

# OBLIVIOUS

## RESILIENT & AWARE: TRANSFORM YOUR GAMBLING BEHAVIOR

### INTRODUCTION

The "Resilient & Aware" program, developed by gambling problem expert and researcher Raymond Aronds, offers an innovative approach to gambling addiction prevention and recovery. In collaboration with the Dutch Applied Theater, we have created a unique program that helps participants gain more insight, knowledge, and awareness. This enables them to better understand their own urge to gamble and build resistance against the temptations of the gambling world. Our goal is to be an accepted alternative alongside existing addiction treatments and peer support group methods.

### MAIN GOALS:

**Awareness:** The program aims to provide participants with a deep understanding of addictive behavior in gambling and the temptations they are exposed to, thereby reducing the burden of self-stigma.  
**Self-Control:** The program aims to equip participants with the tools and techniques to control their gambling behavior, allowing them to take charge of their own choices.

### TECHNIQUES/METHODS

#### Sociometry

Examining the situation, preferences and choices of the individual participants. Physical positions help identify their situation, which they share with their group members.

#### Voice dialogue

Exploring and integrating the inner voices or sub-personalities within an individual. By engaging in dialogue with these voices, one can gain greater self-awareness and balance.

#### Motivational Imaginering

Motivational Imaginering is a technique that uses imagination and creativity to enhance personal goals and motivation. By vividly envisioning future scenarios and desirable outcomes, one can effectively stimulate inner drives and actions.

#### Reflection

Reflecting on (one's own) experiences, actions, and decisions to learn from them and make improvements. Although reflection is not a form of sociotechnics in itself, it is a valuable tool within a sociotechnical approach.

#### Lived Experience

"Lived experience" refers to the knowledge and understanding that individuals gain through their direct personal encounters and interactions. It encompasses the totality of an individual's life experiences, including their perceptions, feelings, and insights acquired through living through various situations, challenges, and circumstances.

### PRINCIPLES

#### Self-Reflection, Responsibility, and Self-Reliance:

This training is primarily intended as a 'self-care' for the participant. The focus is on the participants' own responsibility and self-reliance. By exchanging knowledge about gambling addiction and through personal stories, participants become aware of where they stand on the ladder of gambling addiction. The training provides them with ways to set appropriate goals and further develop them.

**Peer Expertise:** The training is led by facilitators with lived experience in gambling problems. These peer experts can reflect on their own experiences, provide concrete examples, and understand the participants' situations. Sharing experiences and stories helps participants find support, which is essential for recovery. This ensures an authentic and empathetic approach to the training.

**Support and Community:** The program aims for participants to see each other as allies within the gambling community. They should feel understood and empowered to make their recovery successful. Additionally, they have access to information and other resources for their recovery journey. The focus is on strengthening personal growth, self-confidence, and responsibility to resist temptations, without a strict abstinence policy. This solidarity helps everyone find their own path to recovery. Participants will be invited to contribute to the program as a role that suits them. Skills will organize practice sessions for those who volunteer as facilitators for the training or workshops after their recovery.

**Flexibility and Inclusivity:** The program aims to meet the individual needs of participants, regardless of their stage of recovery. The needs of all participants, including non-native speakers, are taken into account to ensure that everyone is as understood and supported as possible. This requires flexibility from the training facilitators. The focus of the sessions can shift if the situation demands it.

**Normalization of Conversation Topics:** The program helps break down taboos around gambling addiction. The setup of the components makes gambling a discussable and normal topic, which can help reduce stigma and promote openness. This creates a safe environment where participants can freely talk about their experiences and challenges.

**Referral to Further Help:** The training can lead to the decision to seek further help, such as individual coaching or other professional support, such as therapy. Participants leave the training with a clear path for follow-up actions they have set for themselves.

### INTENDED OUTCOME: FROM "OBLIVIOUS" TO "CONSCIOUS"

Within the period of one training, consisting of 6 workshops, we aim to achieve significant and positive changes for individuals struggling with gambling addiction. This program distinguishes itself by emphasizing an alternative treatment method for those who do not resonate with conventional psychiatry or the approaches of anonymous peer groups based on the 12-step method.



