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The triangle of work, money, and trust: A case study of gambling-induced job loss

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Introduction: Gambling addiction can significantly impact an individual's economic stability and professional life, leading to job loss, financial struggles, and trust issues. This case study examines the therapeutic process of a 41-year-old university graduate who was successful in his career until gambling disrupted his life. Introduced to gambling by a colleague, he gradually shifted his focus from work and career to financial losses and recovery attempts. Over time, his motivation and performance declined, leading to absenteeism and financial distress, ultimately affecting his workplace relationships and overall well-being. *Methods:* The client was assessed using the Gambling Screening Scale (GSS) to evaluate gambling motivations and severity. The therapeutic process included Motivational Interviewing (MI) to enhance commitment to change and Cognitive Behavioral Therapy (CBT) to address cognitive distortions, financial mismanagement, and coping mechanisms. The client was monitored for seven months, during which he changed jobs and temporarily discontinued therapy before resuming treatment in his new workplace. *Results:* Initially, the client experienced severe sleep disturbances, tardiness, workplace inefficiency, and family conflicts. Over time, he improved his sleep routine, adhered to financial commitments, and re-established trust with colleagues. By recognizing cognitive traps and behavioral patterns, he restored financial discipline by repaying debts and temporarily delegating salary management to his family. Additionally, sharing his experiences with colleagues contributed to his recovery. *Conclusion:* This case highlights the severe occupational and financial consequences of gambling addiction. The findings emphasize the need for workplace-based interventions focusing on financial literacy, debt management, and gambling prevention to mitigate the risks associated with gambling-induced job loss.

Keywords: debt, work life, gambling