



Problem Gambling Self-Assessment*

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 solve financial problems? 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 to 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 your last dollar 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 or trouble? 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 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

Someone with a gambling problem will answer "yes" to at least seven of these questions.

For more tips to game responsibly, ways to recognize signs of problem gaming, and resources for help go to www.michigan.gov/mgcb

**This self-assessment is not a diagnosis and does not replace a formal evaluation with a trained clinical professional. Call 1-800-GAMBLER to connect with a trained professional.*

