

# 90 DAY PLATEAU

## **Congratulations!**

You have completed three months in the Gamblers Anonymous Program and have received some of the benefits of Gamblers Anonymous and the Gamblers Anonymous way of life. Now you can give yourself to Gamblers Anonymous.

An important part of our program is sharing with others that which we have received. Gamblers Anonymous's primary purpose is to carry our message to the compulsive gambler who still suffers.

You have shown through these three month of abstinence from gambling and regular attendance at meetings that you have a desire to stop gambling. This is most important. After three months you have an idea of how our program works. Now is the time to turn that knowledge you have acquired into helping our fellowship.

## **Gamblers Anonymous Needs Your Participation.**

The steps in making a successful group are many, and we in Gamblers Anonymous need your involvement. The following is a list of ways in which you may involve yourself in Gamblers Anonymous; thereby helping yourself, your group, and other compulsive gamblers.

### **Meeting Chairman**

You are now or soon will be eligible to chair a Gamblers Anonymous meeting. This is accepted as an honor and privilege. If you wish to chair a meeting and have not yet been called to do so, mention this to your Group Secretary.

### **12<sup>th</sup> Step Calls**

This is one of the most rewarding experiences in Gamblers Anonymous. Meet with and talk to the compulsive gambler. Give them the understanding that only another compulsive gambler can give. Encourage them to attend meetings. Suggest Gam-Anon for their loved ones.

### **Sponsorship Retention**

You may be asked to sponsor an individual, who will become your responsibility. Sponsorship responsibilities include: Telephone between meetings; Attending additional meetings together; Answering questions about the program; Sitting in on a pressure relief meeting; Generally giving encouragement and hope. If you would like to sponsor a member, contact any Group Secretary.

### **Pressure Relief**

A pressure relief meeting may help with financial, marital, legal, or employment problems. Your group secretary will explain how you can assist others in this vital area.