

Gamblers Anonymous Twenty 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 all your money was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever 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, trouble, boredom, loneliness, grief or loss?
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 7 of these questions. Twenty Questions is reprinted with permission from Gamblers Anonymous..

Many calls to the Wisconsin Council on Problem Gambling's 24-Hour Helpline come from family members or friends who have discovered their loved one's gambling problem and question how they might help them.

If gambling is becoming a problem for you or someone you care about, help is available.

**We Can Help
24-hours a day**

1-800-426-2535

Chat [wi-problemgamblers.org](https://www.wisconsin-council.org)

Text 850-888-4673



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



The Workplace and Problem Gambling



**WISCONSIN COUNCIL
ON PROBLEM GAMBLING**

What is gambling disorder?

Gambling disorder involves repeated, problem gambling behavior. The behavior leads to problems for the individual, families, and society. Adults and adolescents with gambling disorder have trouble controlling their gambling. They will continue even when it causes significant problems.

Information made available from the American Psychiatric Association website.

Who is at risk for problem gambling?

Anyone who gambles can develop problems. This is why it is important to be aware of the risks and to gamble in a responsible way, if you choose to gamble. When gambling behavior interferes with finances, relationships and the workplace, a serious problem already exists.

Information made available from the National Council on Problem Gambling website.

Isn't problem gambling just a financial problem?

No. Problem gambling is an emotional problem that has financial consequences. If you pay all the debts of a person affected by problem gambling, the person still has a gambling problem or gambling disorder. The real issue is that they have an uncontrollable obsession with gambling.

Information made available from the National Council on Problem Gambling website.

A Gambling Problem is More than Financial Hardship...

People who have a gambling problem, or have loved ones that do, bring their addiction to work with them every day. Compulsive gambling is described as a “hidden illness” since there is no breath odor, stumbling of steps or impaired speech. The negative effects are just as elusive; lost productivity, time off, even the health of employees suffer from the stress that compulsive gambling causes. When problem gamblers become desperate, they may turn to workplace crimes like embezzlement or fraud to finance their addiction. Stressed gamblers have a high risk of becoming suicidal as the only way out of their financial or legal problems.

White –collar crimes of fraud, embezzlement, forgery and tax evasion are predominate among those whose employment and economic status enable them the opportunity for such crimes. Some employees are fearful their jobs will be at stake if their supervisor knows they are a problem gambler, regardless of criminal activity. Employers may be the first to discover a gambling problem and can be the first source of information to help out the employee.

Employees who are recovering from other addictions may be more susceptible to becoming hooked on gambling.

Warning Signs of Problem Gambling at Work:

Work Performance:

- Chronically late for work.
- Reads gambling related materials openly.
- Unexplained absences or disappearances from work.
- Leaves work early to gamble or meet bookie.
- Excessive use of sick days.
- Vacation time centered around gambling activity.
- Vacation not taken in a large block.
- Long lunches or breaks for gambling activity.
- Excessive use of telephone.

Financial Signs:

- Borrows money from co-workers or advances from employer.
- Personal bills mailed to work instead of home.
- Numerous loans at credit union.
- Requests pay instead of vacation time off.
- Family asks about salary.
- Theft of company merchandise or property.
- Altered expense account.

