

PROBLEM GAMBLING SELF-TEST

This self-test can help you decide if you or a loved one MAY have a gambling problem. It is not definitive, and does not replace the need to consult with a gambling treatment specialist.

1. Do you often find yourself thinking about gambling? For example do you relive past gambling experiences and plan the next time you would play, or think of ways to get money to gamble?
2. Do you find you need to gamble with more and more money to get the amount of excitement you're looking for?
3. Do you make repeated unsuccessful attempts to control, cut down or stop gambling?
4. Have you become restless or irritable when trying to cut down or stop gambling?
5. Do you gamble to escape from problems or when you have felt depressed, anxious, or bad about yourself?

6. After losing money gambling, do you return to gamble another day in order to “get even”?
7. Have you lied to your family or others to hide the extent of your gambling?
8. Have you even gone beyond what might be strictly legal in order to finance your gambling or to pay gambling debts?
9. Have you risked or lost a significant relationship, job, or educational or career opportunity because of gambling?
10. Have you sought help from others to provide money to relieve a desperate financial situation caused by gambling?

If you answered “Yes” to two or more questions, you may want to explore how to reduce or stop gambling.

Contact us today by calling (503) 674-7777 for more information, or view our website.

We welcome all.
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