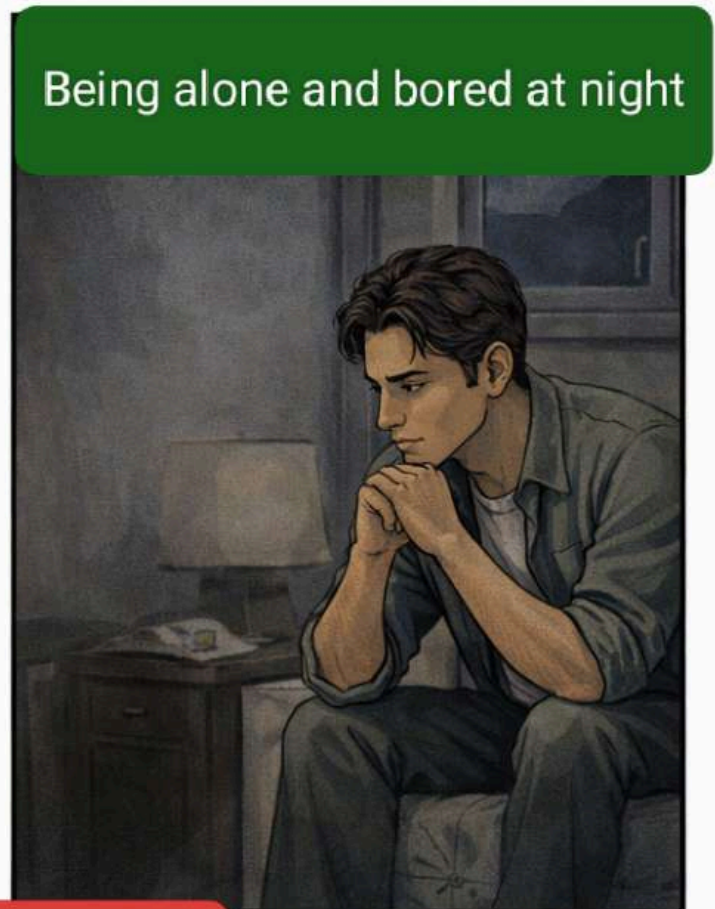
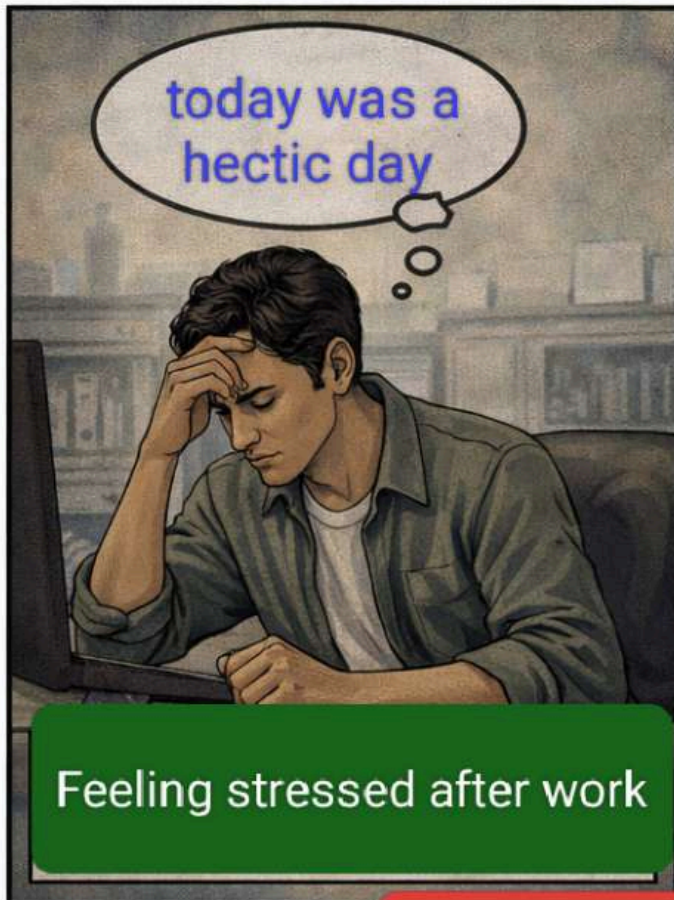
PSYCHIATRIC ASSESSMENT



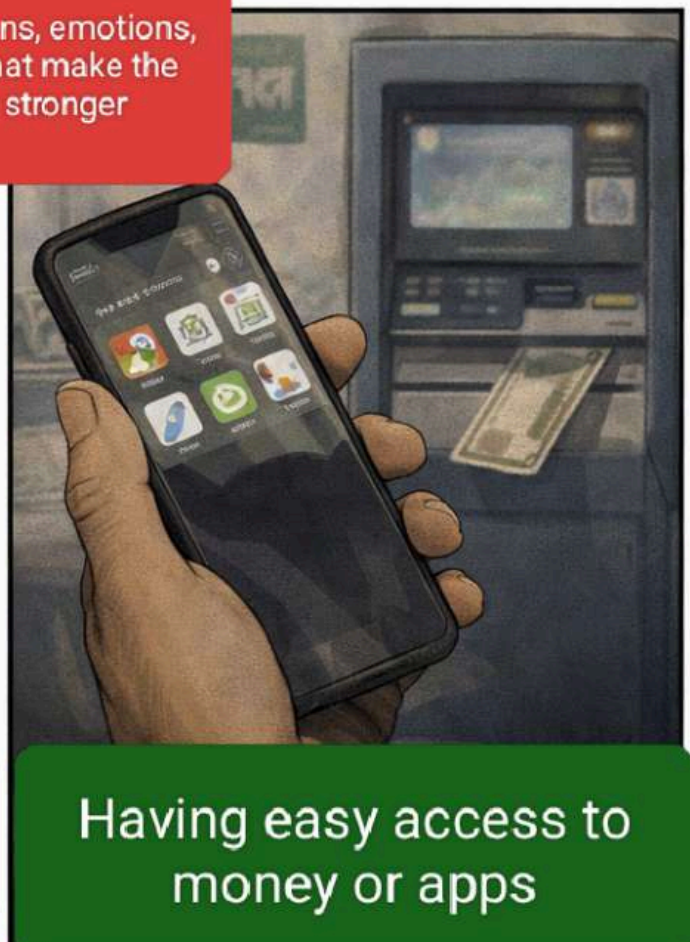
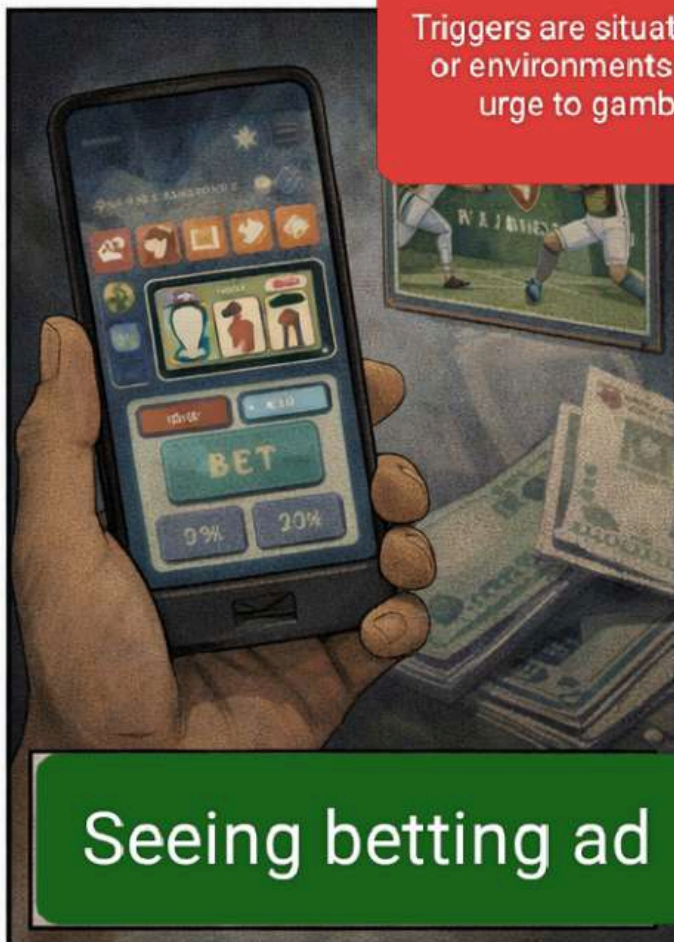
TREATMENT OVERVIEW

