DO YOU HAVE A GAMBLING PROBLEM?
If you’re not sure, take this quick quiz from Gamblers Anonymous.

Yes  No
☐ ☐ Do you lose time from work due to gambling?
☐ ☐ Does gambling make your home life unhappy?
☐ ☐ Does gambling affect your reputation?
☐ ☐ Do you ever feel remorse after gambling?
☐ ☐ Do you ever gamble to get money with which to pay debts or to otherwise solve financial difficulties?
☐ ☐ Does gambling cause a decrease in your ambition or efficiency?
☐ ☐ After losing, do you feel like you must return as soon as possible and win back your losses?
☐ ☐ After a win, do you have a strong urge to return and win more?
☐ ☐ Do you often gamble until your last dollar is gone?
☐ ☐ Do you ever borrow to finance your gambling?
☐ ☐ Do you ever sell anything to finance gambling?
☐ ☐ Are you reluctant to use “gambling money” for normal expenditures?
☐ ☐ Does gambling make you careless about the welfare of your family?
☐ ☐ Do you ever gamble longer than you planned?
☐ ☐ Do you ever gamble to escape worry or trouble?
☐ ☐ Have you ever committed, or considered committing, an illegal act to finance your gambling?
☐ ☐ Does gambling cause you to have difficulty sleeping?
☐ ☐ Do arguments, disappointments or frustrations create within you an urge to gamble?
☐ ☐ Do you have an urge to celebrate good fortune by a few hours of gambling?
☐ ☐ Do you ever consider self-destruction as a result of your gambling?

Compulsive gamblers usually answer “yes” to at least seven of the 20 questions.