

Stop Gambling

Dear Karen,

Hi, Karen! These days I have also been worrying about Jason. I think that he may become addicted to gambling already. I feel worried that it will cause uncontrollable consequences

First, when he gambles he could lose more than just his money. It makes a negative effect on his financial administration. Second, he may also put his relationship at risk because he will have few times to talk with his friends and family. Third, because he is still studying at school now, gambling will also put his future at risk as he spends time to gamble instead of study.

Avoiding the about situations to become reality, I have a number of advice to him.

Firstly, why don't we introduce him to have a counseling service? Through talking with the social workers, he could get the advice, information and advice to give up his bad habit of gambling. It is undoubtedly that we have responsibility to help him to surmount the difficulties and turn his life a new leaf.

Secondly, we can take him to join the extra-curricular activities, such as sports, music, art, etc. I believe that through joining the above activities, his confidence can be built up and he can find his objective and interest other than gambling. Besides, not only can this give him a sense of achievement, it also makes him more sociable. During the activities, he can make more new friends and widen his interpersonal relationship.

Thirdly, to make sure that his parents notice the situation of Jason, we should tell his parents about his gambling addiction. Family support is important to help Jason to improve his bad habit of gambling. His family relationship can also be improved as he has more communication with his family.

Gambling addiction can cause a catastrophic consequence. It is urgent that we must be taking action now, including summary counseling services, extra-curricular activities and family support, so that he can correct his misconception and the bad habit of gambling.

I hope that you'll accept my advice. Write soon.

Yours,
Chris