



Real people real journeys

真人真事

우리들의 진솔한 여정

人々の生の声とその旅

Người thật, việc thật

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吞食你的恶魔 ———赌博



新西兰是一个美丽的国家，善良的人们，自由的国度，无可比拟的社会环境等等。

5年前我们全家带着美好的憧憬，放弃了中国的事业，来到了这里。这里的一切使我们全家庆幸做出了一个正确的选择。我们憧憬着未来，规划生活，对未来的生活充满了信心。一句话“我们爱这里”。我们坚信凭借着在中国十几年丰富的经商经验和带来的充足资金，必将帮助我们完成自己在这里的事业，也能够使我们尽快地融入这个新的国度。

然而仅仅是一年后，在一个非常偶然的的机会，我和我的太太进入到赌场———这个我今生不会忘记的地方，它是“恶魔”，是“吸血鬼”。时至今日我都认为用这世界上最凶狠、最嗜血的恶魔去形容它都不过份。它带给我和我的家庭无限的痛苦，

它将我的人生信念、尊严以及人格摧毁得支离破碎，它使得我的生活像一场永远不会结束的噩梦，没有明天，没有光明，没有希望。只有徒劳无力的挣扎，在无限的痛苦中备受煎熬。也许有的朋友认为我是在危言耸听，夸大事实，但在这里我想用自己的真实经历去告诉人们：远离赌博！

在我小心翼翼的踏进赌场的第一步起，也就是这可怕噩梦的开始。当我投下我人生第一个5元的筹码时，我就开始了我的可怕、危险、疯狂及无法控制的行为。短短的18个月，我输掉的不仅仅是200多万的金钱，还输掉了我的家庭、亲友、信用、人格和尊严。这些多么宝贵的资源，本是我耗尽半生点点滴滴积累而成的，本可以帮助我成就自己的事业，而现在却迅速的离我远去了

The devil that can devour you

New Zealand is a beautiful country - a country of kind people where everyone enjoys freedom. There is no place like it.

Five years ago, my family came to New Zealand with great hope, giving up our business and careers in China. Our family celebrated that decision; we looked forward to our future and were full of optimism. A statement that summed up our thoughts was "we love it here." We strongly believed that after more than 10 years business experience in China, together with a considerable sum of money, we would be able to establish our business as well as integrate into New Zealand society.

Just one year after migrating my wife and I visited the casino for the first time. I will never forget that place. It is a 'devil', a 'vampire'. No words can describe the brutality of this evil place. It brought harm to my family beyond anything I can describe. It destroyed my faith in life, along with my pride and dignity. It became a nightmare that would not end. There was no hope of a better tomorrow and a better life. It was a useless struggle and endless torture. Some people might think that I am exaggerating my situation but my only wish is to use this platform to tell the truth. The best thing that you can do for yourself is to stay away from gambling.

Even though I took great care when I first went to the casino, it was still the start of my nightmare. When I placed a \$5 bet, the very first bet of my life, it was the beginning of the horrible, dangerous, crazy and uncontrollable behaviour. Within 18 months I lost not only \$2 million but also my family, friends, credit, dignity and pride. I had gained all those precious resources through years of hard work. They were to support my life in New Zealand and yet suddenly they were all gone.

I gambled \$50,000 once, borrowing \$10,000 which had weekly interest payments between \$500 and \$800. I gambled for 72 hours non-stop without eating. I gambled without thinking about the consequences. I even generously offered tips of \$100 or even \$1000 to waitresses for a cup of coffee. That behaviour was not part of my normal life but it was common in the casino. That environment destroyed me. I became a VIP gambler very quickly and when I stepped into the luxuriously decorated VIP room and received meticulous service from the casino staff I was drawn into the atmosphere. I was appreciative of all that the casino provided and in return I visited more frequently, increased my bets and made an enormous contribution to them. That is how I became a 'valued customer', receiving free travel vouchers and even a delicious birthday cake with 'Happy Birthday' written on it.

我曾经下1注5万元，曾借1万元但每星期支付500-800元利息；72个小时不睡觉、不吃饭；不计后果的举债去赌；为waitress 的一杯咖啡慷慨的支付100元甚至1000元小费等。这些常人无法理解的行为，在赌场里却变得那么自然，我正是在赌场提供的这种环境里，毁掉了自己的一切。当我从一个普通的赌客迅速被发展成VIP时，当我踏进装修豪华的VIP专用会所时，当我接受赌场工作人员‘无微不至’的VIP服务时，我陶醉了，有了被重视的感觉，心存感激，我唯一可回报的就是更加频繁的光顾赌场，加大筹码去回报赌场，同时我的钱也更快的流向赌场。于是我成了赌场有价值的‘客户’，免费的旅游，美味的生日蛋糕和亲切的祝福‘Happy Birthday To You’等等接踵而来。

这一切使我变得失去了所有的理智，短短的18个月我为此支付了超过200万元的昂贵账单，除了疯狂还是疯狂。在奥克兰赌场里 2小时就输掉30万元，在基督城赌场不到一个星期输掉40万元。当我输掉了所有的金钱时，当我不再一掷千金时，当我不能在输钱后拿钱来赌博时，笑脸没有了，关心没有了，VIP式的服务没有了，所有之前的服务没有了，所有之前的一切都没有了。自己长久奋斗得来的一切没有了。怎么办？怎样才能拿回自己输掉的金钱？一个答案，像条件反射似的蹿出，借钱翻本，把输的钱赢回来，因为没有地方可以在短时间赚到几百万，而只有赌场理论上能。于是为了这个虚无缥缈的可能，我讲出了我人生的第一个谎言，向朋友借钱，随后一个接一个的谎言波及到了我所有的亲友。我动用了一切可以动用的自身和社会资源：信用卡、银行贷款、汽

