

Ability-

The quality or state of being able, competence in doing, to act upon
- Possession of the means or skill to do something talent, skill or proficiency in a particular area

Abstain-

To refrain deliberately and often with an effort of self-denial from an action or practice - Restrain oneself from doing or enjoying something

Abstinence-

Voluntary refraining from an indulgence, craving or other pleasure
- The fact or practice of restraining oneself from indulging in something

Accept-

To believe in - To receive willingly; to recognize as true, believe

Accomplish-

To succeed in doing, to complete

Addiction-

The condition of being addicted, habitual use - Compulsive need for and use for a habit-forming substance, thing, situation or activity

Adherence-

The act of adhering, stay attached, maintain devotion
Maintain loyalty; to hold fast or stick to; to observe faithfully

Amends-

Something given or done to make up for injury or loss that one has caused - compensate for a loss or injury; to make right to change or modify for the better to improve a situation

Anonymity-

The condition or fact of being anonymous -
The quality or state of being anonymous

Anonymous-

With no name known, given, written, etc., by a person whose name is withheld, lack of identity - Not named or identified lacking individuality, distinction or recognizability

Anti-social-

Avoiding association with others against the basic principles of society - Behavior deviating sharply from the social norm contrary to the laws and customs of society

Baffling-

To confusing, unsolvable, difficult to understand
- Impossible to understand, perplexing,

“Big Shot”-

A person regarded as important or influential -
A person of consequence or prominence

Challenge-

A calling in to question, demanding task that calls for special effort or dedication - Present with difficulties something that needs great mental or physical effort in order to be done successfully

Chance-

The happening of events without apparent cause - A possibility of something happening

Change-

The act, process or result of changing transformation - Make different, alter or modify

Character-

Essential quality the pattern of behavior or personality found in an individual, moral strength - Distinctive quality; mental and ethical traits marking an individual reputation

Character Changes-

A major change in the appearance or character of someone or something - Development of conscious, moral concepts, values and social attitudes learned through gradual work

Characteristic-

A distinguishing trait or quality - Typical of a particular place or thing

Common Welfare-

A group of people united by common interests - For the benefit or interest of all

Compulsive-

Driving force irresistible, repeated, irrational, impulse to perform some act - Irresistible impulse to perform an act

Compulsive Gambling-

Obsession - Uncontrollable urge to keep gambling despite the toll it takes on your life

Concede-

Admit as true, to admit as certain or proper - to accept as true valid or accurate

Consequences-

A result of an action or process - a result or effect of an action or condition -

Contributions-

The act of contributing (to give or provide jointly with others) - A gift or payment to a common fund or collection

Control-

To check or verify, to regulate - The power to influence or direct people's behavior or the course of events

Controversy-

Discussion of a question in which opposing opinions clash, quarrel or dispute - Disagreement, typically when prolonged, public and heated

Courage-

The attitude of facing and dealing with anything recognized as dangerous, difficult or painful instead of withdrawing - Mental or moral strength to venture, persevere, and withstand danger, fear or difficulty implies firmness of mind and will in the face of extreme difficulty

Defects-

Lack of something necessary for completeness, imperfection or weakness - A shortcoming, imperfection or lacking

Delusion-

A false belief or opinion - An idiosyncratic belief or impression that is firmly maintained despite being contradicted by what is generally accepted as reality or rational argument; typically a symptom of mental disorder

Demoralization-

To weaken the spirit, courage discipline of, to throw into confusion -

To cause to turn aside or away from what is good or true or morally right

Denomination-

An organization, generally religious, who are united in their beliefs and practices – A recognizes autonomous branch of the Christian church

Desire-

To wish or long for, covet, crave - a strong feeling of wanting to have something or wishing for something to happen

Desperate-

Driven to or resulting from loss of hope, rash, violent, having great need of affection - Feeling, showing, or involving a hopeless sense that a situation is so bad as to be impossible to deal with

Desperation-

Recklessness resulting from despair – A state of despair, typically one which results in rash or extreme behavior

Destructive-

Destroying, not helpful - Causing great and irreparable harm or damage

Deterioration-

To make or become worse, lower in quality - The process of becoming progressively worse

Detrimental-

Causing damage, harmful ending to cause harm

Difference-

A determining point or factor that makes for a distinctive change or

contrast - The element or factor that distinguishes contrasting situations

Diligent-

Perseverance, hardworking - Having or showing care and conscientiousness in one's work or duties

