

戒賭者互助會
GAMBLERS ANONYMOUS

神阿！

賜我平靜來接受我無法改變的事，
賜我勇氣來改變我可以改變的事，
賜我智慧來知道這兩者的不同。

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.

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我尋找我的靈魂 但看不見,
我尋找我的神 但祂躲避我,
我尋找我的弟兄姐妹 卻三者都找到了.

I sought my soul,
But could not see,
I sought my God,
But He eluded me,
I sought my brothers and sisters,
And found all three.

歷史 HISTORY

戒賭者互助會 (Gamblers Anonymous) 起源於 1957 年一月，兩位男士偶然相遇。當時這兩位男士因為賭博過度，而都有一段相當淒慘痛苦的艱困歷史。他們開始定期聚會，經過數月，他們竟然都沒再去賭博。

The fellowship of Gamblers Anonymous is the outgrowth of a chance meeting between two men during the month of January in 1957. These men had a truly baffling history of trouble and misery due to an obsession to gamble. They began to meet regularly and as the months passed neither had returned to gambling.

他們在討論之後做了以下結論：為了避免賭博的毛病復發，他們必須改變自己一些不好的個性。為要達成這點，他們參照其他戒癮者所使用的“靈性重建原則”來擬定方案，因為這個原則已經成功地幫助成千上萬的上癮者恢復正常。

They concluded from their discussions that in order to prevent a relapse it was necessary to bring about certain character changes within themselves. In order to accomplish this, they used for a guide certain spiritual principles which had been utilized by thousands of people who were recovering from other compulsive addictions.

“靈性”可以用來解釋人心所能表現出最高最好的情操，像仁愛，慷慨，誠實，和謙卑。而且，為了使自己能持續戒賭，將“戒賭有希望”的信息傳遞給其他上癮的賭徒也是非常重要。

The word spiritual can be said to describe those characteristics of the human mind that represent the highest and finest qualities such as kindness, generosity, honesty and humility. Also, in order to maintain their own abstinence they felt that it was vitally important that they carry the message of hope to other compulsive gamblers.

透過知名報紙的專欄報導和電視評論的介紹，第一次戒賭者互助會於 1957 年 9 月 13 日星期五，在洛杉磯開始聚會。從那時起到現在，戒賭者互助會一直在穩定地成長，也發展到全美及世界各地。

As a result of favorable publicity by a prominent newspaper columnist and TV commentator, the first group meeting of Gamblers Anonymous was held on Friday, September 13, 1957, in Los Angeles, California. Since that time, the fellowship has grown steadily and groups are flourishing throughout the world.

戒賭者互助會 GAMBLERS ANONYMOUS

戒賭者互助會是由一群有賭博問題的男女共同組成的互助團體。藉著分享彼此的經驗，掙扎力量和希望，互相勉勵來解決他們共同的賭博問題。也藉此幫助其他想要戒賭的人。

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

成為會員的唯一條件就是有決心要戒賭。戒賭者互助會不收任何會費。完全是由會員自由捐獻來自給自足。戒賭者互助會不屬於任何地域，宗派，政治組織，機關，不願參與任何爭議，也不支持或反對任何事件。我們主要的目標是要戒賭和幫助其他有賭癮的人戒賭。

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorse nor opposes any cause. Our primary purpose is stop gambling and to help other compulsive gamblers do the same.

在我們中間，大多數的人都曾經不願意承認自己是有問題的賭徒。沒有人願意承認自己不正常，和別人不一樣。因此，在我們的賭博生涯中，我們都曾無數次想要證明我們是可以像正常人一樣地賭博而不會失去控制。這種想法一點也不奇怪。自以為總有一天，總有一個方法，我們能控制賭博，是每一個上癮的賭徒最大的迷惑。在這自欺的幻想中持續不醒，後果是很可怕的。許多人因此犯法入獄，發瘋，甚至死亡。

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people. The idea that somehow, someday, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity or death.

我們必需從心底完全地承認自己是一個上癮的賭徒。這是我們重建過程的第一步。只要一題到賭博，我們必需馬上粉碎心中的錯誤幻想：以為我們和正常人一樣，或以為我們現在也許已經正常了。

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed.