车贷款、以及高利贷等等，而结果只有一个，不断的失败。我输掉了我所有的财富，又无法还债，我还搭上了我一生最宝贵的财富 “信用、人格和尊严”。

我带着受伤的心灵和疲惫的身躯回到家时，这个本应该温馨的港湾，现在已经面目全非。各种问题接踵而来，巨额的债务、生活的压力，更让我无法接受的是孩子们那茫然的目光，孩子们已经到了似懂非懂的年龄，他们不理解往日富有的父母，现在为什么不敢接听家里的电话，为什么有那么多无法支付的账单？甚至不能带他们去麦当劳餐厅，家里为什么没有了往日的欢乐？为什么父亲变得暴躁易怒？这一切的一切让我绝望了，我厌倦了谎言，忍受不了这非常人的生活，无法承受失去信任、没有亲友支持的孤独和痛苦，更加不敢面对没有希望的未来。我真真切切，彻彻底底的绝望了。于是自杀的念头在我的脑海里挥之不去，但对孩子和家庭强烈的依恋让我犹豫，这两种念头不断的拉扯着我，我的精神已经快崩溃了。我该怎么办？

幸运的，我得到了亚裔家庭服务中心的帮助。辅导员和我的家人一起支持和鼓励我走过我人生中最痛苦的时期。现在，我偿还了我所有的债务，重新开始自己的事业。尽管重头再来很辛苦，但一切都是值得的。我又找回了自信，找回了我温馨幸福的家。

张先生

Within 18 months I lost more than \$2 million and nearly lost my mind. It was madness; I lost \$300,000 within two hours in Auckland and \$400,000 within one week in Christchurch. When I lost all that I had and was unable to win back my losses there was no more special treatment and VIP service from the casino staff. Whatever I had received at the casino in the past was gone.

What should I do? How could I get back my money? There was only one answer in my mind - to borrow money and win back the losses. There was no other way of getting millions of dollars quickly but, in theory, it could happen in the casino. With that fantasy in my mind I told the first lie in my life. I borrowed money from my friends and then the lie continued to my whole social circle. I borrowed money any way I could such as credit card, bank loan, car loan, and even from loan sharks. The result was repeated failure. I lost everything and was unable to repay the debts. I also lost my dignity.

I do not know how to gauge whether you are a problem gambler. At the beginning, neither the casino nor I realised the extent of the problem. When I lost \$100,000 for the first time in my life, I was not a problem gambler. When I stayed at the casino for 72 hours without sleep and food, I was not a problem gambler. When I lost \$1 million, I was not a problem gambler and, of course, I did not have any health issues.

When I dragged my exhausted and aching body back home it was not a place of shelter anymore. I had to face many unbearable problems, a big amount of debt, stress and the wariness and confusion in my children's eyes. It was hard for them to understand why their parents were afraid of picking up the phone and why the family was not rich anymore. Why were there so many unpaid bills? Why could we not even afford to buy them McDonald's meals? Why was there no joy at home? Why did dad become irritable? All those things made me desperate and I was tired of lying. I could not stand that kind of abnormal life. I could not bear living my life without trust and losing the support of relatives and friends. It was painful to be lonely. The worst of all was being afraid of facing the future without hope. I was totally devastated and hopeless. I could not get rid of the suicidal thoughts but I resisted because of the love I had for my children and family. I struggled with the two thoughts. I almost collapsed.

Fortunately, I got help from my family and Asian Family Services (AFS). The counsellor from AFS and my family worked together to support me through this tough time in my life. Now I have repaid all my debts and rebuilt my business step-by-step. It was worth it even though it was very difficult. I found my confidence, and my family are happy again.

Mr. Zhang

浪子回家之路



我在20岁时随家人移民到新西兰。由于青年人的好奇心，加上赌博活动的刺激性，让我喜欢上了赌马和买彩票。偶而会赢，就觉得自己很有把握，逐渐上瘾。输了不服气，想尽各种办法弄钱再博，结果欠了不少的赌债。在那段时间里，靠家里人的帮助，我还清了赌债，我也保证要戒赌，尽量控制自己不要花太多的钱在赌博上。可是这种局面并没有持续多久，我又开始赌的越来越大，有时也去赌场。虽然我有工作收入，但经常是入不敷出。我的工资已经不够支付我的赌博花费，所以借了高利贷，结果每天被追债人逼的抬不起头。我和家人也发生了冲突，一气之下离家出走，去了另外一个城市，几年都没回去。