Effort-

Earnest attempt to accomplish a particular end, using of strength or mental power – A vigorous or determined attempt

Elimination-

To take out remove get rid of - The complete removal or destruction of something

Eluded-

To avoid or escape from by quickness or cunning - Evade or escape from a danger, enemy or pursuer typically in a skillful or cunning way

Escape-

To get free, break loose to get away from - Break free from confinement or control

Experience-

The act of living through an event or events, effect on a person of anything and everything they have gone through - Practical contact with and observation of facts or events; encounter or undergo

Experimentation-

Conducting of experiments test or trial, action or process undertaken to discover something - the action or process of trying out new ideas, methods or activities

Faith-

Unquestioning belief that does not require proof complete trust
- Complete trust or confidence in someone or something

Fellowship-

Companionship, a group of people with the same interests, a brotherhood - Friendly association, especially with people who share one's interests

Foundation-

The fundamental principle on which something is founded
- A fact or idea that provides support for something

Frustrate(ion)-

To disappoint or deceive - To cause to feel angry or discouraged, to prevent from succeeding

Gamble-

To play games of chance for money or some other stake
- Take risky action in hopes of a desired result

Guide-

To point out the way, direct on a course - a person who advises or shows the way to others

History-

An account of what has or might have happened what has happened in the development of a person - The study of past events, particularly in human affairs

Honesty-

Refraining from lying, cheating or stealing being truthful - The quality of being fair and truthful, presenting yourself in a genuine and sincere way without pretense

Hope-

A feeling that what is wanted will happen - A feeling of expectation and desire that a certain thing will happen

Humble

Absence of pretensions, boastfulness, conceits having or showing a conscious of one's shortcomings or defects - having or showing a modest or low estimate of one's own importance

Illness-

The condition of being ill or in poor health – A disease or period of sickness affecting the body or mind

Illusion-

A false idea or conception a belief or opinion not in accord with the facts - A thing that is likely to be wrongly perceived or interpreted by the senses

Immaturity-

Not completely grown - Behavior that is appropriate to or for someone younger

Incomprehensible-

That which cannot be understood, obscure or unintelligible
- Impossible to understand

Indecision-

Inability to decide or tendency to change the mind frequently
- The inability to make a decision quickly

Insecurity-

Not confident filled with anxieties, apprehensive
- Uncertainty or anxiety about oneself, lack of confidence

Insidious-

Characterized by treachery, more dangerous than seems evident
- Proceeding in a gradual, subtle way, but with harmful effects

Inventory-

Any detailed list - Umbrella term comprising past events as well as the memory, discovery, collection, organization and presentation of these events

Irresponsible-

Unreliable, shiftless - doing what you like and not caring what happens afterwards

Irritability-

Quick to annoyance or anger usually resulting from tension or restlessness, easily offended, cranky and cross - feelings of anger or frustration that often arise even over the smallest things

Maintain-

To keep in existence or continuance - Cause or enable to continue

Meditation-

Deep continued thought deep reflection – A written or spoken discourse expressing considered thoughts on a subject

Membership-

The state of being or belonging to an organization
- The fact of being a member of a group

Misery-

A condition of great suffering because of pain, sorrow or poverty
- A state or feeling of great distress or discomfort of mind or body

Moral-

Able to make distinction between right and wrong good or right in conduct or character - Concerned with the principles of right and wrong behavior and the goodness or badness of human behavior

Nervousness-

Showing emotional tension, restlessness, agitation, fearful apprehensive - Tending to be anxious or highly strung the state of being nervous

Non-professional-

Doing something without great skill - One that pursues something that is not their profession, where they are seen as an amateur, a dabbler

Normal-

Conforming with or constituting an accepted standard, model, or pattern esp. corresponding to the average or median of a large group - Conforming to a standard, usual typical or expected

Obsession-

The fact or state of being obsessed with an idea, desire or emotion
- An idea or thought that continually preoccupies or intrudes on a person's mind

Outgrowth-

A result consequence or development - Something that grows out of something else, a natural development or result of something

Open-mindedness-

Having a mind open to new ideas free from prejudice or bias

-Welcoming new ideas, arguments and information that you typically do not align with

Page 17_

Daily Guidelines and principles to follow in the GA Program and fellowship for continued recovery in Gamblers Anonymous and life

Patience-

The ability to wait for a long time without becoming annoyed or upset - The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset

