

Entertainment Value Comparison Chart

Instructions

This worksheet helps you compare the entertainment value of different leisure activities, including gambling, based on multiple factors. For each activity, rate the following factors on a scale of 1-10 (with 10 being the highest/best):

- **Enjoyment:** How much fun or pleasure the activity typically provides
- **Social Value:** How much the activity facilitates social connections
- **Skill Development:** How much the activity helps develop useful skills
- **Value for Money:** How much entertainment value per dollar spent
- **Potential Downside:** Risk of negative consequences (1 = high risk, 10 = low risk)

After rating each category, calculate the total score for each activity and compare them. Consider what these ratings tell you about the relative value of different entertainment options.

Activity	Enjoyment (1-10)	Social Value (1-10)	Skill Development (1-10)	Value for Money (1-10)	Potential Downside (1-10)	Total Score
Movie Theater						
Video Games						
Dining Out						
Sports Participation						
Casino Gambling						
Lottery Tickets						
Online Gaming with Purchases						

Reflection Questions

1. Which activities scored highest in your assessment? Why do you think they rated highly?

2. How did gambling activities compare to other forms of entertainment in your ratings?

3. Which factors most influenced your ratings of gambling activities?

4. How might these ratings change for different individuals or at different life stages?

5. Based on this assessment, do you think gambling provides good entertainment value compared to other activities? Why or why not?

Using This Assessment

This assessment provides a framework for thinking about entertainment activities in terms of their overall value, not just their immediate enjoyment. When considering gambling as entertainment:

- Set a specific entertainment budget for gambling activities
- Consider all factors, not just potential financial return
- Compare the cost-per-hour to other activities you enjoy
- Remember that gambling's entertainment value varies greatly based on your approach and expectations