

## Gamblers Anonymous "20 Questions"

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible and win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

**Most compulsive gamblers will answer YES to at least seven of these questions.**

*Reprinted with permission of Gamblers Anonymous.*



### *Your help is needed*

**W**ith your help, the Wisconsin Council on Problem Gambling can reach its goals, which include:

- Promoting public awareness of the problems of compulsive gambling
- Maintaining the 24-hour Problem Gambling Helpline to provide immediate assistance to those affected by problem and compulsive gambling
- Providing training to treatment providers interested in working with compulsive gamblers
- Identifying "high risk" individuals and groups to provide prevention activities and information
- Compiling and maintaining a statistical database about problem and pathological gambling in Wisconsin

*Financial support for production of this brochure provided through a sponsorship from the Potawatomi Bingo Casino*



**WISCONSIN COUNCIL**  
ON PROBLEM GAMBLING

*Providing hope  
for recovery*



**WISCONSIN COUNCIL**  
ON PROBLEM GAMBLING

1423 Kellogg Street  
Green Bay, WI 54303  
1-800-GAMBLE-5

[www.wi-problemgamblers.org](http://www.wi-problemgamblers.org)  
E-mail: [wcpgamble5@new.rr.com](mailto:wcpgamble5@new.rr.com)



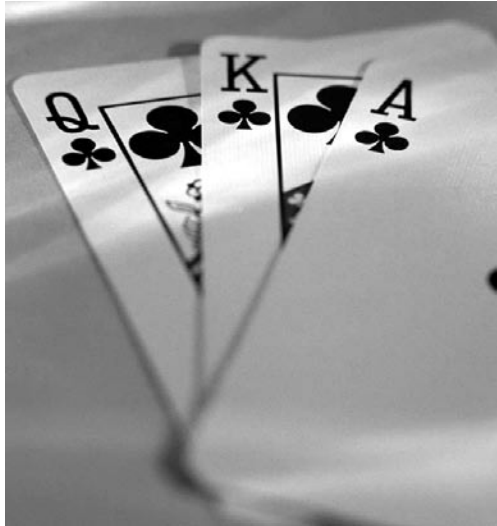
1423 Kellogg Street  
Green Bay, WI 54303  
[www.wi-problemgamblers.org](http://www.wi-problemgamblers.org)  
E-mail: [wcpgamble5@new.rr.com](mailto:wcpgamble5@new.rr.com)

**1-800-GAMBLE-5**

## About the Wisconsin Council on Problem Gambling

The Wisconsin Council on Problem Gambling was formed in 1993 to create public awareness about problem gambling in Wisconsin and provide services to problem and compulsive gamblers. The Council is a non-profit organization, governed by a volunteer Board of Directors. The Council's major funding source is the State of Wisconsin, Department of Health Services, Division of Mental Health and Substance Abuse Services, Bureau of Prevention, Treatment and Recovery. The Council also receives grants, donations and conference sponsorships from some Wisconsin Native American Tribes, as well as individual donations and memberships.

The Council operates a 24-hour Helpline at 1-800-GAMBLE-5, distributes informational brochures, organizes an annual statewide conference, makes presentations on problem gambling and conducts training sessions for treatment providers interested in the special requirements for working with compulsive gamblers and their families.



## WCPG Mission Statement

The Wisconsin Council on Problem Gambling provides resources, public awareness and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling.



## Providing hope for recovery

### What is compulsive gambling?

Compulsive gambling can be a progressive disorder causing a psychologically uncontrollable preoccupation and urge to gamble. Individuals can eventually lose the ability to control the impulse to gamble.

This results in excessive gambling, which can compromise, disrupt or damage personal, family or employment pursuits. It is recognized by the American Psychiatric Association as an Impulse Control Disorder.

### Why should I care?

An estimated five to seven percent of Wisconsin residents, about 333,000 people, are problem or compulsive gamblers. Not only does compulsive gambling shatter the lives of men, women and their families, it affects the workplace and results in economic loss to society.

Compulsive gambling is described as a "hidden illness" since there is no breath odor or stumbling of steps or speech. It is as debilitating as alcohol or drug addiction. Still, there is hope for recovery. Once diagnosed, compulsive gambling is a treatable illness.

### Help is just a call away at 1-800-GAMBLE-5 (1-800-426-2535)

The 24-hour Problem Gambling Helpline provides information and referrals for gamblers, family members and concerned friends or employers of gamblers who are experiencing problems because of gambling. In its first year of operation in 1996, the Helpline received 3,433 calls. In 2008, total calls reached 12,946. WCPG has created a statewide database of qualified treatment providers, Gamblers Anonymous and GamAnon chapters to which callers can be referred. Written information on compulsive gambling is also sent on request.

## Wisconsin Council on Problem Gambling Membership Application

Name \_\_\_\_\_  
Organization \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Telephone (Home ) \_\_\_\_\_ (Work) \_\_\_\_\_  
Email \_\_\_\_\_

Invoice me     Payment Enclosed (Make checks payable to WCPG.)  
May we have permission to publish your name in our newsletter?     Yes     No  
The WCPG is a 501 (c)3 nonprofit corporation. Contributions are tax deductible.

### Please indicate your level of support:

- |                                  |                     |
|----------------------------------|---------------------|
| <input type="radio"/> Friend     | \$1 - \$99          |
| <input type="radio"/> Bronze     | \$100 - \$499       |
| <input type="radio"/> Silver     | \$500 - \$999       |
| <input type="radio"/> Gold       | \$1,000 - \$4,999   |
| <input type="radio"/> Benefactor | \$5,000 - \$14,999  |
| <input type="radio"/> Champion   | \$15,000 - \$24,999 |
| <input type="radio"/> All-Star   | \$25,000 and over   |