



RECOVERY RESOURCES

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Problem Gambling Self-Assessment

This test from the National Council on Problem Gambling is a simple way to evaluate your gambling behavior. However, it is not a diagnosis and DOES NOT replace a face-to-face evaluation with a trained clinical professional.

1. Have there been periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences, planning out future gambling ventures or bets, or thinking about ways of getting money to gamble with?
2. Have there ever been periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling of excitement?
3. Have you ever felt restless or irritable when trying to stop, cut down, or control your gambling?
4. Have you tried and not succeeded in stopping, cutting down, or controlling your gambling three or more times in your life?
5. Have you ever gambled to escape from personal problems or to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?
6. Have you lied to family members, friends, or others about how much you gamble and/or about how much money you lost on gambling, on at least three occasions?
7. Have you ever written a bad check or taken money that didn't belong to you from family members, friends, or anyone else in order to pay for your gambling?
8. Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends? Or, has your gambling ever caused you problems at work or school?
9. Have you ever needed to ask family members, friends, a lending institution, or anyone else to loan you money or otherwise bail you out of a desperate situation that was largely caused by your gambling?

Did you answer yes to more than two of these questions?

If you believe you or someone you know has a gambling problem, please contact Johni Fiber at 216-431-4131, ext. 1130 or jfiber@recres.org.

Don't wait until tomorrow. Make the call today.

Recovery Resources

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