我們已經失去能力無法控制賭博。我們知道沒有一個上癮的賭徒可以再控制賭博的。有時候我們覺得自己好像已經能再控制賭博了，只是過一段時間後，通常在很短的間隔後，我們又無可避免地落入比以前更失控的光景，最後還是又落入賭博的深淵，陷入不可自拔的敗壞中。像我們這樣的賭徒是被一漸進式的疾病所控制住，在一段時間後只會變得更嚴重，不會變好。

We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals – usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time we get worse, never better.

所以，為了能過正常快樂的生活，我們要盡量將我們學到的原則，應用在我們的生活中。Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.

戒賭 12 階段 THE RECOVERY PROGRAM

關於戒賭 12 階段解釋如下:

Here are the steps which are a program of recovery.

- 1. 我們承認自己無力抗拒賭博, 所以無法管理我們的生活.**
We admitted we were powerless over gambling - that our lives had become unmanageable.
- 2. 相信有一個超自然的力量遠遠勝過我們, 並能幫助我們恢復正常的思想和生活.**
Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
- 3. 決心將我們的意志和生活交給這個超自然的力量來幫助管理.**
Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
- 4. 勇敢地檢討自己在道德上和財務上的狀況.**
Made a searching and fearless moral and financial inventory of ourselves.
- 5. 對自己和別人勇敢地承認自己所犯下的錯誤.**
Admitted to ourselves and to another human being the exact nature of our wrongs.
- 6. 完全預備好自己, 要除去自己個性上的缺陷.**
Were entirely ready to have these defects of character removed.

7. **謙卑地尋求你所認識的神來幫助我們除去我們的缺點。**
Humbly asked God (of our understanding) to remove our shortcomings.
8. **對於我們所曾傷害過的人, 列一個名單, 並且願意去彌補我們所造成的每一個傷害。**
Made a list of all persons we had harmed and become willing to make amends to them all.
9. **對我們傷害的人, 在各方面要盡可能的補償。除非這麼做會傷害到他們或別人。**
Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. **繼續地檢討自己, 如果發現自己有錯時, 馬上勇敢地認錯。**
Continued to take personal inventory and when we were wrong, promptly admitted it.
11. **在祈禱和默想中尋求神, 使我們的良知能更瞭解神。祈求神的智慧和能力幫助我們勝過賭博的誘惑。**
Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. **在我們的生活各方面盡力去操練這些原則, 也把這些原則告訴別的賭博受害者。**
Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.

共同理念 THE UNITY PROGRAM

戒賭者互助會的共同理念如下:

In order to maintain unity our experience has shown that:

- 1 以努力達到我們共同的目標為先. 個人的重建需倚靠團體的合一.
Our common welfare should come first; personal recovery depends upon group unity.
- 2 我們的帶領者是可以信靠的僕人, 他們並不是要管理人.
Our leaders are but trusted servants; they do not govern.
- 3 參加戒賭者互助會的唯一條件, 就是一個想要戒賭的決心.
The only requirement for Gamblers Anonymous membership is a desire to stop gambling.
- 4 每一個戒賭者互助會都應是自我管轄. 除非事情與別的互助會或總會有關.
Each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.
- 5 戒賭者互助會只有一個主要目標: 藉著這些信息幫助還在賭博中受苦的人.
Gamblers Anonymous has but one primary purpose – to carry its message to the compulsive gambler who still suffers.
- 6 戒賭者互助會不用戒賭之名接受任何其他機構或人士在財務上的支持. 背書, 或借貸. 不讓金錢, 財產, 或名聲影響戒賭互助會的主要目的 – 互助戒賭.
Gamblers Anonymous ought never endorse, finance or lend Gamblers Anonymous name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

- 7 每一個戒賭者互助會都應自給自足, 不能接受外來的財務支持。
Every Gamblers Anonymous Group ought to be fully self-supporting, declining outside contributions.
- 8 戒賭者互助會應永遠保持非專業的輔導。但服務中心可以雇用特殊工作人員。
Gamblers Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9 戒賭者互助會不應私自另組派別。總會可組特別委員會負責特定服務項目。
Gamblers Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10 戒賭者互助會對其他外在公共議題應表中立態度, 不能以互助會之名發表意見。
Gamblers Anonymous has no opinion on outside issues; hence the Gamblers Anonymous name ought never be drawn into public controversy.
- 11 戒賭者互助會的公關態度是吸引人來而不是推廣。在各層面的新聞, 傳播, 影片, 電視媒體等都應是匿名的。
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and television.
- 12 匿名是戒賭者互助會的精神基礎。提醒我們互助會的原則比個人個性重要。
Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.

