

Sample Interview Questions

- Tell me about how you got here?
- Do you look at life differently now than before recovery?
- Has gambling changed you?
- Are there any words of wisdom you'd like to pass along?

"I pushed them all away at great lengths with my gambling and more than anything with the lies that went along with it, but I find myself sitting here today as a much better father and husband and son because I was able to address the things that were wrong with me, more than just addressing my gambling problem... I was escaping the responsibilities that had come into my life."

- Excerpt from interview of Justin

"The wisdom I would share is to be positive; the days and weeks will pass soon enough. Show up today and if you're struggling with a gambling problem... you're probably facing a lot of fear, a lot of shame, and you're not alone"

- Excerpt from interview of Bea



Massachusetts Council on
Compulsive Gambling
We understand the problem. We can help.

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**MAKE A DIFFERENCE
SHARE YOUR STORY**

*a collection of stories about problem gambling—stories of **strength** and **triumph**, stories that share **experience**, stories that remind us of what's **important** and **encourage** us to **persevere**.*



What is the Mass Council on Compulsive Gambling?

The Mass. Council, founded in 1983, is a private, non-profit health agency dedicated to providing leadership to reduce the social, financial, and emotional costs of problem gambling and to promote a continuum of prevention and intervention strategies including information and education, capacity building, advocacy and referral services for problem gamblers, their families and the greater community.

Council services include:

- Information
- Education & Training
- Advocacy
- Referral - 24-Hour Helpline
- Prevention
- Community Outreach

What is Wisdom Exchange?

Wisdom Exchange is a collection of stories about problem gambling—stories of strength and triumph, stories that share experience, stories that remind us of what's important and encourage us to persevere.

Who can share their story?

Anyone who is affected by problem gambling, whether you are experiencing problems gambling, are a loved one of a person experiencing problems with gambling or a professional working in the field. Your stories, your wisdom, and YOU are important.

Why should I share my story?

Your story will help society to look beyond the statistics and provide a more personal picture of problem gambling; the individuals who have been affected, their family members, and those working in the field to prevent, intervene and treat the disorder. By sharing your personal wisdom you will significantly help to raise awareness and understanding of this issue.



How can I share?

There are several ways to share your wisdom. Should one of these options not be comfortable for you, contact us to discuss other ideas.

- **Private Interview**

A facilitator will be on hand to manage the entire technical process, leaving you and your partner (a friend or family member of your choosing) to focus on the interview.

- **Dear John Letter**

In the classic style of writing a letter to no one to discuss sensitive topics, this option is for those who are not comfortable with the interview process. You can either be recorded reading your story or opt to have someone else will read your wisdom to be recorded.

Once completed, you will receive a copy of your story on CD with your photo (the photo is optional). The Council will keep a copy to raise public awareness through trainings, outreach in the community and other Council materials.

If you are interested in sharing your story, contact:

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Visit us on the web:
www.masscompulsivegambling.org

Search for "Wisdom Exchange" on iTunes