



Council on
Compulsive Gambling
of Pennsylvania

GAMBLERS ANONYMOUS

20 QUESTIONS

*These 20 Questions are from the
Gamblers Anonymous Fellowship*

*For more information, visit
www.gamblersanonymous.org*

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

*Most compulsive gamblers will answer "Yes" to at
least seven (7) of the following twenty questions:*

- 1. Did you ever lose time from work due to gambling?*
- 2. Has gambling ever made your home life unhappy?*
- 3. Did gambling affect your reputation?*
- 4. Have you ever felt remorse after gambling?*
- 5. Did you ever gamble to get money with which to
pay debts or otherwise solve financial difficulties?*
- 6. Did gambling cause a decrease in your ambition or
efficiency?*

7. After losing, did you feel that you had to return as soon as possible and win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance your gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless about the welfare of your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction as a result of your gambling?

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



**Council on
Compulsive Gambling
of Pennsylvania**

Published with support from the Pennsylvania Lottery
and the Pennsylvania Department of
Drug and Alcohol Programs