



Potential Gambling Problem Survey

Are you a Compulsive Gambler?

Take our On-Line Survey Provided By
The Center for Counseling & Health Resources Inc.

This questionnaire is used by Gamblers Anonymous to help determine if a person has a problem with gambling. According to their material, most compulsive gamblers will answer yes to at least seven of the following questions. (Be aware, however, that even if you answer yes to only four or three or two you may not be "right" in God's sight. God may have a different standard for you than Gamblers Anonymous. Each person has a unique, individual relationship with God, and only he knows our heart and our weaknesses.)

Yes No

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling ever affect your reputation?
4. Have you ever had remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible and win back your loses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance your gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?



13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments, or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

The Center for Counseling & Health Resources, Inc.
Toll-Free 1-888-771-5166