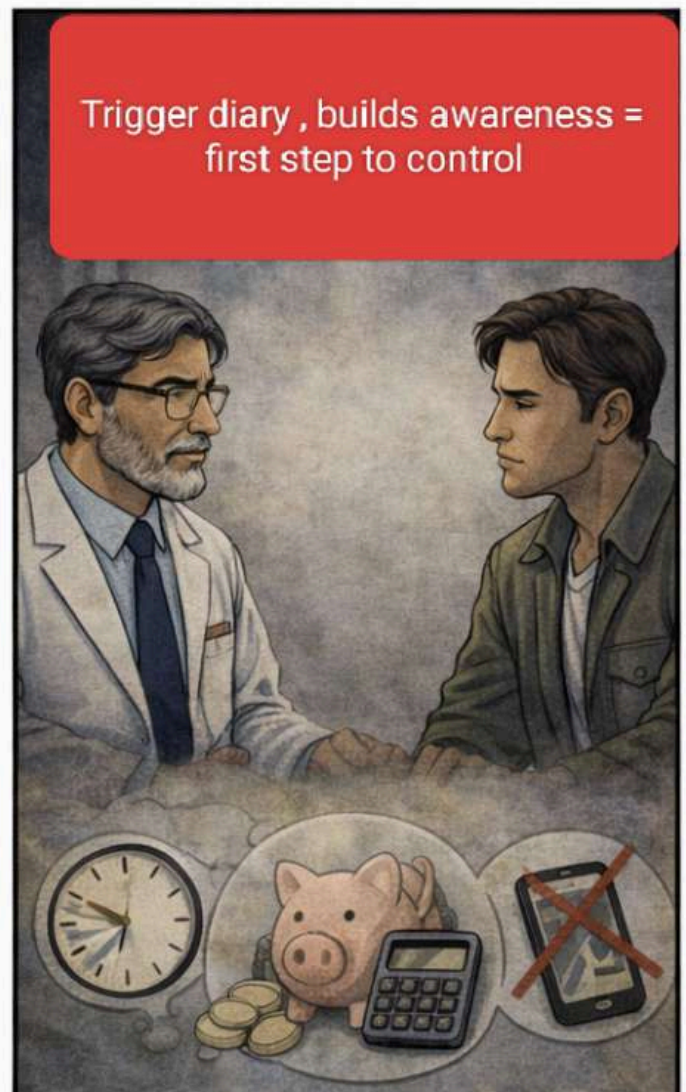
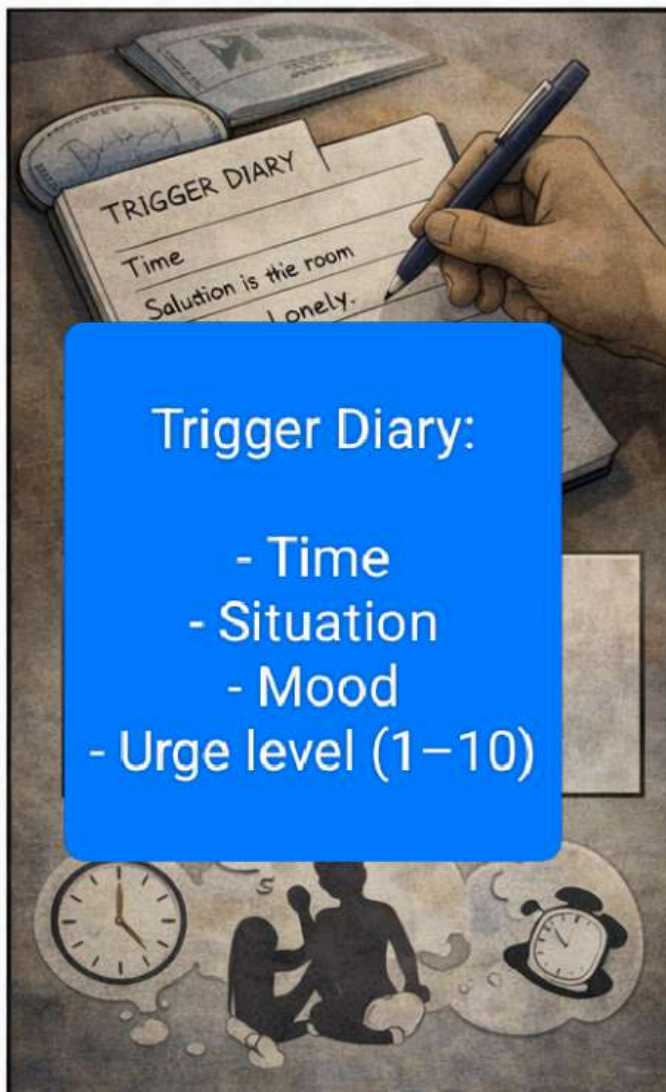
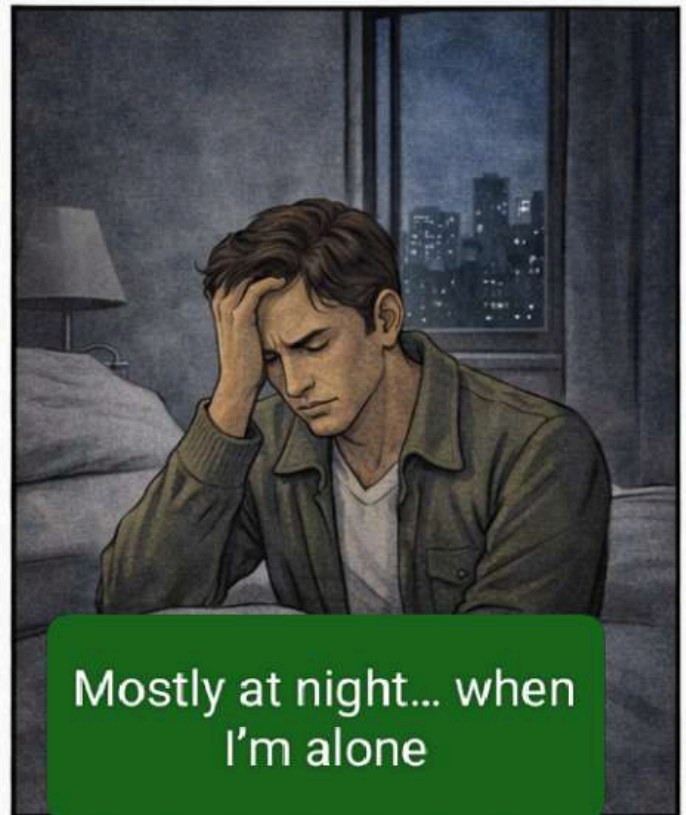
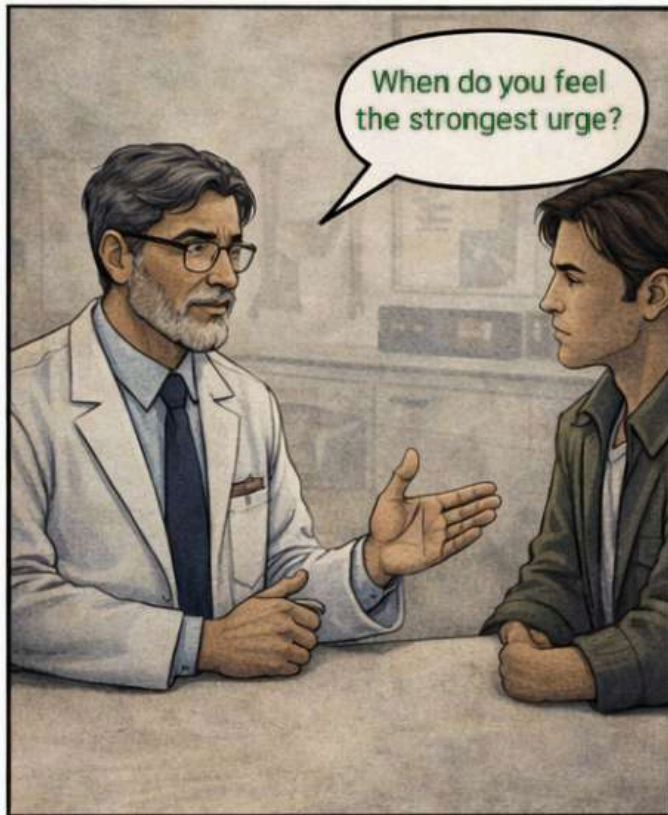