不久，我在外面又开始赌并欠下了高利贷。我不得已又求助于家人。这一次他们要求我一定要去接受戒赌辅导。我从2013年开始到亚裔家庭服务中心接受心理辅导。当时我申请了赌场的禁止令，但没有申请其他赌博场所的禁止令，也没有实行严格的财务管理。可能还是想给自己留些去赌的机会吧。在接受辅导期间，我也是反反复复，一段时间少赌，一段时间又多赌。旧债还没还完，又借新债。一想到债务，心就特烦。2014年圣诞节期间至2015年春节前，我又赌到失控，把本来准备买机票回家的钱也赌光，还欠下更多新债。那时我真想放弃自己，一走了之。但是中心的辅导员却没有放弃。用各种方法和我联系，鼓励我，让我知道还是有人关心我，想帮助我找回自己，这样我又看见了希望。

The return of the prodigal

When I was in my 20s my family immigrated to New Zealand. As a young man I felt curious about my new living environment and I got excited with gambling activities as well. I felt confident because I won sometimes, so I started TAB gambling and buying Lotto. I always wanted to win back what I had lost so I borrowed as much money as I could from other people for my gambling. My parents paid for my debts and I promised that I would stop gambling. I tried hard not to gamble too much. Unfortunately it did not last long and I started gambling again and sometimes went to the casino. I had a job but I was short of money. I could not afford my gambling so I borrowed money from a loan shark. I didn't even realise that the gambling not only took my regular income away, but also my reputation. It caused the breakdown of my relationship with my family and I, so I moved to another city and never went back to my family for years.

Not long after moving I gambled a lot and ended up owing lots of money to the loan shark. I had to ask for help from my family again, which they gave on the condition that I had to stop gambling. I contacted Asian Family Services and accepted counselling from them in 2013. At that time I only applied for

self-exclusion from the casino but not from the TAB or Multi Venue Exclusion (MVE). Somehow I still wanted to go and gamble. I did not know how to manage my money either. During the counselling I still gambled occasionally and built up more debt. In 2014-2015, between Christmas and Chinese New Year, I lost control of my gambling again and gambled away all of my money, including money saved to buy a flight ticket. I really wanted to give up on myself. But the counsellor from Asian Family Services did not give up on me and believed in me, which made me realise there was hope and I could get my normal life back without gambling.

The old saying, 'at 30, I stand firm, at 40, I have no doubts', means that I should have a good position in society at the age of thirty and that I should no longer suffer from confusion at forty. Now here I was in my 40s but I had nothing left except tears and I did not see a future for me. I realised that I had gained nothing except a big amount of debt through gambling and my family worrying about me all the time.

Finally I made a decision to stop gambling. I applied for exclusion from the TAB and MVE with the counsellor's help, plus I set up my bank account with some access limitations and restrictions. I was also encouraged to be honest to my

俗话说‘三十而立，四十不惑’。当我重新回到亚裔家庭服务中心，想想自己已迈入不惑之年，至今仍孑然一身，心情非常沉重，泪水模糊了双眼。这些年沉迷赌博不仅给自己累积了高额的债务，还让家人担心。终于明白如果继续赌我会没有回头路，再也得不到家里帮助和关心，也没有朋友，还会失去工作，后果不堪设想。我下决心要彻底戒赌。在辅导员的帮助下，我申请了全面禁赌令包括TAB、酒吧和俱乐部里老虎机，并设立了安全的银行账户。我还向借钱给我的朋友承认我将钱赌光了。虽然我看到朋友异样的眼神，如芒刺背，可为了戒赌我必须这样做。辅导员还和我的家人商量如何帮我共渡难关，我的姐姐愿意帮我全面掌管财务。虽然家人从来没有放弃过我，可是她们也是一朝被蛇咬，十年怕井绳，我必须用百分百的努力，一步一步去重新赢得她们的信任。

回想过去，我曾多次想过逃离，当债台高筑无法偿还的时候，让我彻底知道了赌博带来的严重后果，加上家人也想尽办法帮我还款好让我回头，使我体会到亲情，家人是最亲的。回想过去的路，我终于想开了，明白一直这样赌过来，不只把钱输光了，我还输掉了自己的青春、家人、朋友！浪子一定要回头！浪子一定能回头！

我现在没有参加任何赌博活动。没有赌博的日子真好！现在我努力工作，每赚一分钱都是我的。债务一点点减少，心情一天天开朗。我仍继续接受心理辅导，同时参加亚裔家庭服务中心举办的同伴互助小组的聚会。学习如何处理生活上遇到的困难，如何用积极的心态去面对现实生活中的困惑、迷茫和失望。

现在我要从头开始，实现一个新的生活方式。我要不赌，不借，给自己一个有信用，有家人，有朋友的未来。在此，谢谢亚裔家庭服务中心的辅导员，给我的帮助和专业的心理辅导，这改变了我的人生。

我更要对我的姐姐说一声：谢谢！是亲人的永不放弃，让我最终走出了赌博的泥潭！非常感谢！

friends whom I borrowed money from. I had to do it even though it hurt when my friends found out the truth and saw me differently. It was like a thorn in my back. My sister helped me to monitor my bank balance. I appreciated that I could have an opportunity to get my life back again. I would work hard to re-build trusting relationships with my family and my friends.

In the past I always thought about running away from it. Not only had I lost money but also my family, friends and my own life. I realised that gambling had taken my life away while I could not pay my debts. My story was just like the traditional Chinese tale, The Return of the Prodigal. Yes, I was a prodigal but I returned to my own life with my friends and family around me again.

