



## 戒賭的迷思與真相

### 賭癮與翻賭的迷思

**迷思 1** 戒賭是不會成功的。

**真相** 戒賭並不容易，但不戒賭生活將更艱難，因為輸的錢將會更多！  
戒賭成功是需要積極樂觀的決心及堅持。我們可以免費提供支持和幫助

**迷思 2** 停止賭博了半年，但又翻賭幾次，覺得自己注定失敗

**真相** 戒賭是需要時間及按步就班的。戒賭過程中，翻賭然後再戒是常見的情況，這不表示失敗，反而是從失誤中學習的機會。

**迷思 3** 賭癮難以控制，賭博是不能自拔。

**真相** 賭癮像是一隻鳥兒，您不能阻止牠在您上方出現，但是可以阻止牠在頭上築巢；因此學會如何處理賭癮至關重要。

### 為什麼會翻賭？

翻賭是戒賭後持續地重返賭博的行為，大概發生在停止賭博後約數星期至數年間；並非所有戒賭者都會有翻賭的情況。從正面來看，它是戒賭康復過程的一部分，因為賭徒可以藉此機會發現一些隱藏的賭博原因，從而學習新的應對方法。翻賭原因包括：

- 外在誘惑觸發的賭癮：仍然接觸有關賭博的信息或廣告、行經賭博場所或受賭博同伴的影響。
- 輕看戒賭的難度：戒賭並非平坦之路，會遇到挫折和困難。有些第一次戒賭時就成功，有些戒賭一段時間後警覺性降低開始小賭，而再次沉迷。
- 繼續用賭博逃避生活困難或舒緩負面情緒，例如無聊、沮喪、憤怒或財務壓力等。

### 預防賭癮復發的方法：

- 保持積極的態度並時常提醒自己戒賭的好處。
- 培養有益身心的興趣並結交良朋益友。
- 學習應付壓力和理財技巧。
- 避免接觸關於賭博的信息和活動。
- 認清賭博帶來的影響和戒賭的好處。
- 重新檢視生命中最重要的人或事，重建正面的價值觀和人生目標。
- 警惕自己誘發翻賭的危險因素，並作出預防及應對，例如只攜帶足夠當天使用的現金，或不走近賭博場所。
- 坦誠與家人相處，以增進互相了解和信任。
- 賭博念頭出現時主動向家人或輔導員求助。如果您或您的家人正面對翻賭的情況，歡迎聯絡我們。

如需協助請在星期一至星期五，上午8:30至下午5:00 聯絡我們 1800 856 800 免費及保密的服務



# Multicultural Problem Gambling Program for Chinese Communities

*strengthening people and families*

## Myths and facts about gambling cessation

### Myths about gambling urges and relapse

**MYTH 1** I will not be able to quit gambling

**FACT** Quitting is hard, but not quitting will make your life even harder as more time and money will be lost! Quitting gambling needs determination and perseverance. Help is available.

**MYTH 2** Stopped gambling for half a year, but then gambled a few times again. I feel like I am doomed for failure.

**FACT** Quitting gambling takes time and sometimes several attempts. Relapse is not a sign of a failure, but an opportunity to learn from.

**MYTH 3** The gambling urge is difficult to control, I cannot stop gambling.

**FACT** Gambling urge is like a bird, you can't stop it from appearing above you, but you can stop it from nesting on your head. Therefore, learning to manage your gambling urge is paramount.

### Why does relapse occur?

A relapse is repeated slip back to gambling after stopping. It can occur within weeks or even years of stopping. Relapse can be a part of the recovery journey, not everyone in recovery experiences it though. Gamblers who are determined to recover can discover some hidden reasons for their gambling during a relapse, and as a result learn new coping methods.

Reasons of relapse may include:

- External factors: being tempted by gambling advertising, walking near/through gambling venues, or spending time with/feeling pressured a friend who gambles.
- Underestimate the difficulty of quitting: setbacks and frustrations usually happen during the course of quitting. Some will be successful on their first attempt. Others might recommence gambling on a small scale at first and then escalate without being aware if the circumstances are there.
- Keep relying on gambling to escape life's difficulties or soothe negative emotions, such as boredom, frustration, anger, financial stress, etc.

### Hints to prevent gambling urges:

- Aim to maintain a positive attitude and keep in mind the gains of quitting.
- Develop healthy pastimes and make good friends who are not involved in gambling.
- Learn to cope with stress and to manage finances.
- Reduce the chances of encounters with information and activities about gambling.
- Understand the impacts of gambling and recognize the benefits of quitting.
- Rediscover who are the most important people and things in your life. Rebuild positive values and life goals.
- Be aware of your own risk factors for gambling and take preventive measures, e.g. carry only enough cash for the day's expenses or not going near venue.
- Be honest with your family to re-establish mutual understanding and trust.
- Take the initiative to seek help from family or contact our service for assistance if you or someone in your family is in relapsing.

**For free and confidential assistance, please contact us on 1800 856 800 8.30am to 5.00pm, Monday to Friday**

For assistance outside our service hours, please contact Gambling Help on 1800 856 856 which operates 24 hours, seven days a week. Multicultural Problem Gambling Service is a joint initiative of the Community Relations Commission for a multicultural NSW and Western Sydney Local Health District. Financial assistance for this project was provided by the New South Wales Government from the Responsible Gambling Fund (RGF). The views expressed in this publication, however, are solely those of the author/s.

