



# COMPULSIVE GAMBLING

## Awareness Month

Addiction to gambling doesn't happen overnight. Most people gamble as a form of recreation, without risking more than they are willing to lose - and when they're not gambling, they're not daydreaming about the next set of numbers to play or amount to risk. About 5% of people will move beyond this recreational level and develop a serious problem with gambling, where gambling becomes a means of escaping everyday stressors, much like other addictions.

Regardless of what others want you to do, to successfully quit gambling you must arrive at that decision by yourself. Once you decide you are ready to accept help, there are options to support you as you attempt to quit:

- ◆ Contact your Member Assistance Program 24/7 for free services such as education, treatment options and providers, as well as support for loved ones who may be impacted by your gambling.
- ◆ Find a free Gamblers Anonymous (GA) meeting in your area, by visiting [www.gamblersanonymous.org](http://www.gamblersanonymous.org)
- ◆ Call the National Problem Gambling's confidential 24-hour hotline, at 800.522.4700.

There is no reason to go it alone. We are here to help!

**LifeResources -  
Member Assistance Program  
800.759.8122**

## Do You Have a Gambling Problem?

- ◆ Did you ever lose time from work or school due to gambling?
- ◆ Has gambling ever made your home life unhappy?
- ◆ Did gambling affect your reputation?
- ◆ Have you ever felt remorse after gambling?
- ◆ Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- ◆ Did gambling cause a decrease in your ambition or efficiency?
- ◆ After losing, did you feel you must return as soon as possible and win back your losses?
- ◆ After a win, did you have a strong urge to return and win more?
- ◆ Did you often gamble until your last dollar was gone?
- ◆ Did you ever borrow to finance your gambling?
- ◆ Have you ever sold anything to finance gambling?
- ◆ Were you reluctant to use "gambling money" for normal expenditures?
- ◆ Did gambling make you careless of the welfare of yourself or your family?
- ◆ Did you ever gamble longer than you had planned?
- ◆ Have you ever gambled to escape worry, trouble, boredom or loneliness?
- ◆ Have you ever committed, or considered committing, an illegal act to finance gambling?
- ◆ Did gambling cause you to have difficulty in sleeping?
- ◆ Do arguments, disappointments or frustrations create within you an urge to gamble?
- ◆ Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
- ◆ Have you ever considered self destruction or suicide as a result of your gambling?

Source: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)



**Most compulsive gamblers will answer yes to at least seven of these questions.**