賭癮與戒賭者互助會 COMPULSIVE GAMBLING AND GAMBLERS ANONYMOUS

什麼是賭癮？

What is compulsive gambling?

賭癮是一種漸進式的疾病，不能痊癒卻是可以制止的。

Compulsive gambling is an illness, progressive in its nature, which can never be cured, but can be arrested.

在參加戒賭者互助會之前，許多有賭癮的賭徒只認為他們是品行上軟弱，或只是“不好”而已。戒賭者互助會的信念是：有賭癮的賭徒是真的生了重病的人。但是只要他們願意盡力照著戒賭者互助會的簡單重建方法去做，這病是可以復原的。因這套方法已經成功地幫助數千名男女賭徒脫離賭博。

Before coming to Gamblers Anonymous many compulsive gamblers thought of themselves as morally weak, or at times just plain “no good”. The Gamblers Anonymous concept is that compulsive gamblers are really very sick people who can recover if they will follow to the best of their ability a simple program that has proved successful for thousands of other men and women with a gambling or compulsive gambling problem.

有賭癮的賭徒想要戒賭，第一步該做什麼？

What is the first thing a compulsive gambler ought to do in order to stop gambling?

上癮的賭徒必需願意承認他(她)是陷入一種逐漸嚴重的疾病中，並且一定要有戒賭的決心。從我們的經驗中知道，戒賭者互助會的復建方法對於真正下決心要戒賭的人一定能成功。反之，對那些不願意面對現實，不願承認自己有病的賭徒是永遠無效的。

The compulsive gambler needs to be willing to accept the fact that he or she is in the grip of a progressive illness and has a desire to get well. Our experience has shown that the Gamblers Anonymous program will always work for any person who has a desire to stop gambling. However, will never work for the person who will not face squarely the facts about this illness.

如何知道你是個上癮的賭徒？

How can you tell whether you are a compulsive gambler?

只有你能做這決定。多數賭徒，當他們願意承認被賭博害慘時，就來參加戒賭者互助會。

在戒賭者互助會中，一個上癮的賭徒是指一個人因為賭博而造成他(她)的生活在任何一方面不斷地發生問題，而且問題越來越嚴重。

Only you can make that decision. Most people turn to Gamblers Anonymous when they become willing to admit that gambling has them licked. Also in Gamblers Anonymous, a compulsive gambler is described as a person whose gambling has caused growing and continuing problems in any department of his or her life.

許多戒許多賭者互助會會員在參加互助會之前都有過慘痛的經歷。有些人面對自己情況逐漸一點一點地惡化，最後還是承認自己失敗。

Many Gamblers Anonymous members went through terrifying experiences before they were ready to accept help. Others were faced with a slow, subtle deterioration which finally brought them to the point of admitting defeat.

戒賭者互助會如何幫助人戒賭？

How does someone stop gambling through the Gamblers Anonymous program?

一個人能戒賭是經過他(她)自己個性上不斷地更新突破改變。只要有信心，並照著戒賭者互助會所持的基本信念 - 戒賭 12 階段和共同理念去做，一定能成功戒賭。

One does this through bringing about a progressive character change within oneself. This can be accomplished by having faith in – and following – the basic concepts of the Gamblers Anonymous Recovery and Unity Programs.

要有上述的信心和共識需要些時間，沒有捷徑的。想要從如此迷惑，狡詐，讓人無法自拔的賭癮中走出來是需要認真努力的。誠實，敞開，願意是成功戒賭的秘訣。

There are no short cuts in gaining this faith and understanding. To recover from one of the most baffling, insidious, compulsive addictions will require diligent effort. **HONESTY, OPENMINDEDNESS, AND WILLINGNESS** are the key words in our recovery.

