



CARE's WorkLife Solutions

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Compulsive Gambling

An estimated 57,000 individuals from across metropolitan Detroit are compulsive gamblers. For these individuals, gambling has become more than a recreational pastime. Their compulsion to bet has become as destructive as an addiction to alcohol or other drugs.

To determine whether gambling has become a problem for you, answer the following questions developed by Gamblers Anonymous. Answer them truthfully and honestly. A "yes" answer to six of these questions indicates the need to seek professional assistance. Call CARE's WorkLife Solutions at 866.888.1555 for information.

- Do you lose time from work due to gambling?
- Is gambling making your home life unhappy?
- Is gambling affecting your reputation?
- Have you ever felt remorse after gambling?
- Do you ever gamble to get money with which to pay debts or to otherwise solve financial difficulties?
- Does gambling cause a decrease in your ambition or efficiency?
- After losing, do you feel you must return as soon as possible and win back your losses?
- After a win, do you have a strong urge to return and win more?
- Do you often gamble until your last dollar is gone?
- Do you ever borrow to finance your gambling?
- Have you ever sold any real or personal property to finance gambling?
- Are you reluctant to use "gambling money" for normal expenditures?
- Does gambling make you careless of the welfare of your family?
- Do you ever gamble longer than you had planned?
- Do you ever gamble to escape worry or trouble?
- Have you ever committed, or considered committing, an illegal act to finance gambling?
- Does gambling cause you to have difficulty sleeping?
- Do arguments, disappointments or frustrations create within you an urge to gamble?
- Do you have an urge to celebrate any good fortune by gambling?
- Have you ever considered self-destruction as a result of your gambling?