I feel so glad because I am a new person and I am not addicted to gambling anymore. I feel relaxed because my new life is without gambling. I work hard and am gradually saving money. My debt has decreased and every day is a new day for me. I continue seeing my counsellor at Asian Family Services and I joined the peer support group to share experiences about how to overcome difficulties in our lives. We also learnt how to face our life with a positive attitude.

Once again I want to say to my lovely sister and my counsellor at Asian Family Services, thank you for your support, the professional counselling, and all your patience. Thank you all of you.

我弟弟的故事



二十多年前，我们全家从中国移民来到了基督城。刚开始的三年里，父母，弟弟和我努力的工作，生活不断的进步，也买了车，弟弟当时有一份稳定的工作，虽然工资不高，但他不抽烟，不喝酒，不赌，逐渐就有了积蓄，他付了大部分的钱买车。亲友们都为我们家的进步感到高兴，我也因有弟弟在家里起到支柱作用而感到欣慰。

但可惜，好景不长，我逐渐发现弟弟的积蓄没有了，还向别人借钱，因为他已经开始赌博了，TAB，麻将，赌场，酒吧和俱乐部里老虎机，还有一些线上赌博，他都赌。刚开始的时候我并不在意，但后来发现他越来越缺钱，觉得他再赌下去不但会害了自己也会害了家人，所以我就劝他不要再赌了，但由于父母对他的包容，他还是继续赌。不久他为了赌博去了另一个城市——奥克兰，但还经常打电话回家向父母要钱，每次都说：“这是最后一次。”父母因为爱和担心，一次又一次的倾

尽所有帮他。期望他能吸取教训，还清债务。但弟弟还是一次又一次地向父母要钱，让父母失望。

有一次父母无奈地要向别人借钱来帮弟弟，但当时那个人说：“借钱去赌博是世界上最愚蠢的行为，你这样做只会害了你儿子，我不会借钱给你的。”父亲因为弟弟的赌债要向别人借钱，这是一件很蠢而且羞耻的事。可以说，弟弟因为赌，失去了信用，尊严，理性，人情。他用各种愚蠢的办法去筹钱、借钱，还输掉了父母的积蓄，但他一点也不在乎父母因此有多难过。父母每次接到弟弟的电话都是那么的惶恐，生气，担心和无奈，他们甚至不希望接到他的电话了，因为每次的电话都是向他们要钱。

父母那么尽力帮弟弟，但他一点也没有改变，反而令自己的父母生活在忧虑和不安中。我对弟弟的赌博是极其痛恨的，但我还是很担心弟弟的，因为我知道如果他继续这样赌下去的

My brother's story

Our family moved to Christchurch from China 20 years ago. For the first three years we worked hard and finally had a better life. During that time my brother got a job and, although the salary wasn't high my brother didn't smoke, drink, or gamble, gradually our savings grew. He paid for a car for our family. Our relatives and friends were so happy for us and I was so proud of my brother for supporting our family.

Unfortunately it did not last long. I found out that my brother's savings were gone and that he had borrowed money from others as he had started gambling. He gambled as much as he could - the TAB, Mahjong, the casino, playing pokies in clubs or pubs, and online gambling. In the beginning I wasn't too concerned but he was short of money all the time and if he continued gambling it would harm not only himself, but also the whole family. I tried to advise him to stop gambling but he still gambled. Later he moved to Auckland to gamble but he kept asking our parents for more money and he always promised it would be the last time. Our parents helped him again and again out of love and concern for him, but they were disillusioned with him.

I remember how my father wanted to borrow money from his friend to pay my brother's gambling debt. My father's friend said to him, 'it is a really unwise

thing to do, to borrow money for your son's gambling; you are not helping him, and I will not lend it to you.' It was foolish and shamed our family. My brother lost his mind, reputation and dignity because of gambling. He tried to borrow money in different ways and did not care that our parents' savings were gone because of his gambling. Our parents did not want to hear anything from my brother because he called for money so often.

My brother did not stop gambling as he had promised. I really hated gambling and I did not want to talk to him either, but I worried about him so much. There would be no future for him if he continued gambling and he would end up with a terrible and hopeless life. I always hoped that one day he would stop gambling and repay his debts.

Sometimes I wondered if my brother had lost the ability to think. He kept borrowing money at high interest rates from loan sharks every month just to gamble. He was not even able to pay the interest each month and was too scared to answer his phone and was afraid of seeing people. He never thought he was wrong. Why did my brother do such a foolish thing only for passing excitement?

Two years ago my parents had no money left to give to my brother anymore and they were worried. But my brother never changed and continued to ask for money.

话，后果是不堪设想的，他自己也没有未来了。由于弟弟和父母都没有听进我的劝告，我也就没有怎么理弟弟了，只恨他不思进取，太不争气了。但不论怎样，我内心还是期待有一天他能突然醒悟，下定决心戒赌，还清他自己的债务，过好自己的生活，毕竟他是我的弟弟，我们在同一个家庭里一起长大，我们曾是父母的骄傲，弟弟曾经是一位不错的孩子，也曾令我们自豪过。

我有时甚至怀疑弟弟是否赌坏了脑袋，失去了思维的能力，不去还债反而借了更多的钱去赌，致使债务不断增加。由于借的多是高利贷，每个月连利息都可能还不来的时候，那就更不可能还本金了，每天都可能被人追债，连电话都不敢接了，后果就可想而知了。他甚至不会认真想一下自己为什么走到这个地步。我就是不明白，为了一时的刺激，换来余生的被人追债，自己一无所有，吃不安，睡不着。明明是不值得的，为什么弟弟就是那样做呢？

