[proposed front of three fold phone card]

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GAMBLERS ANONYMOUS

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

HOUSTON AREA MEETING
NOT GA APPROVED LITERATURE

[proposed back of three fold phone card]

CHECK LIST OF SYMPTOMS LEADING TO RELAPSE

1. EXHAUSTION. Allowing yourself to become overly tired or in poor health. Some compulsive gamblers are also prone to work addictions, perhaps they are in a hurry to make up for lost time. Good health and enough rest are important. If you feel good, you are more apt to think well. If you feel bad enough, you might begin to think gambling could not make it any worse.

2. DISHONESTY. This begins with a pattern of unnecessary little lies and deceits with co workers, friends, and family. It progresses to lying to yourself. This is called rationalizing—making excuses for not doing what you do not want to do, or for doing what you know is wrong.

3. IMPATIENCE. Things are not happening fast enough or others are not doing what they should or what you want them to do.

4. ARGUMENTATIVENESS. Arguing small and ridiculous points of view; this indicates a need to always be right. "Why don't you be reasonable and agree with me?" This is looking for an excuse to gamble.

5. DEPRESSION. Unreasonable and unaccountable despair may occur in cycles and should be dealt with and talked about.

6. FRUSTRATION. When you become frustrated at other people or because things may not be going your way, remember that everything is not going to be just the way you want it.

7. SELF-PITY. "Why do these things happen to me?" "Why must I be a compulsive gambler?" "Nobody appreciates what I am doing for them."

8. INFLATED EGO. Thinking that you have it made; no longer fearing compulsive gambling; going into a slippery situation to prove to others you have no problem; think these thoughts often enough and they will wear down your defenses.

9. COMPLACENCY. "Gambling was the farthest thing from my mind." Not gambling was no longer a conscious thought either. It is dangerous to let up on discipline because everything is going so well. Always, to have a little fear is a good thing. More relapses occur when things are going well than otherwise.

10. EXPECTATIONS. "I've changed, why hasn't everyone else?" The only person you can change is you. Others may not trust you yet, and may still be looking for further proof of your recovery. It is not reasonable to expect others to change their lifestyles just because you have.

11. UNDISCIPLINED. Letting up on the disciplines of prayer, meditation, daily inventory, and GA attendance may stem from either complacency or boredom. You cannot afford to be bored with your program. The cost of relapse is always too great.

12. SUBSTANCE ABUSE. You may never have had a problem with alcohol, drugs or other addictions, but abusing these things is one of the most subtle ways to have a relapse.

13. PROJECTION. Do not set goals you cannot reach with normal effort. Do not expect too much. It is always great when good things you are not expecting begin to happen. You will get what you are entitled to as long as you do your best, but maybe not as soon as you think you should. "Happiness is not having what you want, but wanting what you have."

14. NEGATIVITY. You may be looking negatively on your life, concentrating on problems that are still not totally corrected. Remember gratitude is an attitude; it is good to remember where you started from and how much better it is now.

15. JUSTIFICATION. This is dangerous thinking. Almost anything can happen to you, and is more likely to if you get careless. Remember you have a progressive disease, and will be in worse shape if you relapse.

16. OMNIPOTENCE. This is a feeling that results from a combination of many of the above. You now think you have all the answers for yourself and others. No one can tell you anything. You ignore suggestions or advice from others. Relapse is probably imminent unless drastic change takes place.