

## **GAMBLER'S ANONYMOUS TWENTY QUESTIONS**

Answer the following questions by circling the yes or no answer that best fits you.

1. Have you ever lost time from work due to gambling? yes/no
2. Has gambling ever made your home life unhappy? yes/no
3. Has gambling effected your reputation? yes/no
4. Have you ever felt remorse after gambling? yes/no
5. Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?  
yes/no
6. Does gambling cause a decrease in your ambition or efficiency? yes/no
7. After losing, do you ever feel you must return as soon as possible and win back your losses? yes/no
8. After a win, do you have a strong urge to return and win more? yes/no
9. Do you often gamble until your last dollar is gone? yes/no
10. Do you ever borrow to finance your gambling? yes/no
11. Have you ever sold anything to finance your gambling? yes/no
12. Are you reluctant to use 'gambling money' for normal expenditures? yes/no
13. Does gambling make you careless of the welfare of yourself and your family? yes/no
14. Do you ever gamble longer than you had planned? yes/no
15. Have you ever gambled to escape worry or trouble? yes/no
16. Have you ever committed or considered committing an illegal act to finance gambling? yes/no
17. Does gambling cause you to have difficulty in sleeping? yes/no
18. Do arguments, disappointments or frustrations create within you an urge to gamble? yes/no
19. Do you ever have an urge to celebrate any good fortune by a few hours of gambling? yes/no
20. Have you ever considered self-destruction as a result of your gambling? yes/no

**Pathological gamblers will generally answer 'yes' to at least 7 of these questions.**