直到两年前，父母再也帮不了弟弟了，只能担心他，但我说的话，弟弟总是只听不做，拿了钱就算了。

我意识到靠自己很难令他戒赌。幸运的是在我的一位朋友帮助下，我找到了奥克兰的亚裔家庭服务中心——为亚裔社区遭受赌博危害的人提供帮助。为了帮弟弟，让他接受亚裔家庭服务中心的辅导，我答应了借钱给他还高利贷。就这样，弟弟开始接受戒赌辅导了。我知道弟弟需要我的支持，所以我也接受辅导员的电话辅导。在辅导员的帮助下，弟弟首先清楚地计划好怎样还清债务，同时接受专业的心理辅导。我希望弟弟能通过接受辅导，清楚地明白自己赌博的前因后果。从而决心戒赌，逐渐还清自己的债务。

我一直通过亚裔家庭服务中心关注弟弟的情况，告诉辅导员我们对于弟弟的期望。自从有了亚裔家庭服务中心的帮忙，我没有那么彷徨无措了，父母也没有那么担心了，也解决了很多问题。在这期间，弟弟也有过两次反复，我也曾为他的不守信用感到很生气和失望，甚至想过要放弃了，但由于有辅导员的鼓励和支持，我还是决定坚持下去，因为我知道戒赌是一个不易且漫长的过程，在这过程中，有家人的鼓励和支持也是很重要的。这两年来，我们吸取教训，用不同的方法解决了一些问题，弟弟总算有了进步，我和父母也少了些忧虑，也不会觉得无助了。尽管现在我还不知未来的结果是怎样的，但我相信，有了专业的辅导，只要弟弟有决心并坚持戒赌，做一个有诚信的人，要过好未来生活的话，他一定能做到的，我会继续支持他的。在此，我对亚裔家庭服务中心的所有员工表示由衷的感谢。

I realised that it was impossible for him to stop his gambling alone. Luckily one of my friends helped me to find Asian Family Services in Auckland who support Asian people experiencing gambling harm. I promised my brother that I would pay his debts if he accepted counselling from Asian Family Services. Finally, he started counselling and I agreed to phone counselling as well because I knew that my brother needed my help. The counsellor helped him set up a plan to pay his debts step-by-step, and provided counselling to explore the reasons for his gambling addiction. I hoped that he would decide to stop gambling eventually.

I observed what was happening with my brother's counselling and told the counsellor our expectations for him. With the counsellor's help my parents were less worried and we could see a light through the darkness. It was not easy at the beginning as my brother relapsed twice during counselling. I was angry and disappointed because he could not keep his word and I thought maybe I should give up on him. However the counsellor encouraged me and my brother and supported us to get through that difficult time. I knew it would be a long journey of recovery for my brother and he needed his family. We used problem-solving skills that we learned from counselling to manage my brother's gambling problem and he made some progress and gradually became better. Even I was not sure of the result but I believed that we could do it with the counsellor's help. I would always support my brother as long as he was determined to stop gambling.

I want to thank Asian Family Services for the help they provided to my family.



赌博绝对不是娱乐



Stock photo. Posed by a model.

我第一次接触赌博是在5年前，那时我们还在澳洲，我的朋友都告诉我赌博很有趣。第一次玩，几分钟我就赢了70澳币，这已经超出我的想象。之后，我怀着激动和紧张的心情开始频繁的进出俱乐部。

很快的我就对赌博上瘾，我把我所有的时间和金钱花在了赌博上。当我输掉所有的钱时，我就从我先生的银行账户上‘偷钱’。我先生很快就发现了我的问题，就开始控制家里的钱财。我为此感到内疚并保证以后不再赌了。

Gambling is definitely not entertainment

I started playing pokie machines five years ago when I was in Australia and some of my friends told me how much fun it was. The first time I played I won \$70 in a few minutes. It was much more fun than I expected and I got hooked.

Gambling soon became a problem for me. I spent all of my spare time and money on gambling. I stole money from my husband's account after I lost all of the money in mine. My husband discovered my problem and started to control the finances in our family. I felt guilty for doing this to my family and then promised not to gamble any more.

Stopping gambling was hard for me. I kept playing pokie machines even though it caused arguments in our family. I was out of control. I took every chance to gamble. I played with a few dollars just to satisfy my urge. There were many times I couldn't stop playing until I had no money left, not even enough for the bus home. I borrowed money from all of my friends and workmates by telling lies so I could continue gambling. I had to ask my husband to pay the money back to them. I created financial difficulty for my family and I hated myself.

戒掉赌瘾对于我来说很困难，即使我先生和我为此争吵很多次，我仍然不断的玩老虎机。很快我就失控了，我抓住每次可以赌博的机会，有时是玩几块钱来满足自己的赌瘾。有几次我都会整夜赌钱，直到输光所有的钱为止，甚至没有钱回家。我开始撒谎，向我的朋友和同事借钱，这样我就可以继续赌。最后我不得不让我的先生帮我还款。我们家出现了经济问题。我先生没办法接受我所做的一切，他跟我说，如果我想赌博，那么我就不应该有家庭。我没办法消除自己为家里人带来的痛苦，我开始痛恨我自己。

To stop me borrowing money my husband asked me not to have contact with my friends. He told everyone about my problem. I felt I had lost face with people. It was so frustrating and disappointing for us; we felt hopeless and decided to move back to New Zealand.