STEP 1: IDENTIFY TRIGGERS



Triggers are situations, emotions, or environments that make the urge to gamble stronger





IDENTIFY THOUGHTS

(Cognitive Distortions)



What it means: The brain creates false beliefs that justify gambling.



Common Gambling Thoughts:



Gambler's fallacy

"I've lost 5 times... next one must be a win"



Illusion of control

"I can predict the outcome"



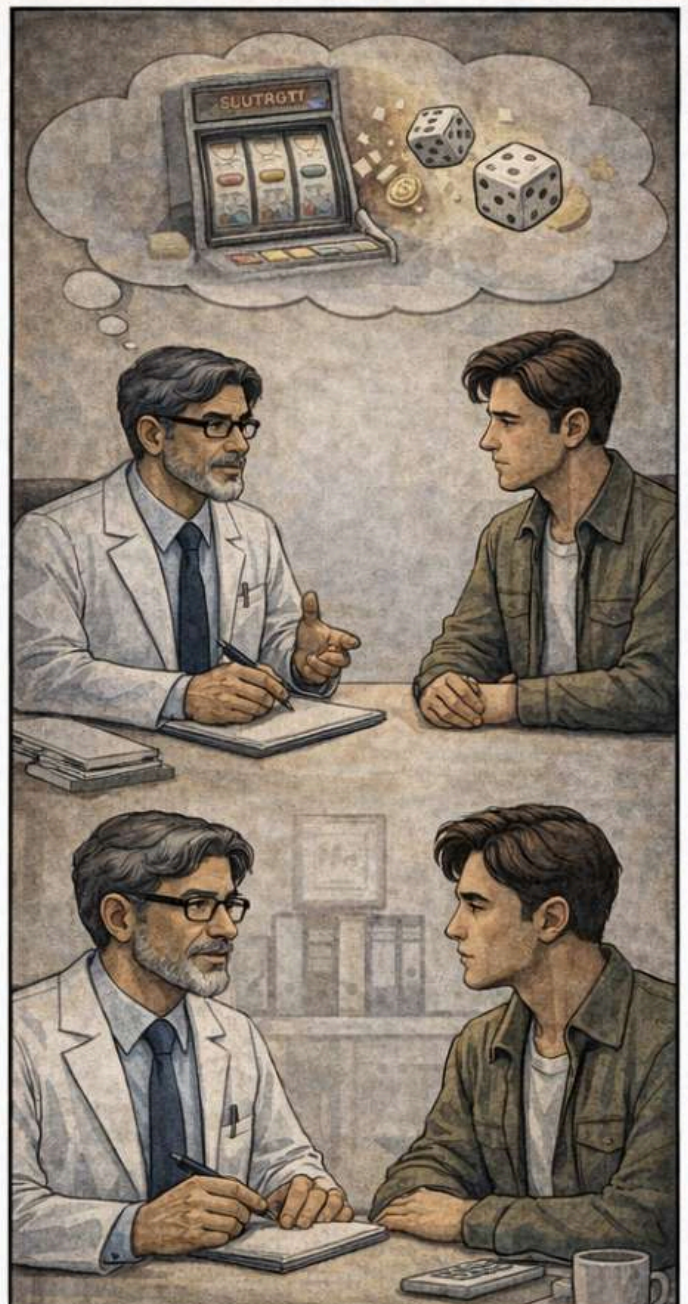
