Project TIGIL: Training Individuals to Identify Gambling Issues and Limit Risks

Program Objectives

Goal: To assist individuals in identifying the early signs of E-BISYO: Emerging Betting Habits, Irrational Spending, and Yielding Debts Online/Online gambling addiction, and in mitigating its associated risks.
By the end of this program, you can:
- Identify early warning signs of problematic gambling.
- Apply practical limitation strategies to manage risks.

What is Online Gambling Addiction?

English: A repetitive behavior of gambling online that leads to significant problems or distress.
Tagalog: Isang kondisyon kung saan ang tao ay hindi mapigilan ang pagtaya sa internet na nagdudulot ng pinsala sa pamilya at kabuhayan.

Common Forms in the Philippines:
- e-Sabong (Online Cockfighting)
- Online Casinos / Poker
- Sports Betting Apps

Common tools used for online gambling: devices, cards, and digital currency.

Participant Self-Assessment (Pansariling Pagsusuri)

Reflect on your current habits. Use the space below to answer honestly.

1. How much time or money do you typically spend on online gambling per week?
(Gaano karaming oras o pera ang nagagastos mo sa online gambling bawat linggo?)

2. Have you ever felt restless or irritable when trying to cut down or stop gambling?
(Nakaramdam ka na ba ng pagkairita kapag sinusubukan mong bawasan ang pagsusugal?)

Yes (Oo)

No (Hindi)

3. What are your main reasons for gambling online? (Entertainment, money, stress relief?)
(Ano ang iyong pangunahing dahilan sa pagsusugal? Libangan, pera, o pampawala ng stress?)

Understanding the Cycle and Identifying Warning Signs

The Gambling Cycle / Ang Siklo ng Pagsusugal

Gambling addiction follows a repetitive pattern. It starts with a feeling (Trigger), leads to the act (Action), and results in a brain response (Reward).
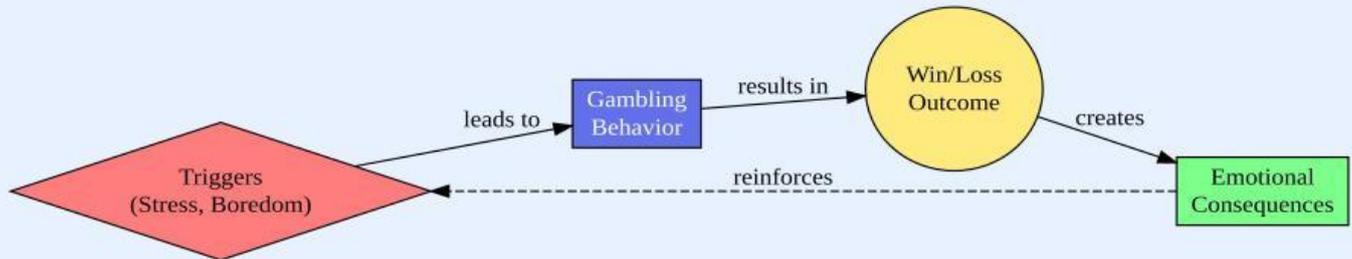

Figure 1: The cycle of triggers, behavior, and emotional consequences.

Example: Feeling bored (Trigger) → Playing an online game with money (Action) → Winning a small amount (Reward).

Warning Signs Identification / Mga Palatandaan ng Babala

Check the indicators that suggest someone might have a problem with 'e-bisyo' (online gambling).

Behavioral Indicators / Gawi
a) Spending more time online gambling / Mas mahabang oras sa pagsusugal
b) Neglecting school or work / Pagpapabaya sa pag-aaral o trabaho
c) Lying about gambling habits / Pagsisinungaling tungkol sa pagsusugal
d) Hiding phone/screen from others / Pagtatago ng cellphone sa iba

Financial & Emotional / Pinansyal at Emosyonal
a) Borrowing money to play / Paghiram ng pera para makapaglaro
b) Selling personal items / Pagbebenta ng gamit
c) Irritability when stopping / Pagiging mainisin kapag humihinto
d) Anxiety or depression / Pagkabalisa o depresyon

Case Study Analysis / Pagsusuri ng Sitwasyon

Rico is a Grade 11 student. He started playing online sabong with friends just for fun. Now, he stays up until 3:00 AM playing. He used his lunch money for bets and sold his gaming headset to get more 'load'. He gets very angry whenever his mother asks him to stop.

1. Identify two warning signs Rico is exhibiting. / Tukuyin ang dalawang palatandaan na ipinapakita ni Rico.

2. What is the 'Trigger' in Rico's cycle? How can he change his 'Action'? / Ano ang 'Trigger' sa siklo ni Rico? Paano niya mababago ang kanyang 'Kilos'?

The TIGIL Framework & My Action Plan

Understanding TIGIL (Training Individuals to Identify Gambling Issues and Limit Risks)

T - Training (Pagsasanay): Learn the facts about gambling risks.

I - Identify (Tukuyin): Spot early warning signs in yourself or others.

G - Gambling Issues (Mga Isyu): Understand how gambling affects life.

I - Individuals (Indibidwal): Take personal control and responsibility.

L - Limit Risks (Limitahan ang Panganib): Create boundaries to stay safe.

GamStop offers a free online self-exclusion service, allowing users to register today or update their details.

Thinking Routine: I Used to Think... Now I Think...

I used to think... (Dati, ang akala ko ay...)

Now I think... (Ngayon, ang tingin ko na ay...)

Implementation Planning: My Risk-Reduction Strategy

Create personalized strategies using the TIGIL framework. (Gumawa ng mga personal na estratehiya gamit ang framework na TIGIL.)

1. What boundaries will I set for myself? (Anong mga limitasyon ang itatakda ko?)

2. Who can I reach out to if I see a warning sign? (Kanino ako pwedeng lumapit kung may makitang senyales?)

Support, Resources, and Personal Commitment

Role-Play Scenarios: Practice Conversations

Practice these starters with a partner to prepare for real-life conversations.

Scenario 1: Addressing a friend
"I've noticed you're spending a lot of time on gambling apps. Is everything okay?"

Tagalog Version:
"Napansin ko na madalas kang gumagamit ng gambling apps. Okay ka lang ba?"

Scenario 2: Offering help
"I want to help you cut back. Can we talk about a plan together?"

Tagalog Version:
"Gusto kitang tulungang bawasan ito. Maaari ba tayong gumawa ng plano?"

Community Resources Guide (Philippines)

1. PAGCOR Responsible Gaming
Contact: (02) 8521-1542
Gabay para sa responsableng paglalaro at tulong sa pag-alis sa listahan ng mga casino.

2. Hopeline Philippines (DOH)
Contact: (02) 8804-4673 or 0917-558-4673
Libreng tawag para sa krisis at emosyonal na suporta sa mga nakakaranas ng adiksyon.

3. Gamblers Anonymous (GA) Philippines
Website: gaphilippines.org
Isang komunidad ng mga tao na nagbabahagi ng kanilang karanasan upang gumaling.

Which of these resources feels most accessible to you?

Community support groups provide strength through shared experiences and cultural unity.

Personal Commitment Contract / Kasunduan sa Sarili

Specific Goal / Layunin:

Strategies to limit gambling / Mga paraan upang limitahan ang pagsusugal:

Support person I will contact / Taong hihingan ko ng tulong:

_____
Date

_____
Signature