A few years ago we sought help from Asian Family Services because I had started playing pokie machines again. The counsellor was a great help and allowed my husband and I to express our thoughts about gambling. The advice the counsellor gave us was also very professional.

We learnt from other people's experiences and realised the harm caused by gambling might last a while and we needed to be aware all the time.

Asian Family Services also hold a regular meeting for a group of people like me to share our experiences and discuss how to help each other. With their help my husband is now able to deal with my problem instead of arguing with me. He understands that my gambling problem is not linked to my moral character.

I completed self-exclusion forms and gave them to the pubs in the area and I'm pleased that I haven't been to a pub for a while, and I don't miss the pokie machines that much.

为了不让我继续借钱，我先生让我不要和我的朋友联系。他也告诉所有人，我有赌博问题。我感到很丢脸，我们全家都感到很沮丧，家里人对我也很失望，我们看不到希望，所以我们决定搬回新西兰。

2005年开始，我向亚裔家庭服务中心寻求帮助。

辅导员为我和我先生提供了极大的帮助。在接受心理辅导期间，我们可以向辅导员表达我们对赌博的想法和认知，之后辅导员对此给出专业的解释。

我们也从其他人的经历中得知，赌博带来的危害不可能一下子消失，这可能会持续一段时间。

亚裔家庭服务中心也会定期的为有赌博问题的人组织同伴互助小组，大家相互分享自己的故事，并互相鼓励，一起戒赌。

经过几次的辅导，我先生现在不再和我争吵，而是想办法解决问题，他也明白我并不是天生就爱赌。

我向15家酒吧申请了禁赌令，现在我已经有很长一段时间不去酒吧，也不像以前那样时常想玩老虎机。

很多像我一样的赌博者都是普通人。要为自己的行为和生活负责。如今我努力工作，我爱我的家人。我只是一个普通人，但赌博是邪恶的，赌博会从身体上和心理上损害人们的健康。赌博是有害的、危险的。不断的赌博让我变成了问题赌博者。

为了解决这个问题，自我禁足是非常有效的一种手段。我必须承认靠我自己的意志去戒赌很困难。申请自我禁足是一个明智的决定，自我禁足可以禁止我去赌博，这样我就可以有更多的时间去做更有意义的事情。

我也希望人们改变对赌博者的看法，人们往往误以为赌博者都是对金钱很贪婪的人，事实上，赌博者就像有心理问题的病人，请大家不要蔑视赌博者，尽可能给予他们必要的帮助。

在新西兰，赌博是合法的，但对大多数人来说，它不是娱乐也并不有趣。为了防止更多人受赌博危害，我希望在将来的某一天，新西兰所有的酒吧都没有老虎机。

Gamblers like me are ordinary people who are responsible in other areas of life. I work hard, I love my family and care about my behaviour. I am normal but gambling is evil. Gambling can damage people's health on both a physical and psychological level. Gambling is harmful and dangerous. Continual gambling will definitely become a problem.

To solve the problem a self-exclusion order is effective. I have to admit controlling it by myself was not easy. Self-exclusion bans me from gambling so I can spend my time on healthy activities and it is a positive action that I chose.



I think most people think gamblers are greedy for money, but gamblers are just like patients with mental health problems when they gamble. So, gamblers need to be helped and not looked down on. Gambling is a legal activity but it is not entertainment for most people - it isn't fun!



心理辅导 — 悬崖上扔下来的 绳子



Stock photo. Posed by a model.

我叫Eric，是一名中国留学生，22岁时来到新西兰学习英语并希望获得市场营销方面的学历。我很享受新西兰的生活方式，清新的空气，各种美景和美食以及毛利文化。我也交到了来自不同国家的新朋友。

但好景不长，我开始想念我在中国的家人和朋友。繁重的学业和无聊的生活，让我开始在家拼命地玩线上游戏。一天我的一位中国朋友带我去赌了赌场。因为中国没有赌场，赌博在中国也是违法的。这是我第一次真正接触到赌博并在赌桌上赌，我不记得自己是输还是赢，但我清楚的记得这次体验令我很兴奋。我们整晚都在赌场里，这比在家玩线上游戏好多了。之后我频繁的进出赌场，有时自己去，有时和朋友一

起，我由一开始的什么都会玩，到最后每种游戏都玩。从开始的小输小赢，到最后肆无忌惮的赌博。赌博从一开始进入我的生活，就在开始改变我。因为赌博我甘心放弃学习，每天醉心于游荡在每张赌桌前，因为它我置家人和亲朋好友的关切和牵挂于不顾，每天的生活和思想只有一个字赌，每天只牵挂一个地方那就是赌场，甚至以为赌的越多我的赌博技术就会越高，茶饭不思，天真的以为赌场是可以给自己一切的地方。

如果幸运的话，我会赢几百块钱，但我也有不走运的时候，输掉我兜里所有的钱。那些钱是父母给我用来支持我的学业和生活的。但我还是缺钱，接着我向朋友和同学借钱，因为我知道我的父母不可能给我更多的钱，我决定退学，拿着退回

Climbing up from the abyss of obsessive gambling - A story of an international student in New Zealand

I was born in China and came to Auckland to study English when I was 22 years old. Obtaining a tertiary degree in business and marketing was my ultimate goal. During the initial few months I enjoyed the New Zealand lifestyle very much. I loved the fresh air, the delicious Eastern and Asian food, the Kiwi culture, and the beautiful waterfront and beaches. I made new friends who came from everywhere around the world. I was amazed with this new life experience!