知道為去賭博的原因重要嗎？

Is knowing why we gambled important?

也許，但是到目前為止，許多戒賭者互助會會員不需要知道賭博的原因就能戒除賭博。

Perhaps, however insofar as stopping gambling, many Gamblers Anonymous members have abstained from gambling without the benefit of the knowledge of why they gambled.

上癮的賭徒的一般特徵是什麼？

What are some characteristics of a person who is a compulsive gambler?

1. 不能夠也不願意面對現實。所以逃避到賭博的幻想世界裡。 1. INABILITY AND UNWILLINGNESS TO ACCEPT REALITY. Hence the escape into the dream world of gambling.

2. 情緒上沒有安全感。一個上癮的賭徒只有當他(她)在賭博時才覺得情緒上較舒服。常聽到戒賭者互助會會員說：“當我賭博時我才覺得自己有歸屬感，有安全感，也覺得舒服。我不再對自己有更多的要求。我知道我在毀滅自己，但同時我又覺得有相當的安全感。”

EMOTIONAL INSECURITY. A compulsive gambler finds he or she is emotionally comfortable only when “in action”. It is not uncommon to hear a Gamblers Anonymous member say: “The only time I felt like I belonged was when I was gambling. Then I felt secure and comfortable. No great demands were made upon me. I knew I was destroying myself, yet at the same time, I had a certain sense of security”.

3. 不成熟。上癮賭徒的一個共同特徵就是有“不花太大力氣就能得到人生所有好處”的慾望。許多戒賭者互助會會員接受他們不願意成長的事實。下意識裡，他們以為只要在輪盤上下個賭注，或翻張牌，就能避免成熟人所應付的責任。所以這樣逃避責任的掙扎終於導至被賭博所轄制。

IMMATURITY. A desire to have all the good things in life without any great effort on their part seems the common character pattern of problem gamblers. Many Gamblers Anonymous members accept the fact that they were unwilling to grow up. Subconsciously they felt they could avoid mature responsibility by wagering on the spin of a wheel or the turn of a card, and so the struggle to escape responsibility finally became a subconscious obsession.

上癮的賭徒的內心有想成為“名人”的強烈慾望，有需要成為“有權勢”的感覺。上癮的賭徒會願意做任何事來維持他(她)要別人看到的形象。(通常會不和別人往來)。

Also, a compulsive gambler seems to have a strong inner urge to be a “big shot” and needs to have a feeling of being all powerful. The compulsive gambler is willing to do anything (often of an anti-social nature) to maintain the image he or she wants others to see.

還有一套理論說上癮的賭徒淺意識裡用輸錢來懲罰自己。這理論有許多例子可證明。

Then too, there is a theory that compulsive gamblers subconsciously want to lose to punish themselves. There is much evidence to support this theory.

上癮的賭徒的幻想世界是什麼？

What is the dream world of the compulsive gambler?

這是上癮賭徒的另一個共同特徵。他們花很多時間幻想著一旦贏了大錢，他們就能享有許多美好的事。他們通常以為自己是仁慈又迷人的。他們夢想能給家人朋友新車，貂皮大衣...等奢侈品。上癮賭徒為自己編織一幅美麗的圖畫：靠著他們自以為是的方法去賭博，大贏一筆後就能舒服快樂地過日子。只等那機運到了大贏一把，就美夢成真：佣人，洋房，名牌衣服，遊艇，好友，環遊世界... 什麼都有了。

This is another common characteristic of compulsive gamblers. A lot of time is spent creating images of the great and wonderful things they are going to do as soon as they make the big win. They often see themselves as quite philanthropic and charming people. They may dream of providing families and friends with new cars, mink coats and other luxuries. Compulsive gamblers picture themselves leading a pleasant gracious life, made possible by the huge sums of money they will accrue from their "system". Servants, penthouses, nice clothes, charming friends, yachts and world tours are a few of the wonderful things that are just around the corner after a big win is finally made.

