

PROBLEM GAMBLING



PROBLEM GAMBLING QUIZ

Minnesota Department of **Human Services**

DO YOU HAVE A GAMBLING PROBLEM?

If you're not sure, take this quick quiz from Gamblers Anonymous.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lose time from work due to gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does gambling make your home life unhappy? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does gambling affect your reputation? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever feel remorse after gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever gamble to get money with which to pay debts or to otherwise solve financial difficulties? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does gambling cause a decrease in your ambition or efficiency? |
| <input type="checkbox"/> | <input type="checkbox"/> | After losing, do you feel like you must return as soon as possible and win back your losses? |
| <input type="checkbox"/> | <input type="checkbox"/> | After a win, do you have a strong urge to return and win more? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often gamble until your last dollar is gone? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever borrow to finance your gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever sell anything to finance gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you reluctant to use "gambling money" for normal expenditures? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does gambling make you careless about the welfare of your family? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever gamble longer than you planned? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever gamble to escape worry or trouble? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever committed, or considered committing, an illegal act to finance your gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does gambling cause you to have difficulty sleeping? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do arguments, disappointments or frustrations create within you an urge to gamble? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have an urge to celebrate good fortune by a few hours of gambling? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you ever consider self-destruction as a result of your gambling? |

Compulsive gamblers usually answer "yes" to at least seven of the 20 questions.