Not long after this honeymoon period I started missing my family and friends in China. The study was difficult and life was getting tough and boring. Failing to find more interesting activities I stayed at home, spending too much time on computer games which did not really interest me. One night a friend, who also came from China to study in New Zealand, took me to the casino. There are no casinos in China so it was the first time I had bet on table games. I don't recall if we won or lost but I remember clearly that it was an exciting experience. We spent a whole night at the casino. It was much better than staying home playing fighting games on the computer.

Soon after my first visit to the casino I started going frequently, either with my friends or just by myself. I liked it there as the casino provided a very different experience for me. I was curious about how people can win money and I believed that the casino could give me everything that I wanted; such as meeting new friends, killing time, and enjoying the excitement of gambling. I even believed that I could win money as I would improve my skills by gambling more. I started to explore different types of gambling.

At first I visited the casino only once or twice a week, but within two months I visited the casino almost every day and gambled more and more. When I was lucky I won several hundred dollars. However, I also experienced bad luck and lost all my pocket money, money for rent and even the money my parents transferred to me for my study. I faced extreme financial difficulties and had no money for food, rent or fuel for my car. I was so desperate for money that I ended up borrowing money from my friends and fellow classmates. I knew that my parents could not afford to send me more money so I withdrew from school and got a refund so that I could continue to gamble, hoping to win back the money that I had lost. But I lost again and again. I felt extremely guilty after losing money but I returned to the casino again to recoup these losses, but just ended up losing more. I avoided seeing friends, classmates and anyone that I

来的学费我就可以继续赌，我希望把自己输掉的都赢回来。不幸的是，我还是不断地输。即使我感到很内疚我也并没有停止赌博，我还是不断地进出赌场，我输的越来越多。我开始避开我的朋友和同学，因为我没有钱还给他们。我也欺骗了我的家人，说我已经完成了学业，正在找工作。我不希望我的父母知道我的情况并为我担心。我自己也曾尝试戒赌，但都以失败告终。也许对于一个学生来说，这种生活完全改变的速度太快。我越陷越深直到自己到处欠钱并输掉了大学学费和生活费，我一时之间陷入了崩溃边缘甚至想到结束生命来终止这些痛苦。也许我还算幸运，当我的人生陷入到所谓的绝境时，我的女朋友发现了我的赌博问题，鼓励我向亚裔家庭服务中心寻求帮助。我拨通了亚裔家庭服务中心的热线，这个决定改变了我的生活。

怀着各种复杂的想法，我走进了心理辅导员的办公室。完全出乎我的预料，他们并没有帮我解决经济问题，和直接的行动上的帮助。取而代之的是真心的交流，从与他们的一字一句的交谈中，我感到了一种从来没有的亲切感，我忽然觉得这个世界上仍然还有人不会嘲笑和歧视我。因为这样我慢慢打开了自己掩埋在心中的那些各种各样我不敢面对的问题。我就好像一个已经折断翅膀的小鸟，又一次鼓起了勇气打开双臂，接受一股清风对自己那有缺陷的心灵重新的洗礼。

我仍然记得我的第一节让我知道了，赌博成瘾就像大海中的一座冰山，赌博行为只是露在外面的冰山一角，其实在水面之下的东西才是最需要去发现和解决的。我开始了一点

一点的和辅导员交流自己的问题，可以说是从全方位去发现和解决藏在那水面下的各种问题。一个个曾经困扰着我的问题被发现，我也学会了怎样去解决这些问题。慢慢的我发现自己开始摆脱了曾经那种焦躁和不安的心理，我也重新建立起了对自己和对生活的信心。我靠双手解决了赌博带来的问题，生活又慢慢回到了正常轨道中。随着水面下那些坚冰一点点被融化，赌博这座露在外面的冰山尖也慢慢的消失了。曾经凶如猛虎，差点夺去我的生命的赌博，慢慢变得不可怕了。通过心理辅导，我也学到了如何改善我和家人以及女朋友关系，还有如何处理压力问题，这样我就不会再用赌博来逃避自己的问题。

最后，我成功的戒赌了，找到了一份兼职的工作，并有能力偿还向朋友借的债务。我不再躲避他们。我也重拾学业，获得了自己期望的学历。很幸运的，毕业之后我找到了一份全职工作，我的生活变得越来越好。我和我的女朋友也结婚了，我很享受现在没有赌博的生活。我要感谢我的妻子还有我的家人。他们没有放弃我，没有他们的帮助就不会有今天的我。

我还要感谢亚裔家庭服务中心给我的专业的帮助。如果你要问我心理辅导能帮助到你们什么，我想告诉你，如果你也和以前的我一样已经陷入赌博漩涡之中的话。我们就像掉到了一个悬崖下一样，也许你正在努力的抓着崖壁不让自己掉下去。但如果没人帮助你的话你终是会筋疲力尽而掉进无底深渊。心理辅导就像从悬崖上扔下来的一条可以救命的绳子，而辅导员就在绳子的另一端。但你必须要知道抓住它你

had borrowed money from. I felt shame as I had no money to pay them. I lied to my family telling them that I had finished my study and I was going to get a job soon. I did not want my parents to know what had happened to me and I didn't want them to worry about me. I tried to stop going to the casino many times but failed. I was so depressed and felt so hopeless that I wished I would have a car accident and die to end all the pain. Fortunately my girlfriend found out about my gambling problem. She encouraged me to seek help from Asian Family Services which provides free of charge and confidential counselling services in Chinese. I called the Asian Family Services Hotline. The decision to make that call has led to so many changes in my life.