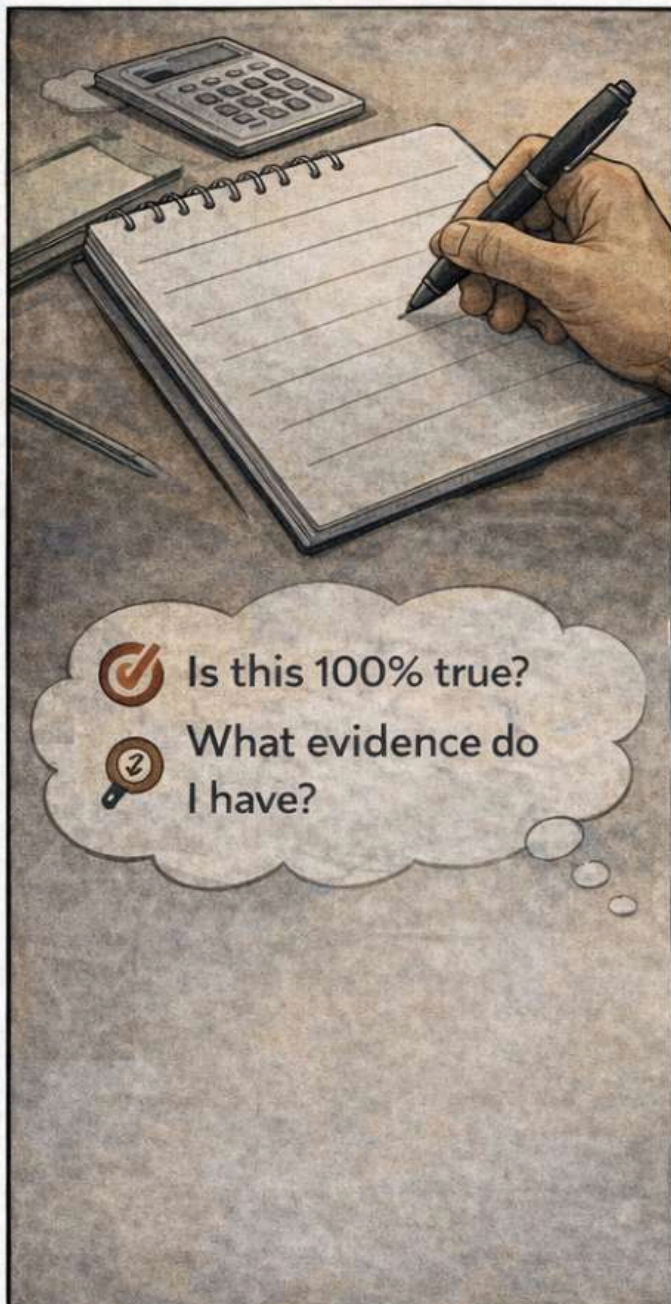
Chasing losses

"I'll recover everything in one big win"



Minimizing harm

"It's just a small amount"



COGNITIVE RESTRUCTURING

(Correcting Thoughts)



What it means: Replace false thoughts with realistic ones.



Example:

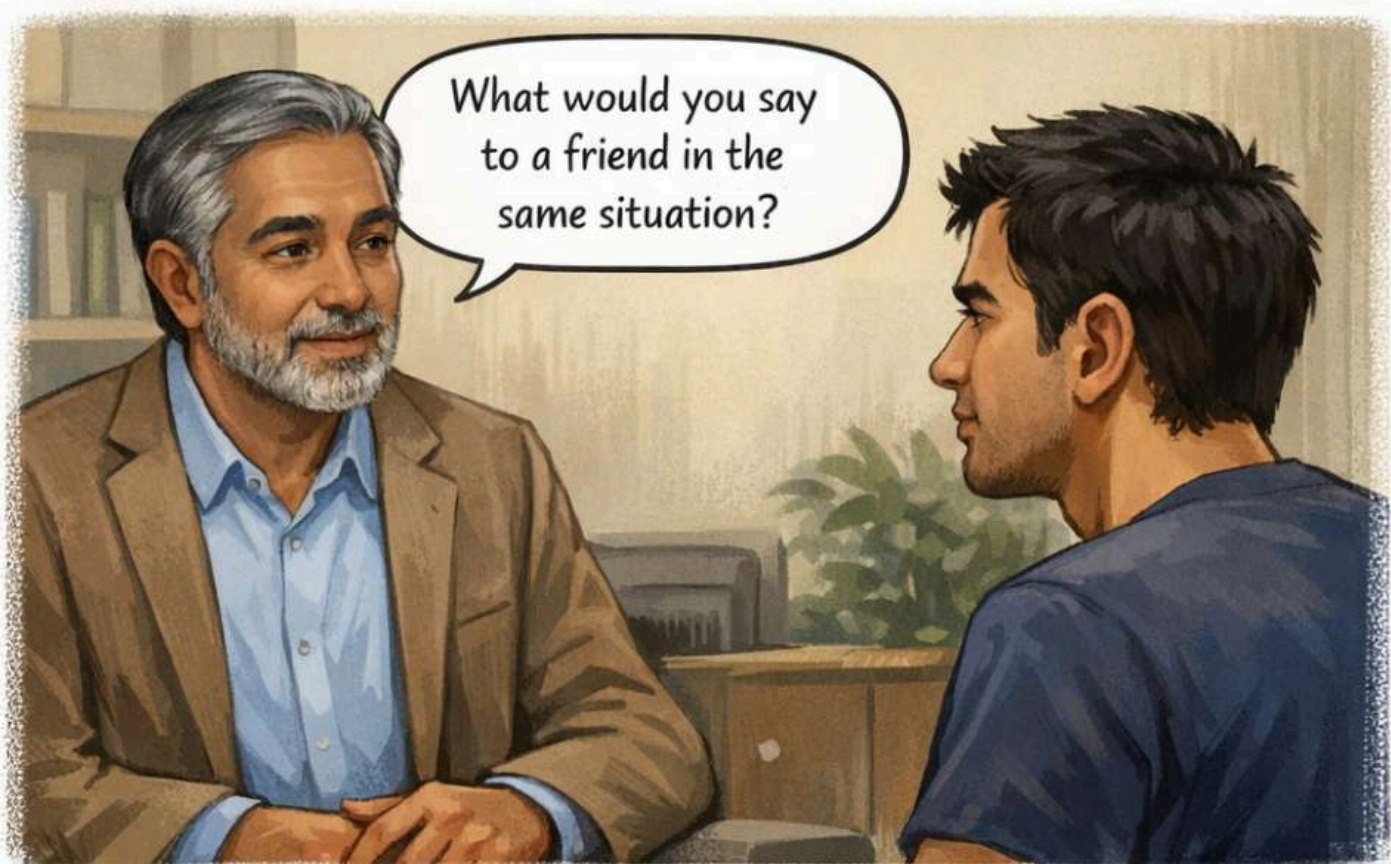
✗ "I'll win it back"

✓ "Gambling outcomes are random—I may lose more"

✗ "I'm lucky today"

✓ "Luck is unpredictable—not controllable."





