

# Pressure Relief Survey Results

December 12, 2017

## To New Gamblers Anonymous Members who have been in the program 90 days or less:

Has anyone every explained Pressure Relief to you? Yes - 15 (60%) No – 10 (40%)

Do you understand the four types of Pressure Relief? Yes – 12 (48%) No – 13 (52%)

Would you be interested in having one or several types of Pressure Relief done? Yes – 13 (62%) No – 8 (38%)

If Yes, which Pressure Reliefs would you like assistance with? Please list below:

Financial – 6 (74%)      Employment – 1 (13%)      Legal – 1 (13%)

## To Gamblers Anonymous Members who have been in the program more than 90 days:

Do you understand the four types of Pressure Relief? Yes – 90 (93%) No – 7 (7%)

Have you had at least one type of Pressure Relief done for you? Yes – 46 (47%) No – 48 (53%)

Have you ever sat-in on someone else’s Pressure Relief? Yes – 32 (33%) No – 66 (67%)

Would you be willing to learn how to conduct Pressure Reliefs? Yes – 49 (52%) No – 45 (48%)

## Survey Notes:

- 145 surveys were collected
- 99 surveys were from members who have been in the program over 90 days
- 21 surveys were from members who have been in the program 90 days or less
- 25 surveys were not counted because the entire page was completed, not just the section pertaining to the member
- With some questions, members chose not to answer the question
- Participation in this survey was 100% anonymous and in no way will any answers be directly linked back to the member answering the survey. The sole purpose of this survey is to gauge where the Chicagoland Gamblers Anonymous program is at with Pressure Relief. Your answers will help promote the use of these gifts of the program as well as encourage active members who have used these gifts to give back to the program.