



1.800.522.4700
24 Hour Confidential
National Hotline

Pathological Gambling Criteria

PROBLEM GAMBLERS

10 Questions About Gambling Behavior

The National Council on Problem Gambling

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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 by calling the National Problem Gambling HelpLine Network (800.522.4700) toll free and confidential throughout the U.S.

