

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 seven of these questions.

**To speak with
someone NOW,
call our 24/7
Toll Free Hotline:**

1-855-222-5542

(1-855-2-CALL-GA)

**GAMBLING
PROBLEM?**

THERE

IS

HELP!



**GAMBLERS
ANONYMOUS**

WHAT IS PROBLEM GAMBLING?

There are many and varying interpretations of problem gambling. A person with a gambling problem is described as someone whose GAMBLING has caused growing and continuing problems in any department of their life.

It can differ from a series of smaller problems to a full-blown addiction.

Before coming to GAMBLERS ANONYMOUS, many people thought they were having a run of bad luck, or they saw it as a financial problem as opposed to a gambling problem.

Their lives became unmanageable, and they experienced greater difficulty trying to stop. Just one more bet will get them even.

THE DISEASE

A person in the grip of this illness may create seemingly unsolvable problems. Financial problems are created, but they often find themselves facing marital, employment and legal problems as well.

IT IS PROGRESSIVE

Gambling addiction is a progressive illness and there is more to lose than money. Sadly, the individual is unaware that more and more time is spent gambling. The gambler is the last person to sense the problem. Hopefully, family and friends can become initiators of help and recovery.

BETTING

Unlike other addictions, gambling is easy to hide. As the problem progresses, gamblers chase their losses, betting more, often recklessly creating more problems. When others finally discover the problem, the situation can seem impossible.

THE FINANCIAL PROBLEM

Of the many serious difficulties created, the financial problems are often the easiest to solve. GAMBLERS ANONYMOUS has proven methods to resolve these difficulties.

HOW CAN YOU TELL IF YOU HAVE A GAMBLING PROBLEM?

Only you can make the decision that your life is truly becoming unmanageable due to gambling. Attending GAMBLERS ANONYMOUS meetings assists the individual in making this determination. Most people turn to GAMBLERS ANONYMOUS when they become willing to admit that gambling has them beat.

SOME DANGER SIGNALS ...

- An inability to stop gambling whether winning or losing.
- Lying related to gambling.
- Chasing losses.
- Putting gambling over normal responsibilities.
- Wild mood swings.
- Escape to other excesses (alcohol, substances or gaming).
- Denying there is a problem.
- Lack of interest in hobbies, activities, and social situations
- Problems in showing up to work or school
- Believing that life without gambling is impossible.

HELP FOR THOUSANDS FOUND IN GAMBLERS ANONYMOUS

Gamblers Anonymous has been around since 1957. Our primary purpose is to stop gambling and to help others with a gambling problem do the same.

There are no dues or fees for membership. We are self-supporting through our own contributions. GAMBLERS ANONYMOUS is comprised people from all social and economic backgrounds, races, and religions.

WHERE TO FIND HELP

Gamblers Anonymous holds live, in-person, phone, and virtual meetings all over the world. See www.gamblersanonymous.org for meeting information.

OTHERS AFFECTED

The effect of problem gambling spreads to family and friends. Those affected have the GAM-ANON fellowship available to them for encouragement and understanding. GAM-ANON can help the affected individuals with boundaries and empowerment.

DO YOU OR SOMEONE YOU KNOW HAVE A GAMBLING PROBLEM?

Find us at:

www.gamblersanonymous.org

Or call us at:

1-855-222-5542

(1-855-2-CALL-GA)