Persistence-

Continuing to exist or endure, refusing to relent stubborn Firm or obstinate continuance in a course of action in spite of difficulty or opposition

Philanthropic-

Charitable, benevolent, humane - seeking to promote the welfare of others especially by donating money to good causes, generous and benevolent

Powerless-

Without power, weak feeble impotent - Without ability or influence

Prayer-

Earnest request, humble or sincere request to G_D - A solemn request for help or expression of thanks to G_D or an object of worship

Principles-

Fundamental truth, rules of conduct especially integrity uprightness - A fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning

Progressive-

Moving forward, continuing - Happening or developing gradually or in stages; proceeding step by step

Qualities-

Any of the features that make something what it is - The standard of something as measured against other things of a similar kind

Reality-

Fact, quality of being true to life - The world or the state of thing as they actually exist, as opposed to an idealistic or notional idea of them

Reckless-

Careless heedless not regarding consequences - (of a person or their actions) without thinking or caring about the consequences of an action

Recovery-

Act of recovering, regaining something lost - A return to a normal state of health, mind or strength

Refrain-

Hold back keep oneself from doing something - Stop oneself from doing something

Relapse-

To fall back into a former condition especially after improvement or seeming improvement - suffer deterioration after a period of improvement

Requirement-

Something obligatory or demanded as a condition
- A thing that is needed or wanted

Responsibility-

Obligation accountability dependability - The state or act of having a duty to deal with something or be accountable

Restore-

To bring back to a former or normal condition - to return something or someone to an earlier condition or position

Schemes-

Carefully arranged program of action for obtaining some object or end - A largescale systematic plan or arrangement for attaining a particular object or putting a particular idea into effect

Sect-

Any group of people having a common set of opinions - A group of people that has separated from an established larger group and is sometimes considered extreme or dangerous

Self-Supporting-

Support of oneself without aid or reinforcement - Having the resources to be able to survive without outside assistance

Serenity-

The art of being serene untroubled calm unruffled tranquil
- The state of being calm, peaceful and untroubled

Shortcoming-

Falling short of what is expected or required defect or deficiency
- a fault or failure to meet a certain standard, typically in a person's character, a plan or a system

Sought-

To seek - Attempt or desire to obtain or achieve

Soul-

Regarded as immortal the moral or emotional nature of man
- The spiritual or immaterial part of a human being

Spiritual-

Characteristics of the human mind that represent the highest and finest qualities such as strength, kindness, generosity honesty and humility - Relating to or affecting the human spirit or soul as opposed to material or physical things

Strength-

Force power vigor toughness durability - The capacity of an object or substance withstand great force or pressure

Struggle-

To make one's way with difficulty - Make forceful or violent efforts to get free of restraint or constriction

Subconscious-

Occurring without conscious perception of the individual, imperfectly aware - Of or concerning the part of the mind of which one is not fully aware but which influences one's actions and feelings

Subtle-

Not open or direct, crafty, sly, working insidiously, not easily detected - So delicate or precise as to be difficult to analyze or describe

Sustain-

To bear up against, endure withstand - strengthen or support physically or mentally

Symptomatic-

Any circumstance, event or condition that accompanies something to indicate its existence - Serving as a symptom or sign especially of something undesirable

Tolerable- (tolerance)

Resist the effects of - Able to be endured

Uncontrolled-

Happening or done without being stopped or slowed - Not kept in check or held back

Unity-

The state of being one the quality of being one in spirit, sentiment, purpose - The state of being joined or united as a whole

Unmanageable-

Not controlled or regulated - Difficult or impossible to manage, manipulate or control

Unwilling-

Not willing reluctant - Not ready, eager or prepared to do something

Urge-

An impulse to do a certain thing - Strong desire or impulse

Vain-

Having or showing an excessively high regard for oneself - having or showing an excessively high opinion of one's appearance, abilities or worth

Vitally-

The essential parts of anything, indispensable necessary for life
- In a way that is absolutely necessary or essential

Willingness-

Giving readily and cheerfully, consenting to something specified
- The quality or state of being prepared to do something, readiness

Willpower-

Strength of will, mind or determination self-control - control exerted to something or restrain impulses

Wisdom-

Knowledge, insight good sense ability to discern correct course of action marked by a deeper understanding - The quality of having experience, knowledge, and good judgement the quality of being wise

Non-approved GA Material
Do not distribute