
Signs of Addiction to Gambling

The more you regularly rely on something external to lift you up, relax you, or help you feel better, the closer you move toward addiction. If you conclude you are on the path to addiction, you can take action to change your behavior and find caring people to help you.

Check your addiction level

Maybe you think gambling is a quick thrill, an adventure. You think it's a way to be a winner. Sure, you may win. But more likely, excessive gambling can cause you to lose all you've worked for. Read the following statements and check yes or no. Answering yes to 3 or more questions may be a signal that gambling is taking over your life.

If you are concerned about your gambling habits, contact Gamblers Anonymous at www.gamblersanonymous.org. Or call the Gamblers Anonymous International Service Office at 626-960-3500.

This self-assessment can help you identify if you have a problem, but it doesn't provide a diagnosis. Only a healthcare provider can confirm if you have a gambling problem or something else. Use these questions as a way to talk with your healthcare provider about your concerns.

Yes No

- ☐ ☐ Do you lose time from work or school because of gambling?
- ☐ ☐ Have you ever felt remorse after gambling?
- ☐ ☐ Has gambling ever made your home life unhappy?
- ☐ ☐ Does gambling affect your reputation?
- ☐ ☐ Have you ever gambled to get money to pay debts or solve money problems?
- ☐ ☐ Have you borrowed money to pay off gambling debts or sold anything to finance gambling?
- ☐ ☐ Do you gamble until all your money is gone?
- ☐ ☐ Do you find it hard to sleep because you're in debt?
- ☐ ☐ Have you ever committed, or considered committing, an illegal act to finance gambling?
- ☐ ☐ Have you felt anxious and worried because of your gambling?