

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

is your gambling
out of control?



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problem gambling

For most, gambling is fun and can be an enjoyable form of entertainment.

However, if you find yourself gambling too much, or if it no longer feels like a game, then it could be a problem.

According to the American Psychiatric Association, problem/disordered gambling is now classified as a **behavioral addiction**. It is characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, “chasing” losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, **serious, negative consequences.**

problem gambling can lead to serious consequences such as:

- Financial debt.
- Damaged relationships.
- Job loss.
- Loss of self-respect.
- Involvement in criminal activity.
- Depression, and even suicide.

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.

warning signs of a gambling problem

- **Spends a lot of time gambling:** May miss work, school, family obligations or other important events.
- **Gambles to escape:** Frequently talks about wins, but keeps losses and information about family finances to themselves.
- **Suffers severe mood swings:** The individual’s state of mind depends on whether or not he/she wins or loses; when not gambling, the individual may become anxious or angry.
- **Bets increase in size:** The individual bets higher and higher amounts of money in hopes of breaking even or winning back losses.
- **Tries to stop gambling, but can’t:** A problem gambler may try to stop gambling, but in most cases is unable to quit without help.

myth busters

myth: You have to gamble everyday to be a problem gambler.

fact: *A problem gambler may gamble frequently or infrequently. If your gambling is affecting other areas of your life, you may have a gambling problem.*

myth: If I keep gambling, I’ll win back the money I’ve lost.

fact: *The odds are no more in your favor on the 10th bet than they were on the first bet. Over time, the more you risk, the more you’ll lose.*

myth: Problem gambling isn’t really a problem if the gambler can afford it.

fact: *Problem gambling isn’t just a financial problem; it’s also an emotional problem. It’s about loss of control and isn’t limited to how much you win or lose.*

asking for help is the first step

if you want help, it’s available.

Gambling can become a problem for anyone, and the impact can be far reaching, but help is available.

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Professionals are available to help and answer questions 24 hours a day.

If you or someone you know has a gambling problem, make the call:

1-800-GAMBLER

For more information, visit:

mdgamblinghelp.org

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