



Council on
Compulsive Gambling
of Pennsylvania

GAMBLERS ANONYMOUS

20 QUESTIONS

*These 20 Questions are from the
Gamblers Anonymous Fellowship*

*For more information, visit
www.gamblersanonymous.org*

*Along with counseling agencies/therapists,
the main referral sources for individuals
suffering from gambling related issues are
Gamblers Anonymous and Gam-Anon.*

*Most compulsive gamblers will answer "Yes" to at
least seven (7) of the following twenty questions:*

- 1. Did you ever lose time from work due to gambling?*
- 2. Has gambling ever made your home life unhappy?*
- 3. Did gambling affect your reputation?*
- 4. Have you ever felt remorse after gambling?*
- 5. Did you ever gamble to get money with which to
pay debts or otherwise solve financial difficulties?*
- 6. Did gambling cause a decrease in your ambition or
efficiency?*

7. *After losing, did you feel that you had to return as soon as possible and win back your losses?*
8. *After a win, did you have a strong urge to return and win more?*
9. *Did you often gamble until your last dollar was gone?*
10. *Did you ever borrow to finance your gambling?*
11. *Have you ever sold anything to finance your gambling?*
12. *Were you reluctant to use "gambling money" for normal expenditures?*
13. *Did gambling make you careless about the welfare of your family?*
14. *Did you ever gamble longer than you had planned?*
15. *Have you ever gambled to escape worry or trouble?*
16. *Have you ever committed, or considered committing, an illegal act to finance gambling?*
17. *Did gambling cause you to have difficulty in sleeping?*
18. *Do arguments, disappointments or frustrations create within you an urge to gamble?*
19. *Did you ever have an urge to celebrate any good fortune by a few hours of gambling?*
20. *Have you ever considered self-destruction as a result of your gambling?*

For more information about
Gamblers Anonymous meetings in PA,
call 1-800-GAMBLER®



**Council on
Compulsive Gambling
of Pennsylvania**

*Published with support from the Pennsylvania Lottery
and the Pennsylvania Department of
Drug and Alcohol Programs*