

## GAMBLING SELF-ASSESSMENT

*Gambling problems are on the rise. According to the National Council on Problem Gambling, in a given year, 2 million, or 1% of Americans meet the criteria for pathological gambling. Another 4-6 million, or 2-3% who do not meet the criteria for pathological gamblers are considered problem gamblers.*

Problem gambling is a disorder very similar to other compulsive behaviors. It involves an inability to control your impulse to bet and can affect many areas of your life including your personal and work life. It can also cause financial and legal problems.

**Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.**

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|--|------------|-----------|
| 1. I gamble with money needed for other expenses such as housing, food or utilities.                   | <b>YES</b> | <b>NO</b> |
| 2. I often think about when I'm going to be able to gamble next.                                       | <b>YES</b> | <b>NO</b> |
| 3. The more money I gamble with the more excited I feel.   | <b>YES</b> | <b>NO</b> |
| 4. I feel bad about my gambling.   | <b>YES</b> | <b>NO</b> |
| 5. My attempts to cut back or stop gambling have been unsuccessful.                                    | <b>YES</b> | <b>NO</b> |
| 6. After losing money, I often try to win it back.   | <b>YES</b> | <b>NO</b> |
| 7. I lie about my gambling to others.  | <b>YES</b> | <b>NO</b> |
| 8. I have committed illegal acts such as forgery, fraud, theft or embezzlement to finance my gambling. | <b>YES</b> | <b>NO</b> |
| 9. I feel helpless, guilty, depressed, or anxious.   | <b>YES</b> | <b>NO</b> |
| 10. Others have had to bail me out because I lost money gambling.                                      | <b>YES</b> | <b>NO</b> |

**Give each "Yes" 1 point (each "No" gets 0 points).**

**TOTAL SCORE:** \_\_\_\_\_

### SCORE:

- 0-2 *You may be showing signs of problem gambling. If you have questions related to problem gambling, or want additional information, please contact Workplace Solutions for confidential assistance.*
- 3-5 *You show significant signs of problem gambling. If your gambling is interfering with your life at home or at work, you need to consider making changes in your life. Contact Workplace Solutions for confidential assistance.*
- 6-10 *Your gambling has become a serious problem and is interfering with your daily life. This doesn't have to continue. Call Workplace Solutions 24/7 for confidential assistance with your problem gambling.*

## HELPFUL LINKS:

- National Council on Problem Gambling  
<http://www.ncpgambling.org/i4a/pages/index.cfm?pageid=1>
- Gamblers Anonymous  
<http://www.gamblersanonymous.org/>
- Gam-Anon  
<http://www.gam-anon.org/>

## RECOMMENDED READING:

- *Behind the 8-Ball: A Guide to Recovery for the Families of Gamblers* by Linda Berman & Mary-Ellen Siegal (2008)
- *Overcoming Compulsive Gambling* by Alex Blazczynski (2010)
- *Taking Back Your Life: Women and Problem Gambling* by Diane Rae Davis (2009)