Situation	Thought	Emotion	New Thought
Lost money gambling.	I can win it all back.	Hopeful, Excited	Winning isn't guaranteed.
			I need to be careful.

URGE MANAGEMENT

(Riding the Wave)

What it means:

Urges feel strong—but they rise and fall like waves



Key idea:

👉 "You don't have to act on the urge"

Techniques:



Delay

"Wait 20~30 minutes before acting"

➤ Most urges weaken with time



Deep Breathing

Slow Inhale (4 sec)

Hold (4 sec)

Exhale (6 sec)

➤ Reduces impulsivity



Distraction

➤ Call a friend

➤ Go for a walk

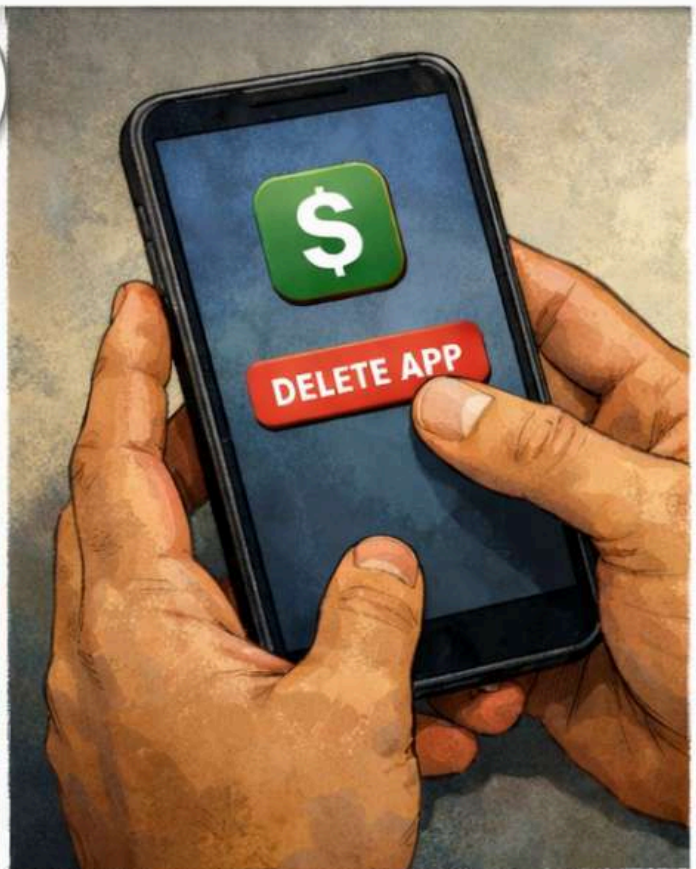
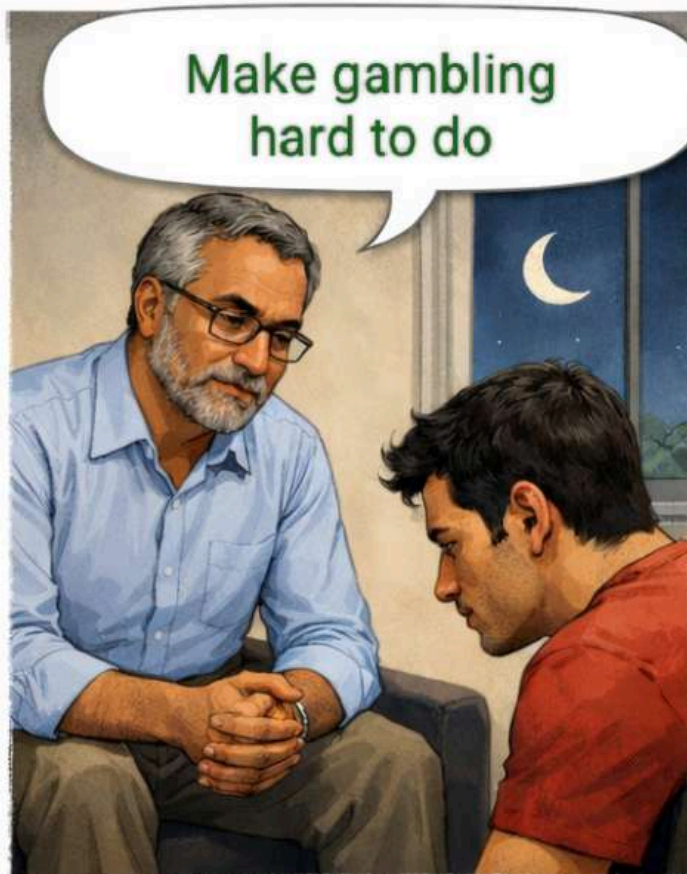
➤ Watch something engaging



Ride the urge like a wave—it rises, then it falls



BEHAVIOURAL STRATEGIES



HEALTHY ALTERNATIVES

(Replace the Reward)



What it means:

Gambling gave dopamine → now replace it with healthy rewards



Options:



Exercise / Sports



Socializing

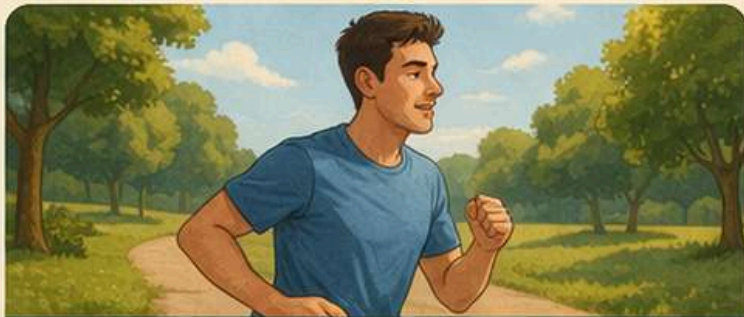


Hobbies

(music, gaming without betting)



