

Empowered

SUMMER 2013

ELLIOTT-HUDSON COUNSELING SERVICES LLC

ISSUE FOUR



Bridging Your Gap from Gambling Addiction to Recovery

Doing Those Steps

Over the course of the past few months I've had extensive conversations with clients about the importance of the 12 Steps and the way to complete them. I have discovered there are clients who assume that doing the steps is a one-time deal. For the record, the 12 Steps must be incorporated into daily life.

When you wake up in the morning and make the decision not to gamble that day, you have invoked the 1st step, realizing that you are powerless over gambling or the impact of gambling and that gambling has caused unmanageability in your life.

Many of you acknowledge a belief in something greater

than yourself—be it God, a Higher Power, power of the group, or whatever fills your soul, and you engage in this connection on a daily basis. That's the 2nd step: believing that a Power greater than ourselves could restore us to a normal way of thinking and living.

When you come to therapy, participate in a group, a GA meeting or workshop, you are turning your life over to the care of the therapist or the group. During a session, you are really doing the 4th and 5th steps; you are sharing your experiences, your feelings, your behaviors, your fears with me and/or the group members. The "therapy" that you provide at your GA meetings is

comparable to the 4th and 5th step process.

Your willingness to change encompasses the idea behind the 6th and 7th steps. Practicing self-care—as well as being sensitive, honest, and respectful to those around you—is a large part of the amends process (steps 8 and 9).

Many clients report that they offer prayers of gratitude at the end of the day as well as assess their behavior of the last 24 hours; that, my friends, is step 10. As you move through the recovery process, you might add prayer, reading meditation books, writing in a journal, etc. to your daily recovery plan—step 11. **"Doing Those Steps" continued on Page Two**

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Doing Those Steps cont.

Many of you indicate that you are becoming more aware of the need to do something different, something healthy in your life. Practicing step 12 allows you to use newly learned principles in all of your affairs.

Yes, there are formalized ways of attacking the steps. This formal way might be participating in a step study group and/or working specifically with a sponsor on the 12 Steps with conference-approved literature. Focus is placed on the written 4th step, which is the moral and financial inventory. While I do believe it is very important to do a formalized 4th step, it is also important to remember that you are beginning to live this new way of life on a daily basis.

For those folks who are Gam-Anon members, the same principles apply although I realize there may not be as many opportunities to formally meet to work on the steps. It is important that you work with your sponsor to help you along this path.

Remember, the 12 Steps are not an "event" in the recovery process but are the backbone of your new way of life.

Looking for Some Summer Reading?

I've begun a series of gambling book reviews on my website. [Click here](#) to find reviews of the first two books, including my all-time favorite.

My Practice Schedule

SCOTTSDALE

Monday	7:30 AM	8:30 PM
Tuesday	7:00 AM	8:00 PM
Wednesday	Mesa all day	
Thursday	7:30 AM	2:30 PM

Other times by special arrangement

Please inform me of your vacation schedule as soon as possible so we can adjust your appointment time.

MESA

Monday	Scottsdale all day	
Tuesday	Scottsdale all day	
Wednesday	7:00 AM	2:00 PM
Thursday	3:30 PM	8:30 PM

Other times by special arrangement

Please remember to bring a folder or binder to each session for handouts and your assigned homework.

Summer Vacation Schedule

June 13-16, Thurs. - Sun.

July 3-7, Wed. - Sun.

July 16-23 (National Conference Attendance), Tues. - Tues.

Aug. 29-Sept. 2, Thurs. - Mon.

Please use the resources below if you are in need of support.

Empact: 480-784-1500

Banner Helpline: 602-254-4357

Magellan: 602-222-9444

Nursewise: 1-866-495-6735

GA Hotline: 602-266-9784

**AA (help / information)
602-264-1341**

During any other times, for emergencies during non-business hours, please call (480) 775-5139. For last-minute cancellations (less than 24 hours before your appointment) or if you are going to be late to a session or group, please call (480) 390-3952. **Due to my increased caseload, I may not be able to reschedule a last-minute cancellation.**

Please Note: I do not text message. Phone calls or email only please. I will make every effort to empty my voice mail box daily. Please call if you need to change an appointment that day. kelliotthudson@gmail.com