



Real solutions for real business

CARE's WorkLife Solutions

Toll Free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

## Are You Living With a Compulsive Gambler?

If someone close to you has a compulsive gambling problem, you will answer "yes" to at least six of the following questions developed by Gamblers Anonymous. For free and confidential assistance, call CARE's WLS at 866.888.1555

- Do you find yourself constantly bothered by bill collectors?
- Is this person often away from home for long, unexplained periods of time?
- Does this person ever lose time from work due to gambling?
- Do you feel that this person cannot be trusted with money?
- Does this person faithfully promise that s/he will stop gambling, beg, plead for another chance, yet gamble again and again?
- Does this person ever gamble longer than s/he intended to?
- Does this person immediately return to gambling to try to recover losses or to win more?
- Does this person ever gamble to get money to solve financial difficulties or have unrealistic expectations that gambling will bring the family material comfort and wealth?
- Does this person borrow money to gamble with or to pay gambling debts?
- Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
- Have you come to the point of hiding money needed for living expenses, knowing that your family may go without food and clothing if you do not?
- Do you search this person's clothing or go through his/her wallet when the opportunity presents itself, or otherwise check on his/her activities?
- Do you hide his/her money?
- Have you noticed a personality change in the gambler as his/her gambling progresses?
- Does this person consistently lie to cover-up or deny his/her gambling?
- Does this person use guilt as a method of shifting responsibilities for his/her gambling upon you?
- Do you attempt to anticipate this person's moods, or try to control his/her life?
- Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self destruction?
- Has the gambling ever brought you to the point of threatening to break up the family?
- Do you have an urge to celebrate any good fortune by gambling?
- Have you ever considered self-destruction as a result of your gambling?