

## Gamblers Anonymous 20 Questions

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 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 your 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 or loneliness? Yes/No
16. Have you ever committed, or considered committing, an illegal act to finance your 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

Most compulsive gamblers will answer yes to at least seven of these questions.

(From the Gamblers Anonymous 20 Questions)