Learning Something New



Exercise / Sports



Socializing

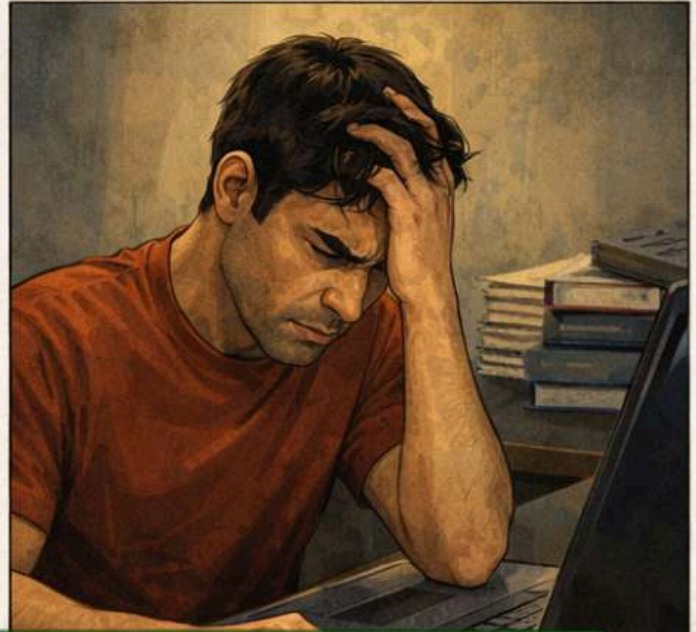


Hobbies (music, gaming without betting)

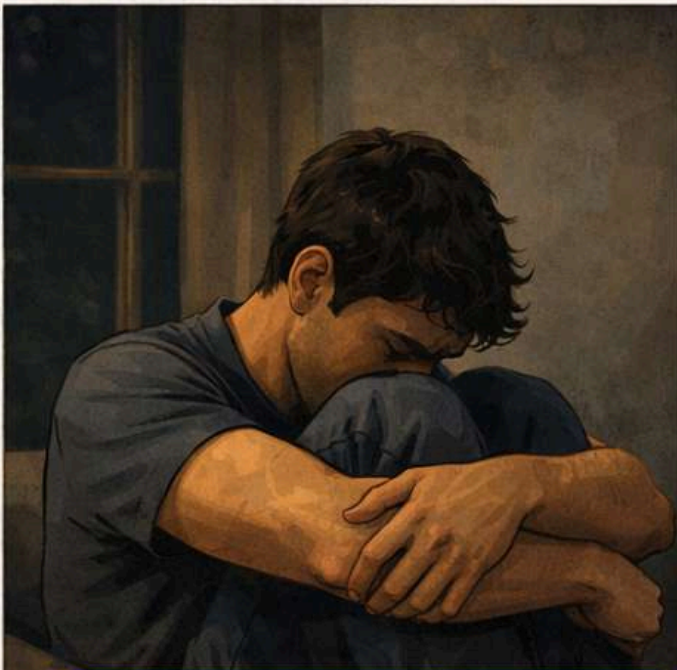


Learning Something New

RELAPSE PREVENTION

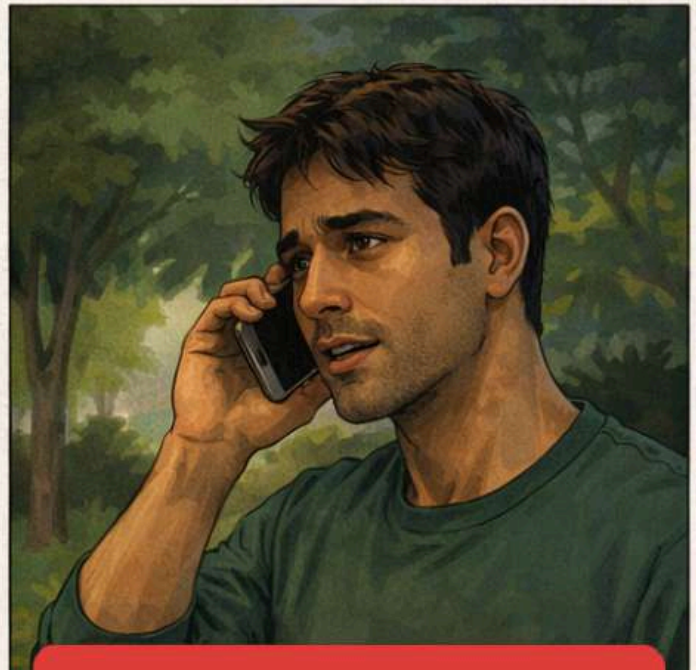


Slips can happen—they are not failure



Warning Signs:

Thinking “just one bet”
Increased stress
Isolation



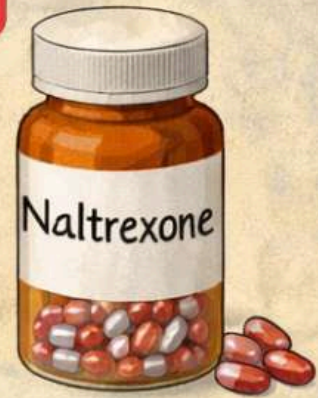
Plan:

- Call support person/ loved one
- Revisit therapy notes
- Avoid triggers immediately

