



## Gamblers Anonymous 20 Questions

- | YES                      | NO                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Have you ever lost time from work or school due to gambling?                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Has gambling ever made your home life unhappy?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Has gambling affected your reputation?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Have you ever felt remorse after gambling?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Does gambling cause a decrease in your ambition or efficiency?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. After losing do you feel you must return as soon as possible and win back your losses?             |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. After a win, do you have a strong urge to return and win more?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you often gamble until your last dollar was gone?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you ever borrow to finance your gambling?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you ever sold anything to finance gambling?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Are you reluctant to use "gambling money" for normal expenditures?                                |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. Does gambling make you careless of the welfare of yourself or your family?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you ever gamble longer than you had planned?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Have you ever gambled to escape worry, trouble, boredom or loneliness?                            |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. Have you ever committed, or considered committing, an illegal act to finance gambling?            |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. Does gambling cause you to have difficulty in sleeping?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. Do arguments, disappointments or frustrations create within you an urge to gamble?                |
| <input type="checkbox"/> | <input type="checkbox"/> | 19. Have you ever had an urge to celebrate any good fortune by a few hours of gambling?               |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. Have you ever considered self-destruction or suicide as a result of your gambling?                |

**Note: Responses can only be Yes or No.**

**A score of seven or more "yes" answers may indicate a need to be assessed for problem gambling.**

**Regain control of your life. Call the National Gambling Hotline at (877) 770-7867.**