

ask yourself these questions

Gamblers Anonymous offers the following questions to help someone identify if they may have a gambling problem.

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 affect your reputation?*
4. *Have you ever felt 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 losses?*
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 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 had planned?*
15. *Have you ever gambled to escape worry, trouble, boredom or loneliness?*
16. *Have you ever committed, or considered committing, an illegal act to finance gambling?*
17. *Did gambling cause you to have difficulty 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?*

If you answered yes to 7 or more of these questions, you may have a gambling problem.



More information may be obtained by calling the Maryland problem gambling helpline at

1-800-GAMBLER

or visiting

mdgamblinghelp.org

it's only a game gamble responsibly



1-800-GAMBLER
or visit mdgamblinghelp.org

it's only a game **gamble responsibly**

More and more people are gambling every year. Gambling has become an accepted part of our culture, and most would agree that gambling is fun. The majority of people are able to gamble responsibly with no adverse consequences.

knowing the warning signs of problem gambling can help you make better choices and recognize if you are starting to develop a problem:

- Spending increasing periods of time gambling.
- Being preoccupied with gambling.
- Spending increasing amounts of money.
- “Chasing losses.”
- Borrowing money to gamble.
- Increasing debt because of gambling.
- Engaging in fraud or theft to finance gambling.
- Lying to cover up gambling.
- Neglecting work, family or friends.
- Gambling to escape from obligations or life’s daily pressures.

tips for fighting the urge to gamble:

- Find other things to do.
- Delay play.
- Use a support system.
- Avoid your triggers.
- Limit access to money.
- Avoid temptation.

tips for **responsible gambling**

Choosing to gamble responsibly and understanding the risks involved help to protect you. Being educated is the first line of defense in preventing problematic behavior.

The following responsible gambling tips can help you enjoy your experience without adverse consequences:

- **Set a time limit.** Decide beforehand how much time you want to allow for gambling.
- **Set a loss limit.** Decide beforehand how much you can afford to lose.
- **Don’t gamble on credit.** Borrowing money for gambling should be avoided, including cash advances on your credit card.
- **Use only entertainment money.** Only gamble with money set aside for entertainment, never with money for everyday expenses.
- **Don’t chase losses.** Chances are, the more you try to win back losses, the larger the losses will be.
- **Take frequent breaks.** Stepping away often helps to break the cycle of gambling and prevent you from gambling more than you originally planned.
- **Avoid gambling to relieve stress.** Gambling is intended to be entertainment, and should not be used as a coping mechanism.
- **Balance gambling with other activities.** Gambling should not be your only form of entertainment. A healthy balance of social activities will help keep gambling in perspective.
- **Avoid excessive alcohol use.** Alcohol can affect judgment and interfere with decision making.
- **Remember that the house always has the advantage.** Games of chance are always based on random outcomes.

getting help

if you want help, it’s available.

If you are concerned about your own gambling, or if you are worried about someone you care about, you can get help or just get answers to your questions by calling:

Maryland Problem Gambling Helpline

1-800-GAMBLER

Confidential, free and available
24 hours a day.

You can also visit the Maryland Alliance for Responsible Gambling website for more information on gambling responsibly:

mdgamblinghelp.org

“choose to gamble responsibly and understand the risks involved with gambling.

being educated is the first line of defense in preventing a gambling problem.”