ROLE OF MEDICATION



Impulsivity /
depression



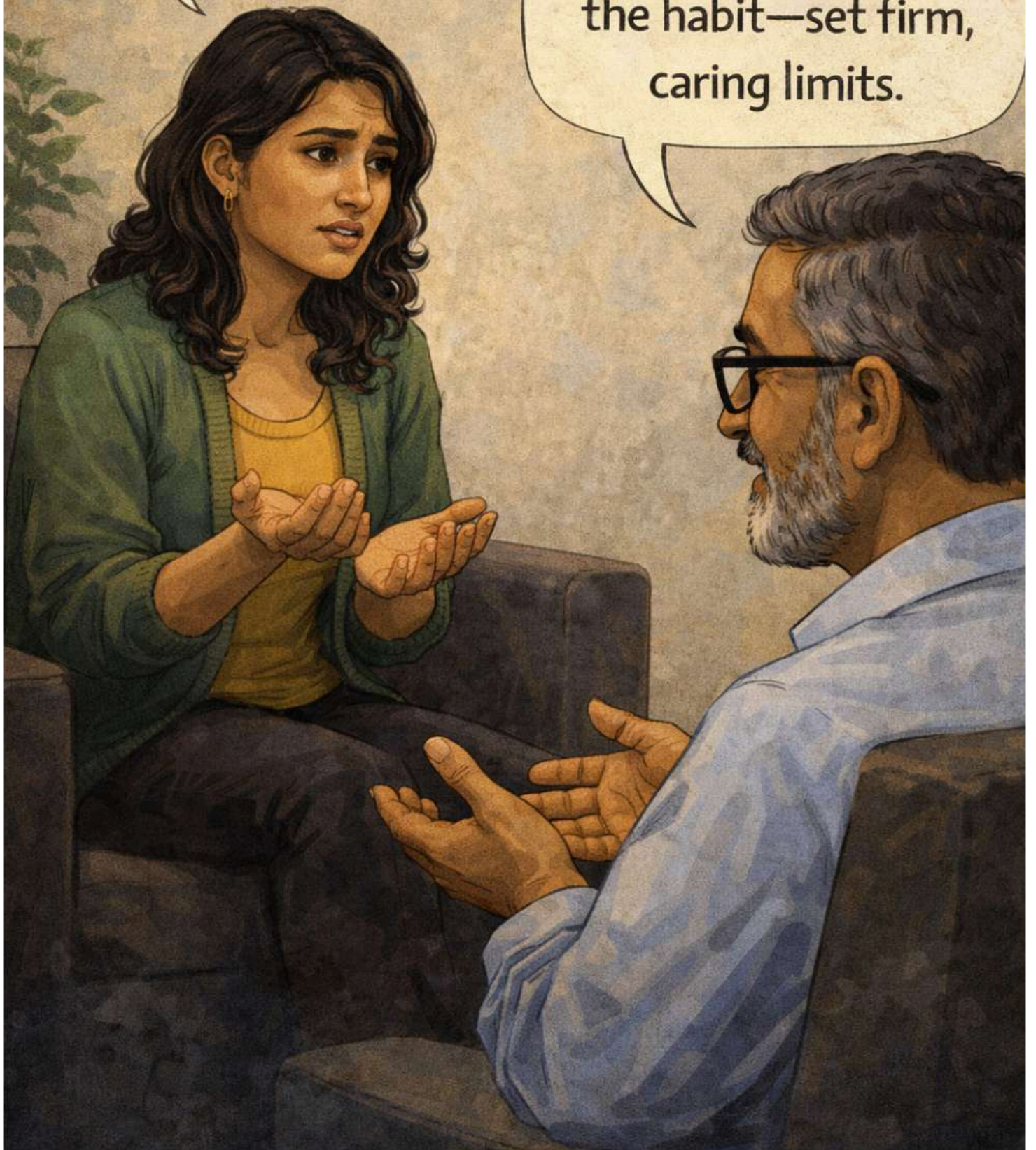
Reduces urge
/ reward

"Medication is adjunct, not magic cure"

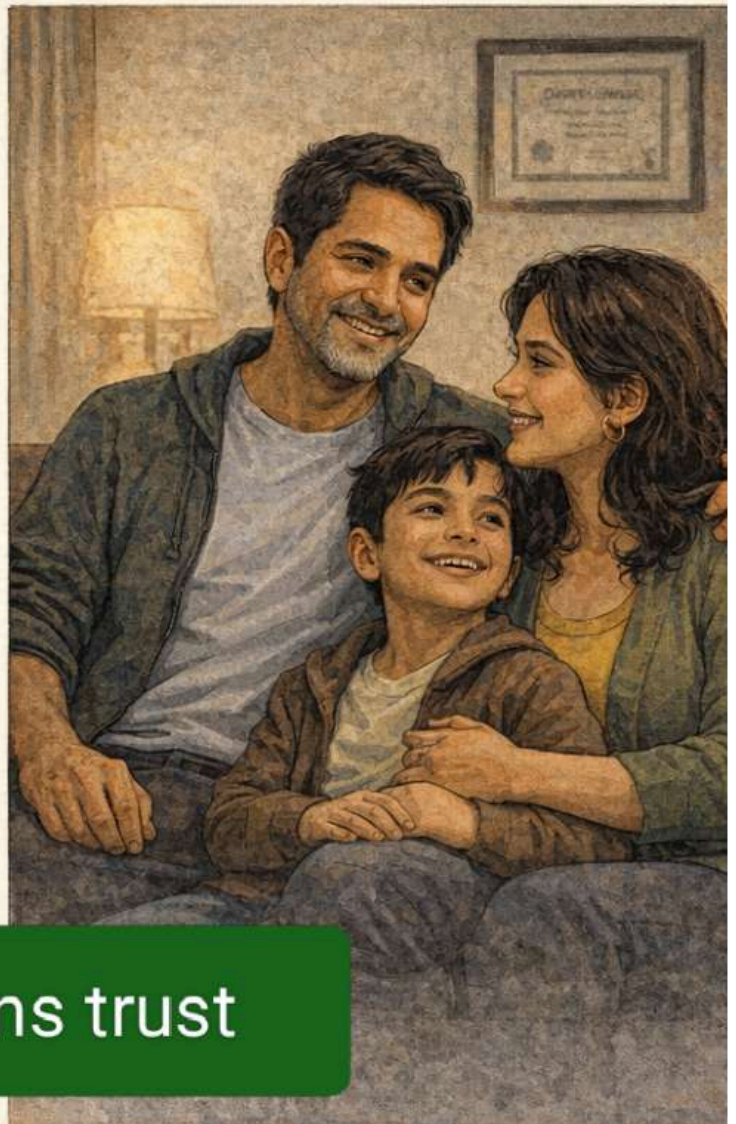
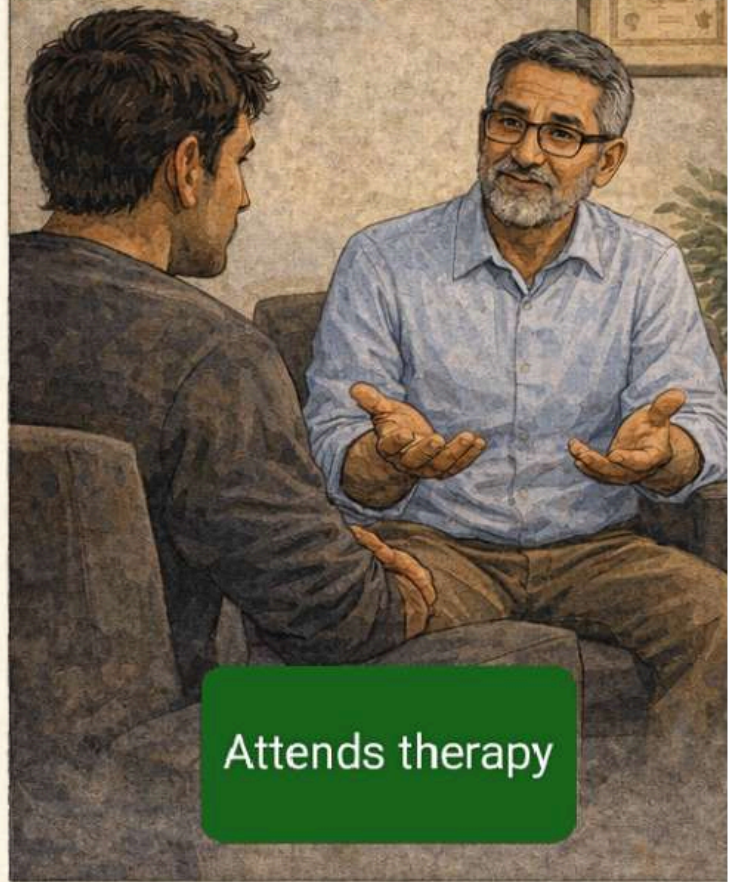
FAMILY SUPPORT