可憐的是，上癮的賭徒從來沒有一次贏夠錢，甚至來實現自己最小的夢想。當他們贏錢時，總想可以再贏得更多。當他們輸錢時，又絕望失控地只想撈本。所以當他們因賭博而陷入無底的悽慘中時，他們的幻想世界也崩潰了。可悲的是，上癮的賭徒會掙扎地回來，繼續做那不可能的夢，當然也陷入更慘痛的不幸中。沒人能說服上癮的賭徒他們的偉大計劃永遠不會實現。他們相信他們一定會成功的。他們無法忍受沒有夢想世界的生活。Pathetically, however, there never seems to be a big enough winning to make even the smallest dream come true. When compulsive gamblers succeed, they gamble to dream still greater dreams. When failing, they gamble in reckless desperation and the depths of their misery are fathomless as their dream world comes crashing down. Sadly, they will struggle back, dream more dreams and of course suffer more misery. No one can convince them that their great schemes will not someday come true. They believe they will, for without this dream world, life for them would not be tolerable.

賭癮基本上是財務上發生問題嗎？

Isn't compulsive gambling basically a financial problem?

不，賭癮是情緒上的問題。一個處於賭博病況中的人會造成許多無法解決的問題。當然，他們是有財務上的問題。但他們也可能正面臨婚姻，事業，法律上的問題。上癮的賭徒發覺他們失去了朋友，親戚也拒絕他們。在所有的問題中，其實財務問題是最容易解決的。當上癮的賭徒來參加戒賭者互助會而不再賭博後，很快地，因為不再有賭博造成的漏洞，收入通常可漸漸增加。財務上的壓力開始減輕。戒賭者互助會會員發現恢復財務狀況的最好方法是努力工作來還債。在互助會中向人借錢，或借錢給人對戒賭者反而是有害的，應被制止。

No, compulsive gambling is an emotional problem. A person in the grip of this illness creates mountains of apparently insolvable problems. Of course, financial problems are created, but they also find themselves facing marital, employment, or legal problems. Compulsive gamblers find friends have been lost, and relatives have rejected them. Of the many serious difficulties created, the financial problems seem the easiest to solve. When a compulsive gambler enters Gamblers Anonymous and quits gambling, income is usually increased and there is no longer the financial drain that was caused by gambling, and very shortly, the financial pressures begin to be relieved. Gamblers Anonymous members have found that the best road to financial recovery is through hard work and repayment of our debts. Borrowing and/or lending of money (bailouts) in Gamblers Anonymous is detrimental to our recovery and should not take place.

戒賭者所面對的最困難也最花時間的問題就是自己個性上的改變。許多戒賭者互助會會員視此為最大的挑戰。也是每個人馬上該做的，一生都要努力的。

The most difficult and time consuming problem with which they will be faced is that of bringing about a character change within themselves. Most Gamblers Anonymous members look upon this as their greatest challenge, which should be worked on immediately and continued throughout their lives.

為何不能靠著意志力來戒賭？

Why can't a compulsive gambler simply use willpower to stop gambling?

我們相信大多數人，如果他們夠誠實的話，會承認他們缺乏能力去解決某些問題。就賭博而言，我們知道許多賭徒可以有一段時間不去賭博。但是一旦失去警覺，又有機會，他們又會不計後果地賭博。只藉由意志力來抵擋賭博，勝不過那微不足道的下注理由。我們發現意志力和自知並不能幫助賭徒思想上的盲點。但是藉著互助會所提出的“屬靈原則”相較下更能幫助賭徒解決問題。我們覺得相信一個更大的超自然能力是必需的，能幫助我們維持不去賭博的決心。

We believe that most people, if they are honest, will recognize their lack of power to solve certain problems. When it comes to gambling, we have known many problem gamblers who could abstain for long stretches, but caught off guard and under the right set of circumstances, they started gambling without thought of the consequences. The defenses they relied upon, through willpower alone, gave way before some trivial reason for placing a bet. We have found that willpower and self-knowledge will not help in those mental blank spots, but adherence to spiritual principles seems to solve our problems. Most of us feel that a belief in a Power greater than ourselves is necessary in order for us to sustain a desire to refrain from gambling.

上癮的賭徒能再正常的賭博嗎？

Can a compulsive gambler ever gamble normally again?

