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**Lesson 4**

**The Harmful Effects of Gambling**

Gambling brings numerous negative consequences, deeply affecting both personal life and society. One of the most serious impacts is that it can ruin yourself. People who become addicted to gambling often lose self-control, which damages their physical and mental health. Their obsession with gambling can also strain and destroy relationships with family and friends.

Another common consequence is the risk of going bankrupt. Many gamblers lose all their savings and assets and fall into heavy debt. In some cases, they even borrow money with high interest rates, which only worsens their financial situation and leads to complete financial collapse.

In desperation, some gamblers may become criminals. To fund their addiction or pay off their debts, they might resort to illegal activities like theft, fraud, or other crimes. This not only ruins their own lives but also brings harm to others and society.

Gambling also makes people untrustworthy. Gamblers often break promises, lie, and deceive their loved ones. Over time, this behavior causes them to lose the trust and respect of those around them, isolating them from their support network.

Moreover, gambling wastes time and money. Instead of investing in meaningful and productive activities, gamblers spend countless hours and large sums of money chasing losses, which rarely leads to any real benefit.

For these reasons, it is crucial to stay away from gambling and focus on building a healthy, responsible, and balanced lifestyle.