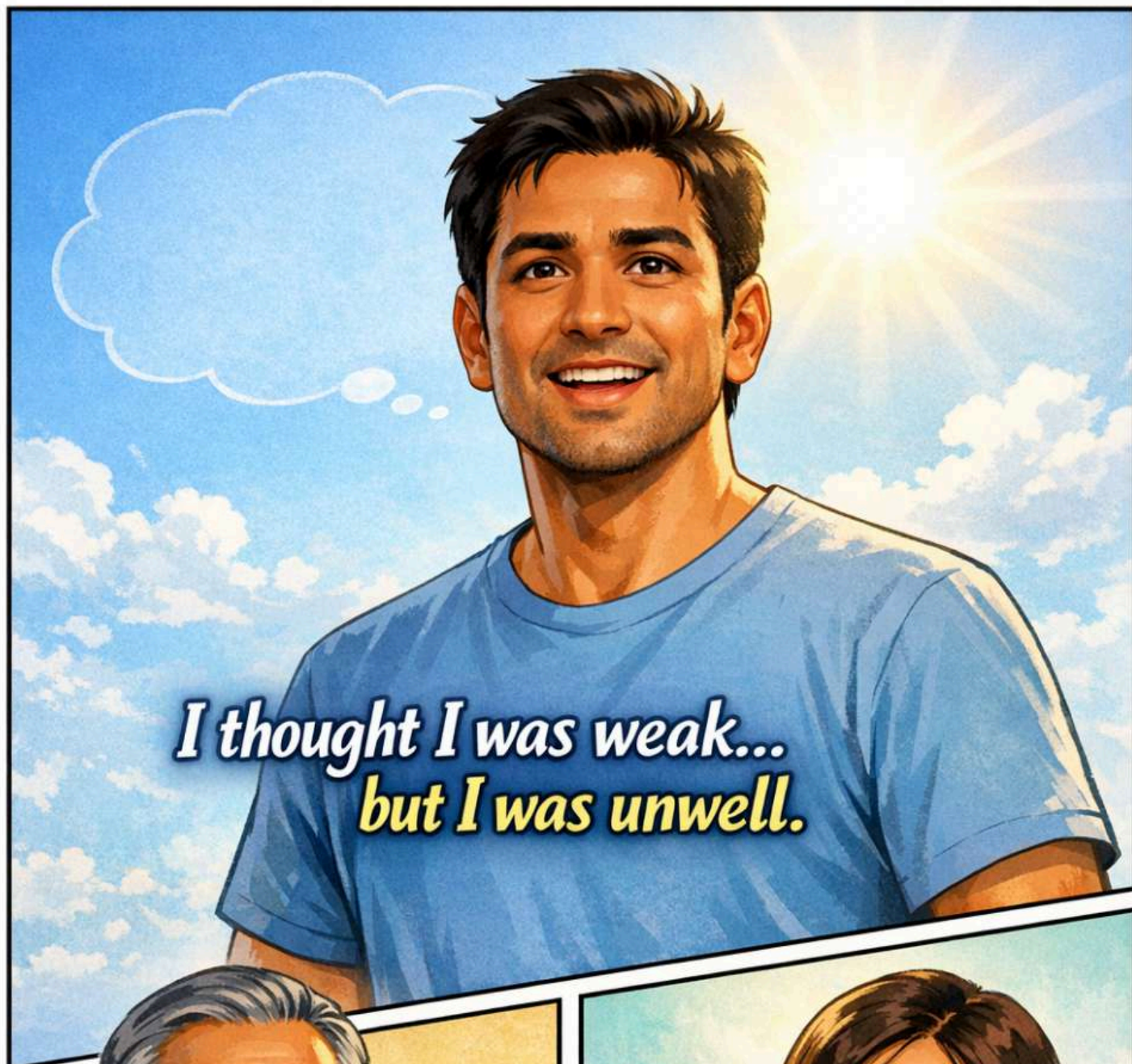
I want to help...
but I don't know how.

Support him, not
the habit—set firm,
caring limits.

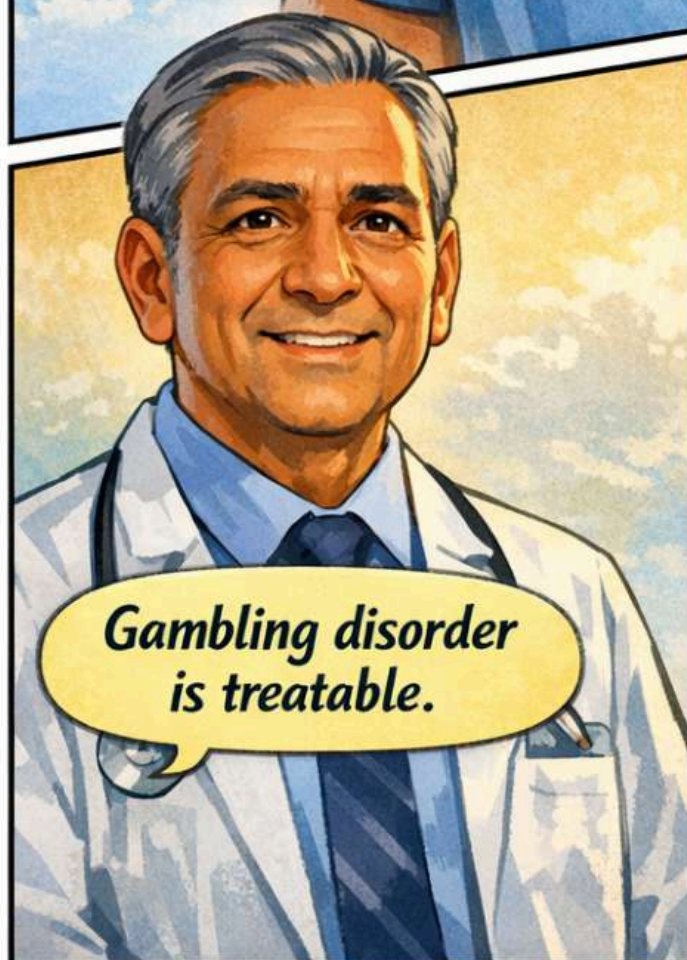


RECOVERY JOURNEY





*I thought I was weak...
but I was unwell.*



**Gambling disorder
is treatable.**



**Seek help
early.**