10 Questions About Your Gambling Behavior:
1. You have often gambled longer than you had planned.
2. You have often gambled until your last dollar was gone.
3. Thoughts of gambling have caused you to lose sleep.
4. You have used your income or savings to gamble while letting bills go unpaid.
5. You have made repeated, unsuccessful attempts to stop gambling.
6. You have broken the law or considered breaking the law to finance your gambling.
7. You have borrowed money to finance your gambling.
8. You have felt depressed or suicidal because of your gambling losses.
9. You have been remorseful after gambling.
10. You have gambled to get money to meet your financial obligations.

If you or someone you know answers “Yes” to any of these questions, consider seeking assistance from a professional regarding this gambling behavior.
**Literature:**

**Personal Financial Strategies for Loved Ones of Problem Gamblers**  
*NCPG & NEFE (National Endowment for Financial Education)*  
This 44 page handbook suggests ways to deal with personal financial issues due to gambling of a loved one before they become a major financial problem...or it can help you recover financially if you have serious money problems.

**Women Who Gamble Too Much**  
This 12 page pamphlet, written directly to women who have a gambling problem and their loved ones, discusses phases, feminist perspective, concealment and discovery of problem gambling as well as recovery and treatment for women and families.

**Problem and Pathological Gambling in America: The National Picture**  
A review compiled by the NCPG in 1997 of definitions, public policy, epidemiology, social cost and the role of the gaming industry in problem gambling. 45 pages.

**Understanding Compulsive Gambling**  
This 22 page booklet is designed for anyone trying to better understand the compulsive gambling disorder. It discusses the definition of the disorder, current theories, the progression and where to find help.

**Compulsive Gambling: A Concern for Families With Alcoholism and Other Drug Problems**  
This 9 page pamphlet speaks to the combined issues of compulsive gambling and alcohol and drug abuse. Written for the lay person, it describes phases, effects and how to find help for the gambler and family member.

**When Someone You Love Gambles**  
This 20 page booklet, written for the family members and loved ones of a problem gambler, includes brief vignettes that illustrate the disorder and discuss treatment opportunities.

**What Is G.A.?**  
A one page brochure presenting a basic outline of the Gamblers Anonymous program. It offers an overview of the 12 step program and offers 20 practical questions to determine if one has a gambling problem.

**Releasing Guilt About Gambling**  
Resolving guilt is one of the biggest issues facing compulsive gamblers in recovery. This pamphlet explains how guilt is often accompanied by other self-destructive emotions such as anger, fear & rejections.

For all literature orders, contact our national office in Washington, D.C. at 202.547.9204 or ncpg@ncpgambling.org

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**If you or someone you know has a gambling problem:**

The National Council on Problem Gambling and its 33 state affiliates offer a variety of services for problem gamblers and their loved ones. Call the 24 hour, toll-free, National Problem Gambling Helpline Network:  
(800.522.4700)  
for confidential assistance. Resources are also available through the NCPG website:  
www.ncpgambling.org

This flyer was developed as a general educational resource and does not replace a diagnosis by a healthcare professional specializing in problem gambling.

*NCPG Summer 2001*