I was with complex feelings that I went into the counselling room. I expected the counsellor to help me to sort out my financial problems but instead she listened to me in depth and seemed to understand me very well. That was the first time in my life I had experienced the warmth of unconditional caring. I suddenly realised that I was not being judged as if I was a bad person. From then I started to accept myself, shared my feelings, reviewed my life and explored the buried layer of issues that I never thought I had the courage to address. Like a bird with broken wings I started to heal and fly again. My heart was washed by the fresh air and my wings became strong again.

I still remember that in the first session I learned that obsessive gambling is just the tip of an iceberg. There are so many underlying issues that we have to face and deal with, so I started to share my personal issues with my counsellor. I tried to work on all the hidden issues which had bothered me. Through counselling I came to understand the connection between my emotions and behaviours. I learnt how to manage my emotions and gradually I began to acknowledge and deal with my feelings of anxiety and restlessness. I regained my confidence to deal one by one with the problems caused by my gambling. My life returned to the right track. My gambling issue disappeared as the iceberg started to melt. I no longer feared the horrible monster of obsessive gambling that nearly took my life. Through counselling I learnt communication skills and improved my relationship with my family and my girlfriend. I also learnt how to manage stress so that I no longer needed to use gambling to escape from problems. I learnt problem-solving skills and financial management skills so I was able to handle difficulties.

Eventually I climbed up from the abyss of obsessive gambling. I stopped gambling, got a part-time job and paid back the money I owed to my friends. I no longer needed to hide myself from them. I studied again and got a university degree. Luckily I got a job offer. My life became better and better. Now I am

还是要靠自己一点一点的往上爬。辅导员不会把你往上拉，但却可以给你最牢靠的支持，支持你一点一点爬出赌博这个漩涡，绝不会在你爬行中断掉。

也许作为一个学生，我无法最真切地感受到社会中其他人遇到赌博问题的感受，以及他们痛苦的经历。但我却可以真真切切的感受到那些正因为赌博而痛苦不已的留学生们。也许你们因为不同的原因沾上了赌博并深陷其中，也许你们仍在为输掉的那几万或几十万块钱而耿耿于怀，也许你仍在因为家人和朋友知道以后接踵而来的那些歧视的眼光与话语而望而却步的话。我想告诉你们，我能体会到你们的那种失落与失望，体会到你们的那种痛不欲生的感觉。我曾想过轻生，但庆幸我没有那么做。我想对所有陷入赌博漩涡中的人们说，其实一切都不晚，也不是无懈可击的，我做到了，每个人都可以，只要你有信心和决心，并接受帮助和专业的心理辅导，你就可以拥有你想要的生活。



proud to let people know that I got married to my girlfriend and that I have a new full-time job. I am enjoying my new life without gambling. I have to thank my girlfriend (now my wife) and my family. They never gave up on me. I would not have achieved what I have achieved today without their forgiveness and support.

I also appreciate the professional help I received from my counsellor at Asian Family Services. If you were to ask me what counselling is about and how counselling can help I would say, if you were drawn into the vortex of obsessive gambling, imagine that you are falling towards the bottom of a cliff. You try hard to grab hold of anything around you so that you won't fall to the bottom. If no one helps you will be exhausted and eventually die falling to the bottom of the cliff. Counselling is just like a strong rope that is dropped down from the top of the cliff. Accepting counselling is like a counsellor throwing you a lifeline but it is up to you to climb up to the top of the cliff step by step. Counsellors cannot simply pull you up but they will give you support and guidance that you can rely on. My experience with counselling was that I wasn't let down and the rope never broke.

As a young student, I might not have had the life experience that other adults have when they become involved in obsessive gambling. But I fully understand the painful experience of other overseas students who are still struggling to get out of obsessive gambling. No matter what has made them fall into obsessive gambling they may still hesitate to get help because of concern about the reaction of their family or friends once they discover their gambling problem. Now I can tell them that I have experienced the same sense of loss, feeling of despair and overwhelming sorrow. I thought about ending my life to stop the painful feelings. Fortunately I did not do that. Now I am out of that situation and I would like to pass on an important message. It is never too late to seek professional help to deal with obsessive gambling. I tried desperately by myself to fight the 'gambling monster' but my personal strength was limited and I was exhausted. Seek professional support and work together to fight the obsessive 'gambling monster'. Finally, I would like to tell everyone who is still in the vortex of obsessive gambling that it is not unbeatable. I have done it and you can do it too. There is hope for you. You can live the life you desire as long as you have determination, take hold of the support and master the right strategy.

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