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**START
YOUR
RECOVERY
JOURNEY.**

Attend a
meeting of
your choice:
In Person,
Virtual, or
Telephone

Attend
a
Meeting

20 Questions

Are you a compulsive gambler?

Answer all 20 questions below and view our comments based on your answers.

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1. Did you ever lose time from work or school due to gambling? ☐ Yes ☐ No
 2. Has gambling ever made your home life unhappy? ☐ Yes ☐ No
 3. Did gambling affect your reputation? ☐ Yes ☐ No
 4. Have you ever felt remorse after gambling? ☐ Yes ☐ No
 5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties? ☐ Yes ☐ No
 6. Did gambling cause a decrease in your ambition or efficiency? ☐ Yes ☐ No

7. After losing did you feel you must return as soon as possible and win back your losses? ☐ Yes ☐ No
8. After a win did you have a strong urge to return and win more? ☐ Yes ☐ No
9. Did you often gamble until all your money was gone? ☐ Yes ☐ No
10. Did you ever borrow to finance your gambling? ☐ Yes ☐ No
11. Have you ever sold anything to finance gambling? ☐ Yes ☐ No
12. Were you reluctant to use "gambling money" for normal expenditures? ☐ Yes ☐ No
13. Did gambling make you careless of the welfare of yourself or your family? ☐ Yes ☐ No
14. Did you ever gamble longer than you had planned? ☐ Yes ☐ No
15. Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss? ☐ Yes ☐ No
16. Have you ever committed, or considered committing, an illegal act to finance gambling? ☐ Yes ☐ No
17. Did gambling cause you to have difficulty in sleeping? ☐ Yes ☐ No
18. Do arguments, disappointments or frustrations create within you an urge to gamble? ☐ Yes ☐ No
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling? ☐ Yes ☐ No

20. Have you ever considered self-destruction or suicide as a result of your gambling?

☐ Yes ☐ No

SUBMIT