

# Self Test for Gambling Addiction

The following questions are design to help you assess the possibility of Gambling Addiction.

Please answer the following questions YES or NO as honestly as possible.

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

If you answered yes to several of these questions or if you admit to doing two or more of the above questions repetitively or compulsively, you may have a problem with Gambling. What part of your brain is controlling your life? You should seek professional assistance. With brain SPECT scan and psychological tests, our doctors can determine the causes and brain functions that need adjustment. Call and ask your questions.



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