### WORKSHOPS

How aware are you?

Introduction to the Program and the remaining exercises. Evaluation of the awareness of the participants.

### THEMES

#### Behaviorism:

Discover how our gambling behavior is influenced by rewards and how the gambling industry smartly uses this. Learn about classical and operant conditioning and how these techniques are applied in gambling games to entice players.

#### Gambling Instrumentation:

Learn about gambling environments, games, software, and the impact of advertisements. Understand how sound effects, light patterns, and graphic designs in gambling games manipulate the playing experience.

#### Fear of Missing Out:

Understand the power of "Fear of Missing Out" and learn how to resist gambling temptations. Develop strategies to cope with feelings of regret and loss without resorting to gambling.

#### It's Not Just a Game:

Discover the true nature of gambling and the business model of the gambling industry. Analyze how gambling companies maximize profits by keeping players engaged for as long as possible.

#### Mastering Temptation:

Gain insight into odds, magical thinking, and the gambler's fallacy. Learn techniques to stay rational and recognize and correct irrational thoughts.

#### Addiction by Design:

Dive into the world of cleverly designed gambling machines, understand why you can't win in the long run, and resist the temptations. Understand the psychology behind addictive mechanisms like near-misses and variable rewards.

#### Understanding Addiction:

Explore the importance of healthy social contacts and environments. Understand why certain situations sustain and reinforce addiction. Learn how a supportive network and positive social interactions can contribute to recovery.

#### Our Reward System:

Learn how hormones like dopamine, endorphins, and cravings affect your brain and how addiction can develop. Understand how different activities and behaviors can cause various chemical reactions in the brain.

#### Master Your Impulses:

- Pause and Reflect: Before making any decisions about gambling, take a moment to pause and reflect. Ask yourself why you feel the urge to gamble and consider the potential consequences.
- Interrupt the Cycle: If you find yourself starting to gamble, develop strategies to stop and reassess. This could involve taking a break, leaving the gambling environment, or calling a supportive friend.
- Visualization Techniques: Visualize the entire process of gambling from start to finish, including the journey to the gambling location and the likely outcomes. This can help you see the reality of the situation and reinforce your decision not to gamble.
- Set a Delay: If you feel the urge to gamble, set a timer for 30 minutes. Use this time to distract yourself with another activity or to think through the reasons why you want to avoid gambling.

Positive reinforcement: Reward yourself for choosing not to gamble. This could be something simple like enjoying a favorite hobby, spending time with loved ones, or treating yourself to something special.

#### Master Your Decisions:

Discover the dark side of gambling temptations and learn to make conscious choices. Learn how to develop a personal decision-making strategy that helps you resist temptations.

#### Master Your Self-Control:

Understand the different aspects of self-control, self-discipline, and intentional behavior. Develop a personal plan for self-control that takes into account your specific challenges and goals.

### TRANSFORM YOUR RELATIONSHIP WITH GAMBLING

**Alternative Treatment Method:** Our approach breaks down stigmas and focuses on strengthening resilience and self-confidence. We create an empowering environment that honors personal beliefs and respects cultural values.

**Improved Knowledge and Awareness:** Participants will experience significant growth in their understanding of gambling addiction and the tactics of the gambling industry. They will learn the mechanisms behind their gambling behavior, enabling them to make informed choices.

**Increased Self-Control and Resilience:** Through targeted training and support, participants will develop skills to resist gambling temptations, leading to enhanced self-control and a greater sense of autonomy over their lives.

**Supportive Community:** Building a supportive community is essential. This network provides encouragement, understanding, and shared experiences, both during and after the program, offering continuous support on the path to recovery.

**Foundation for Future Scaling and Acceptance:** By documenting success and effectiveness, we lay a solid foundation for future scaling and broader acceptance of our program, potentially leading to inclusion in insurance coverage.

### FOLLOW UP

While significant improvement can already occur within the period of one training, we encourage participants to repeat the training if needed. This ensures further strengthening and consolidation of the achieved results. By achieving these outcomes, we help participants transform from "Oblivious" to "Conscious." They will not only be better informed and more resilient but also part of a supportive community that continues to support them on their path to recovery.

# CONSCIOUS