

HOW TO BE A RESPONSIBLE GAMBLER

Playing should be fun! We have put together some tips as to how you can keep your hobby whilst minimizing the risk of developing a gambling dependency.

1. Decide upon a personal gambling budget. Only deposit the amount you can afford to lose. Never stretch this budget, regardless of how lucky you may feel. Sticking to your budget will allow you to play safely.

2. Limit the amount of time spent gambling online and stick to your limit! Occasionally it will be very tempting to extend the time spent gambling. Don't do it! It is very easy to lose track of time when gambling online so set some sort of alarm to remind you to stick to your time limit

3. Know why you are playing! Playing should be entertainment and fun, and as playing any game, we must be prepared to lose. If you have a sensible gambling budget, it shouldn't be too painful to experience a loss.

4. Don't go chasing your losses. This will almost inevitably lead to more money down the drain, and you are not playing for the right reasons.

5. Player Options. Take advantage of facilities provided by the more reputable online casinos and poker rooms that allow you to set your gambling session time limits and constrain the amount of cash that you spend;

6. Be honest with yourself. If you are making excuses to go out, stay in rather than spending time with friends and family and find yourself tired and stressed you need to recognize these signs and take a

break! Regularly review the DMS-IV points below.

If you answer yes to at least five of these, it is time to seek help.

SIGNS AND SYMPTOMS OF PROBLEM GAMBLING?

Preoccupation occurs when the gambler constantly thinks about gambling. S/he is frequently referring to gambling experiences and his/her life is centered on how to acquire money for continuing gambling.

Tolerance when the amount spent on gambling becomes higher and higher. The gambler is increasing the amount of money spent in much the same way an alcohol abuser increases the amount of alcohol. They can no longer get the same effect with a lower dosage.

Withdrawal occurs when the gambler is pausing or stopping his/her gambling and is feeling uncomfortable while doing so. This may cause agitation, anxiety, irritation or frustration.

Escape the gambler is using games to improve his/her mood or to avoid issues or problems.

Chasing is the stage when the gambler is trying to win back the money lost.

Lying by lying to family, friends or therapist, the gambler is trying to hide the extent to which s/he is gambling.

Loss of control the gambler is no longer in control of the need to gamble and cannot stop by won will.

Illegal acts in order to get the money to gamble or pay back debts, the gambler has resorted to illegal acts. This may include fraud, embezzlement, forgery, theft or bad checks.

Risked significant relationships the gambler is risking losing a significant relationship, job or other major opportunity due to gambling.

Bailout the gambler is asking family, friends or others for monetary aid due to gambling.

Biological basis the gambler is lacking sufficient norepinephrine. (a stress hormone, norepinephrine affects parts of the brain where attention and responding actions are controlled.)

Our last advice: choose a reputable online gambling site that takes player protection seriously and operate in a reputable jurisdiction.



This article was prepared by Christel Sommervold BA MA, director of iGaming Academy (IGA), Malta.. Christel is the iGaming organisational development specialist and always use her expertise in Corporate Social Responsibility when consulting iGaming Operators, and has currently opened a CRM department for iGA to strengthen the focus on responsible gaming initiatives within the iGaming sector.