Gambling Problem Screening

To learn whether you are experiencing difficulties due to gambling, answer the questions below.

Mark “yes” for each statement that applies to you.

Do you:

1. Find yourself reliving past gambling experiences, planning the next venture, or thinking of ways to get money to gamble?
2. Need to gamble with increasing amounts of money in order to feel the excitement?
3. Become restless or irritable when attempting to cut down or stop gambling?
4. Gamble as a way of escaping from problems or relieving guilt, anxiety or depression?
5. Often return another day in order to get even or chase your losses after gambling?
6. Lie to family members, friends, therapist, or others to conceal the extent of involvement with gambling?
7. Participate in illegal activities (e.g. forgery, fraud or theft) in order to finance your gambling?
8. Jeopardize or lose a significant relationship, job or educational or career opportunity because of gambling?
9. Rely on others to provide money to relieve a desperate financial situation caused by gambling?
10. Attempt to control, cut back or stop gambling but are unable to do so?

Count the number of yes responses. Check your score below:

1-2 at-risk
3-4 problem gambling
5 or more compulsive gambler

Compulsive gambling is both diagnosable and treatable. For help with a gambling problem, call the confidential 24-hour HelpLine at 888-ADMIT-IT or 888-236-4848.