



**Minnesota Alliance  
on Problem Gambling**



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## Jon's Gambling Story



I started gaming as a kid and got hooked on the excitement of winning.

In college, I gambled online and lost most of my tuition money.



My gambling increased to the point I was betting to win back my losses.



I was so alone and ashamed of my gambling debt. I became withdrawn and depressed.



## Jon's Recovery Story

Others became concerned about my addiction. I started to realize I needed help.



I began therapy and went to group meetings. It helped to talk to others.



I continue to work on my recovery. I have started to rebuild my life and enjoy activities other than gambling.