不。對賭徒來說第一個賭注，就像是給酗酒人的第一小杯酒。早晚他(她)會再落入同樣墮落的光景中。當一個人跨越那無形的界限，進入那不負責任又無法控制的賭博時，他(她)已經永遠不能再控制賭博了。一些戒賭者互助會會員在戒賭幾個月後，又去小賭試試運氣，總是得到相同悲慘的結果 – 無可避免地賭癮又回來了。戒賭者互助會的經驗指出我們能做的選擇：去賭，冒著繼續墮落的危險；或是不去賭，發展出一個更好的生活方式。

No. The first bet to a problem gambler is like the first small drink to an alcoholic. Sooner or later he or she falls back into the same old destructive pattern.

Once a person has crossed the invisible line into irresponsible uncontrolled gambling he or she never seems to regain control. After abstaining a few months some of our members have tried some small bet experimentation, always with disastrous results. The old obsession inevitably returned.

Our Gamblers Anonymous experience seems to point to these alternatives: To gamble, risking progressive deterioration or not to gamble, and develop a better way of live.

難道說我甚至連小小幾分錢的賭博遊戲或是世界賭杯賭輸贏都不能玩嗎？

Does this mean I can't even participate in a little penny ante game or a World Series pool?

確實如此。一定要有個防線，戒賭者互助會會員要知道一定不能下第一個賭注，那怕只是賭一杯咖啡。

It means exactly that. A stand has to be made somewhere and Gamblers Anonymous members have found the first bet is the one to avoid, even though it may be as little as matching for a cup of coffee.

我只是周期性地去賭博玩樂一下，我需要參加戒賭者互助會嗎？
I only go on gambling binges periodically. Do I need Gamblers Anonymous?

是的。互助會中的上癮賭徒告訴我們，雖然他們賭博玩樂是周期性的，但是在周期間有的卻是沒建設性的思想。在這周期間的一般症狀是緊張，易怒，沮喪，猶豫不定，人際關係繼續被破壞。這些人在戒賭者互助會的重建計劃中，找到如何除去他們個性上的弱點，和引導他們重建道德生活的方法。

Yes. Compulsive gamblers who have joined Gamblers Anonymous tell us that, though their gambling binges were periodic, the intervals between were not periods of constructive thinking. Symptomatic of these periods were nervousness, irritability, frustration, indecision and a continued breakdown in personal relationships. These same people have often found the Gamblers Anonymous program the answer to the elimination of character defects and a guide to moral progress in their lives.

“賭博”對上癮的賭徒定義如下：任何下賭注或打賭，不論是為自己或別人，不論是為金錢與否，也不論是多小或微不足道，只要結果是不確定的，或要靠運氣或“技巧”決定，都是賭博。

GAMBLING, for the compulsive gamblers is defined as follows: Any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or “skill” constitutes gambling.

20 個問題 TWENTY QUESTIONS

- 1 你是否曾因賭博而減少去工作或上學的時間?
Did you ever lose time from work or school due to gambling?
- 2 賭博是否曾經造成你的家庭失和?
Has gambling ever made your home life unhappy?
- 3 賭博是否影響你的名聲?
Did gambling affect your reputation?
- 4 賭博後你是否曾經自責?
Have you ever felt remorse after gambling?
- 5 你是否曾想以賭贏錢來還債或解決財務困難?
Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- 6 賭博是否使你志氣消沈或工作效率減低?
Did gambling cause a decrease in your ambition or efficiency?
- 7 賭輸後你是否想要盡快回去翻本?
After losing did you feel you must return as soon as possible and win back your losses?
- 8 賭贏後你是否很想再去贏更多錢?
After a win did you have a strong urge to return and win more?
- 9 你是否常常賭到把錢都輸光?
Did you often gamble until you last dollar was gone?
- 10 你是否曾借錢去賭博?
Did you ever borrow to finance your gambling?

