

This test is a screening instrument only – from the Gamblers Anonymous “20 Questions.” It does not yield a diagnosis. Only a qualified professional should make a proper diagnosis.

1. Did you ever lose time from work or school due to gambling?

YES / NO

2. Has gambling ever made your home life unhappy?

YES / NO

3. Did gambling affect your reputation?

YES / NO

4. Have you ever felt remorse after gambling?

YES / NO

5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?

YES / NO

6. Did gambling cause a decrease in your ambition or efficiency?

YES / NO

7. After losing did you feel you must return as soon as possible and win back your losses?

YES / NO

8. After a win did you have a strong urge to return and win more?

YES / NO

9. Did you often gamble until your last dollar was gone?

YES / NO

10. Did you ever borrow to finance your gambling?

YES / NO

11. Have you ever sold anything to finance gambling?

YES / NO

12. Were you reluctant to use “gambling money” for normal expenditures?

YES / NO

13. Did gambling make you careless of the welfare of yourself or your family?

YES / NO

14. Did you ever gamble longer than you had planned?

YES / NO

15. Have you ever gambled to escape worry, trouble, boredom or loneliness

YES / NO

16. Have you ever committed, or considered committing, an illegal act to finance gambling?

YES / NO

17. Did 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. Did 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 or suicide as a result of your gambling?

YES / NO

Most person with a gambling problems will answer “yes” to seven or more of the above questions.

**NOTE: If you suspect that you have a gambling problem, you should seek help for that problem regardless of how you score on this screening test.**