

# Problem Gambling Self-Assessment

*“During any year, 4.8 million U.S. adults are considered to be problem gamblers.”*

Mayo Foundation for Medical Education and Research

Problem Gambling today is seen as a disorder very similar to that of alcohol or other addictions. It involves an inability to control your impulse to bet and can effect many areas of your life including personal relationships, workplace issues, financial problems, and legal problems. Many people who develop impulse control problems related to gambling also have other addictions such as smoking, food, alcohol, or drugs.

**Please read each statement carefully. Answer “Yes” if the statement applies to you.**

- |  |            |           |
|--|------------|-----------|
| 1. I gamble with money I need for other bills such as rent, food or utilities.                           | <b>Yes</b> | <b>No</b> |
| 2. I often think about the last time I bet on something and/or when I’m going to be able to gamble next. | <b>Yes</b> | <b>No</b> |
| 3. I have to gamble with more and more money to feel excited.  | <b>Yes</b> | <b>No</b> |
| 4. I’ve tried to cut back or stop gambling but I always start again.                                     | <b>Yes</b> | <b>No</b> |
| 5. After losing money, I often try to win it back the next day.  | <b>Yes</b> | <b>No</b> |
| 6. I’ve lied about my gambling to those I’m closest to.  | <b>Yes</b> | <b>No</b> |
| 7. I have committed illegal acts such as forgery, fraud, theft or embezzlement to finance my gambling.   | <b>Yes</b> | <b>No</b> |
| 8. Sometimes I gamble to make myself feel better when I feel helpless, guilty, depressed, or anxious.    | <b>Yes</b> | <b>No</b> |
| 9. Others have had to bail me out of financial situations because I lost money gambling.                 | <b>Yes</b> | <b>No</b> |
| 10. Sometimes I can’t sleep because I’m thinking about gambling.   | <b>Yes</b> | <b>No</b> |

**Scoring your self assessment**

Yes = 1

No = 0

**Total Score** \_\_\_\_\_

**Score:**

- 0-1 You or someone you care about, currently doesn't show significant signs of compulsive gambling. If you have questions related to compulsive gambling, or want additional information, please contact your EAP
- 2-5 You show some significant signs of problems with gambling. If your gambling is interfering with your life at home or at work, you need to consider making changes in your life. Please call your EAP for confidential assistance.
- 6-10 Your gambling has become a serious problem and is likely to interfere with your daily life. This doesn't have to continue. Call your EAP anytime, 24/7, for assistance in finding ways to deal with your compulsive gambling.

**Helpful Links:**

[National Council on Problem Gambling](#)

[Gamblers Anonymous](#)

[Gam-Anon](#)

**Recommended Reading**

Moody, Gordon. (1990). [Quit Compulsive Gambling: The Action Plan for Gamblers and Their Families](#). Harper Collins.

Blazczynski, Alex. (1998). [Overcoming Compulsive Gambling](#). Robinson Publishing.

**For Confidential Assistance  
800-327-5071  
Or contact us online**