



**Council on  
Compulsive Gambling  
of Pennsylvania**

## **GAM-ANON**

# **20 QUESTIONS**

*These 20 Questions are from the  
Gam-Anon Fellowship*

*For more information, visit  
[www.gam-anon.org](http://www.gam-anon.org)*

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

### **Are You Living With A Compulsive Gambler?**

- 1. Do you find yourself constantly bothered by bill collectors?*
- 2. Is the person in question often away from home for long, unexplained periods of time?*
- 3. Does this person ever lose time from work due to gambling?*
- 4. Do you feel that this person cannot be trusted with money?*
- 5. Does he/she promise to stop gambling; beg, plead for another chance, yet gamble again and again?*
- 6. Does this person ever gamble longer than he or she intended to, until the last dollar is gone?*
- 7. Does this person immediately return to gambling to try to recover losses, or to win more?*

8. Do they gamble to solve financial problems/have unrealistic expectations about results of gambling?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has their reputation suffered from gambling, even by committing illegal acts to finance gambling?
11. Have you hidden money, knowing that you/your family may go without food/clothing if you do not?
12. Do you search his/her clothes and/or wallet, or otherwise check on his/her activities?
13. Does the person in question hide his or her money?
14. Have you noticed a personality change in the gambler as his or her gambling progresses?
15. Does the person in question consistently lie to cover up or deny his or her gambling activities?
16. Does he/she use guilt induction as a method of shifting responsibilities for his/her gambling on you?
17. Do you attempt to anticipate this person's moods, or try to control his or her life?
18. Do they ever suffer from remorse/depression from gambling, ever to the point of self-destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a nightmare?

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



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