

**SIMILARITIES AND DIFFERENCES  
FROM  
CHEMICALLY ADDICTED (ALCOHOL AND DRUGS)**

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**SIMILARITIES**

- Try to stop and can't
- Lie to cover up
- Stigma like alcohol 25 years ago
- Depressions, highs and lows
- Controls person's whole life
- Progression
- First drink/First win
- Blackouts/brownouts
- Enabling/bailout
- Withdrawal symptoms
- Denial and relapse
- Alcohol and drugs are painkillers; so is gambling
- Same feelings, backgrounds
- Low self-esteem, high ego (like cocaine addict)
- Rush and high of gambling similar to cocaine
- Physical disease/heart attacks
- Family disease/all need help
- Link to addiction in family
- Get whole family into recovery
- Loss of control
- Loss of coping skills
- Loss of feelings
- Mood swings/changes
- Denial

### **SIMILARITIES (continued)**

- **Manipulation**
- **Magical thinking**
- **Spiral downward/chase**
- **Job problems**
- **Obsession**
- **Relapse**
- **Isolation**
- **Emotional Pain**
- **Neglect of responsibilities**
- **Depression**
- **Use of addiction to try to cope and solve problems**
- **Want everything today**
- **Loss of value system**
- **Accidents because of distractions**
- **Lack of sex drive**
- **Dreams of gambling/drugs/alcohol**
- **Preoccupation**

### **DIFFERENCES**

- **Alcoholics and drug addicts do it in a group; compulsive gamblers do it alone.**
- **Spend lots of time looking for money – sometimes more time than gambling.**
- **Invisible disease.**
- **Big win bailout.**

### **DIFFERENCES** (continued)

- **In treatment, compulsive gamblers will run the show (President of the Community).**
- **Much more heavy financial problems.**
- **Alcohol and drug counselors tend to minimize compulsive gamblers as they see no problems.**
- **Put nothing in body.**
- **No saturation point.**
- **Never an overdose.**
- **No hangover.**
- **Fewer options for help.**
- **Cases of good employment record/still function on job.**
- **Bad spellers and readers/wonderful at mathematics.**
- **Gambling is an acceptable activity.**
- **Superstitions**
- **Can't see outward physical signs.**
- **Gamblers overlooked by professionals until late stages.**
- **No urine or blood test.**
- **Restitution must be made.**
- **No preventative medicine.**
- **Usually don't do violent acts.**
- **Can't see or smell**
- **Get high without substance.**