- 11 你是否曾經典當或變賣東西去賭博?
Have you ever sold anything to finance gambling?
- 12 你是否不太願意把賭本用在一般正常的開支上?
Were you reluctant to use "gambling money" for normal expenditures?
- 13 賭博是否使你對自己或家人變得漠不關心? Did gambling make you
careless of the welfare of yourself or your family?
- 14 你是否曾經賭到超過原先預定的時間?
Did you ever gamble longer than you had planned?
- 15 你是否曾經以賭博來逃避憂慮或煩惱?
Have you ever gambled to escape worry or trouble?
- 16 你是否曾經違法或想要違法去籌賭本?
Have you ever committed, or considered committing, an illegal act to
finance gambling?
- 17 賭博是否使你輾轉難眠?
Did gambling cause you to have difficulty in sleeping?
- 18 因為爭吵,失望或挫折,會使你想要去賭博?
Do arguments, disappointments or frustrations create within you an
urge to gamble?
- 19 你是否曾經要去小賭一場來慶祝好運當頭?
Did you ever have an urge to celebrate any good fortune by a few hours
of gambling?
- 20 你是否曾因賭博想要自我傷害或自殺?
Have you ever considered self-destruction or suicide as a result of
gambling?

大多數的有賭癮人會有七題以上答是

Most compulsive gamblers will answer to yes to at least seven of these questions.

給新會員 To New Member

給所有戒賭者互助會的會員, 特別是給新會員:

TO ALL GAMBLERS ANONYMOUS MEMBERS, PARTICULARLY THE NEW GAMBLERS ANONYMOUS MEMBERS

1. 盡可能參加許多互助會. 參加越多互助會越有幫助. 每個星期至少一次全程參加. **聚會是有效的.**

Attend as many meetings as possible, but at least one full meeting per week. MEETINGS MAKE IT.
2. 在週間沒聚會時, 盡量利用通訊名單常常與別的會友電話聯絡.

Telephone other members as often as possible between meetings. Use the Telephone List!
3. **不要試探自己. 不要和愛賭博的朋友在一起. 不論什麼都不能賭.** 包括股票, 期貨, 買/玩樂透彩卷, 摸彩卷, 丟銅板, 參加辦公室同事的球賽賭彩等.

Don't test or tempt yourself. Don't associate with acquaintances who gamble. DON'T GAMBLE FOR ANYTHING. This includes the stock market, commodities, options, buying or playing lottery tickets, raffle tickets, flipping a coin or entering the office sport pool.
4. 跟著戒賭者互助會的計劃走, **過一天算一天**, 不要想一次就能解決所有的問題.

Live the Gamblers Anonymous Program ONE DAY AT A TIME. Don't try to solve all your problems at once.
5. 常常讀 "戒賭十二階段" 和 "共同理念", 不斷地用二十個問題來檢討自己. 在日常生活中應用這些方法. 因為這些方法是整個戒賭者互助會的基本精神. 多練習能幫助你成長. 如果你有任何問題, 盡快與你的諮詢或輔導人員聯絡.

Read the RECOVERY and UNITY steps often and continuously review the Twenty Questions. Follow the steps in your daily affairs. These steps are the basis for the entire Gamblers Anonymous Program and practicing them is the key to your growth. If you have any questions, ask them of your Trusted Servants and Sponsors.
6. 在適當的時候, 特別諮詢人員可以和你協談, 幫助你減少各方面的壓力, 或者幫助你重新調整你和你配偶(已婚者)的關係. 只要按著所建議的去做, 一定能幫助你重建.

When you are ready, the Trusted Servants will conduct a Pressure Relief Group meeting, or reevaluation for you and your spouse (if married), and adherence to it will aid in your recovery.
7. **要有耐心!** 日子會很快地度過, 只要你繼續地參加聚會, 不去賭博, 你能很快地恢復正常.

Be patient! The days and weeks will pass soon enough, and as you continue to attend meetings and abstain from gambling, your recovery will really accelerate.

若需有關戒賭者互助會進一步資料，
請查詢地方電話或寫信到：

**FOR FURTHER INFORMATION ABOUT
GAMBLERS ANONYMOUS
CONSULT YOUR LOCAL TELEPHONE DIRECTORY OR
WRITE:**

**POST OFFICE BOX 17173
LOS ANGELES, CA 90017
TEL: (213) 386-8789
FAX: (213) 386-0030**

網址 **WEBSITE:** www.gamblersanonymous.org
電子信址 **E-MAIL:** isomain@gamblersanonymous.org