

## SIGNS OF PROBLEM GAMBLING

1. Do you think about gambling on most days?
2. Has gambling ever made your home life unhappy?
3. Has gambling affected your reputation?
4. Have you ever stolen or borrowed money from family or friends to gamble?
5. Do you often gamble until your last dollar is gone?
6. Do you lie about where you are when you go to gambling locations?
7. Have you ever considered self destructive behavior as a result of your gambling?
8. Does gambling make you careless of the well being of your family or yourself?
9. Have you ever taken a loan to finance gambling?
10. After losing do you feel that you must return soon to win back the losses?

## FOR FAMILY MEMBERS & FRIENDS

1. Do they have anything that looks like racing forms, lottery tickets or odds sheets for sporting events?
2. Are they secretive or avoiding of questions about time and money?
3. Do they display unexplained wealth?
4. Have they withdrawn from family or friends, or has little in common with new friends?
5. Are they unusually forgetful of appointments or dates?
6. Do they show a high level of interest in the outcome of sporting events?
7. Have they made regular suggestions about social outings to casinos, race tracks or other gambling locations?

See [problemgambling.vermont.gov](http://problemgambling.vermont.gov) for more information.