

Gamblers Anonymous “20 Questions”

If you answer "yes" to at least seven of the following questions, you may want to seek consultation about a gambling problem.

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?

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Problem Gambling Warning Signs

- Increasing the frequency and the amount of money gambled.
- Spending an excessive amount of time gambling at the expense of job or family time.
- Being pre-occupied with gambling or with obtaining money with which to gamble.
- Gambling creates a special and intense pleasure, an aroused sense of being in “action”.
- Continuing to gamble despite negative consequences such as large losses, or work or family problems caused by gambling.
- Gambling as a means to cope with loneliness, anger, stress, depression, etc.
- “Chasing” or the urgent need to keep gambling often with larger bets – or the taking of greater risks in order to make up for a loss or series of losses.
- Borrowing money to gamble, taking out secret loans, or maximizing credit cards.
- Bragging about wins but not talking about losses.
- Frequent mood swings, higher when winning, lower when losing.
- Gambling for longer periods of time or more money than originally planned.
- Secretive behavior such as hiding lottery tickets and betting slips, having mail, bills, etc., sent to work, a P.O. Box or other address.