



Council on
Compulsive Gambling
of Pennsylvania, Inc.

GAM-ANON

20 QUESTIONS

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

*For more information, visit
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?*

**For more information about
Gam-Anon meetings in PA,
call 1-800-GAMBLER® or 1-800-848-1880**



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