

# Gambling – Going For Broke

by **Gavin Boston** 11.12.05

Ever been in that self-destructive cycle of needing that win to make up for, and cover up all the stupid, mindless losses? Ever felt like you have to keep going?

You feel so sure that any minute now, you'll get that big win you so desperately need and deserve. But it doesn't happen. So you throw more money after bad. You still don't win, so you try again and again, and again...

And you so deserve a bit of luck. Just for once, to have some money that you haven't had to work your balls off for. That the tax man hasn't already helped himself to. That the bills haven't already wiped out. Some relief from the endless struggle to keep on top.

But it's just an illusion. And sooner or later we're forced back to reality and the consequences of having lost yet again...

When I started gambling, it seemed harmless enough, but I have to admit, over time it's got more and more out of hand. When I stopped to think how the picture would look in another 10 years time, I felt physically sick. I imagined losing my house, my wife, my children, my job... Friends will have long left the scene...

I'm not making a mountain out of a mole hill. It's what happens to people who don't know how to stop online gambling or any sort of gambling, come to that. There was no reason to suppose my future would be any different. I was already out of control. My internet gambling addiction was a reality. I was on my way.

And that's when I knew I had to do something about it.

Fortunately for me, a friend (yes, I've still got them) pointed me towards Sounds Positive's website. And there I found their self-help Stop Gambling product. Sounds Positive, based in Henley on Thames, says that it uses NLP, EFT and hypnotherapy for gambling addiction and to help people help themselves. Well, I had nothing to lose, did I?

And I couldn't believe the difference it made. I just don't gamble any more. I really am a changed man. I shudder to think how much money I wasted. Nor will I take my family for granted again. What would have happened to them if I hadn't got treatment for gambling? Doesn't bear thinking about.

Looking at the information on Sounds Positive's website started me looking at why we like to gamble so much and why for so many of us it becomes a destructive lifestyle we can't control.

And I came to the conclusion that there was no point in beating myself up about what I'd done and what I couldn't change. But I also realised that I could decide what happened next and that was a real turn-around for me and something I got from Stop Gambling.

Stop Gambling consists of 2 audio tracks and also written material (all instantly downloadable from the Sounds Positive website) which use hypnotherapy, EFT and NLP to help you create a new, healthy life. Sounds Positive's technology does all the work for you. All you have to do is relax.

Now I get very angry at betting companies taking advantage of people like you and me. I lost a lot of money. But that's all I lost, thank God. I've still got my family and my job.

You've got to look ahead and see what life you're creating for yourself and those you love. And if you can't stop on your own, then get Stop Gambling. Maybe, for you too, that's all you need for a new future.

Get self-help Stop Gambling treatment from Sounds Positive and change your life forever.

For more information visit: <http://www.sundspostive.com>

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