



SIGNS OF GAMBLING ADDICTION:

- Increasing debts, late payment of bills, unexplained expenditures of savings and other financial resources.
- Increasing the amount and frequency of betting.
- Borrowing from relatives, friends, banks (second mortgage, line of credit), or loan sharks in order to continue gambling or pay off gambling debts.
- Boasting about big wins. Minimizing or hiding losses.
- Increasing amounts of time are devoted to gambling. Gambling on lunch breaks, after work or school.
- Spends more money and/or time gambling than originally intended, loses track of time, or can't remember how much money or time was actually spent gambling.
- Frequent absences from work school, family obligations with little or no explanation. Poor work or school performance.
- Mood swings: experiences emotional highs and lows; becomes irritable, anxious, secretive or bored.
- Increasing preoccupation with and arguments about household expenses and financial matters.
- Promises to decrease or stop gambling, but is unable to do so.
- Prefers gambling to socializing with family or friends; plans vacations around gambling activities and locations (Las Vegas, cruise ships, Reno, etc.)
- Spending more and more time gambling and planning to gamble.
- Believes that he or she has a system, is due for a "big win", or that their luck will pay off soon (magical, unrealistic thoughts about the real odds of winning).
- Describes gambling in terms of a thrill or "rush".
- Increasing number of phone call from gambling associates, to place bets with a bookie, play the stock markets, or to find out the results of sporting events.
- After losing, going back the next day to make up losses; chasing losses.

DEFINITIONS: (Gambling)

Social Gambler:

A person who gambles a planned amount of money for a limited period of time for recreational and social purposes and who does not experience negative consequences as a result of gambling activities.

Problem Gambler:

A gambler who spends increasing amounts of time, money and emotional investment in gambling or planning to gamble, and as a result of gambling, experiences some negative consequences in personal, family, academic or work pursuits.

Compulsive Gambler:

A gambler who, in addition to the characteristics of a problem gambler, is unable to control or limit the amount of time and money spent on gambling activities. A compulsive gambler is preoccupied with gambling, acquiring money to gamble, lies about wins and losses, experiences a high need to be in "action" and experiences several negative consequences to personal, family, academic or vocational pursuits.