

## **Gamblers Anonymous 20 Questions**

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

*Most compulsive gamblers will answer "yes" to at least seven of these questions.*

## **For More Information on the Kentucky Council on Problem Gambling**

**Write:** P.O. Box 4595  
Frankfort, KY 40604-4595

**E-mail:** kmstone@mis.net

**Phone:** 502/223-1823

**Fax:** 502/227-8082

**Helpline:** 1-800-GAMBLER

**Website:** [www.kycpg.org](http://www.kycpg.org)

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The Kentucky Council on Problem Gambling is a 501(c)(3) non-profit organization incorporated in the Commonwealth of Kentucky. It is affiliated with the National Council on Problem Gambling. The Kentucky Council's mission is to advance public awareness of compulsive gambling as a pathological disorder, to increase the number of counselors trained to help compulsive gamblers and their families, and to refer those needing help to counseling or self-help through Gamblers Anonymous.

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### **Gamblers Anonymous Hotlines**

**Lexington:** 859/277-8236

**Louisville:** 502/561-5665

A stylized illustration in shades of gray shows a person in a suit holding a large, glowing star. The star has several lines radiating from it, suggesting light or hope. The person is depicted from the waist up, facing right.

**When It's  
More Than  
A Game . . .  
There Is Help!**

**Gambling  
Can Be  
Addictive**

Information from  
the Kentucky Council  
on Problem Gambling

## **What is Compulsive Gambling?**

For most people, a little gambling is fun. It's exciting. It stirs the blood. Waiting for the results of a bet provides a few moments of escape. What joy if it's a win! It's a disappointment when it's a loss. But then it's over. It's on to other things. That's how it is for most people.

For some, recreational gambling does not stop. They don't go back to normal living but make gambling the most important thing in life. These individuals suffer from compulsive gambling.

## **An Addiction, not a Bad Habit**

In 1980, the American Psychiatric Association classified pathological gambling as a psychological disorder. Most people use the phrase compulsive gambling. In Kentucky, there could be as many as 25,000<sup>1</sup> compulsive gamblers.

Compulsive gambling is similar to other addictions, but it also is different. For one thing, it is hidden. There are none of the telltale signs of alcoholism or drug addiction. Outwardly, the compulsive gambler's life can appear normal, but secretly, the

afflicted need to gamble more and more to stay in "action." To stay in "action," the compulsive gambler is digging a deep financial and emotional hole toward severe depression. Even after the addiction is confronted, Recovery is a slow process. Help is needed.

## **Who is a Compulsive Gambler?**

An easy way to see whether someone may be a compulsive gambler is to honestly answer the *Gamblers Anonymous 20 Questions* printed in this brochure. Answering "yes" to seven or more questions indicates gambling behavior that may be a problem.

When it's no longer a game, there is help! But the key is to act now. Statistics show that compulsive gamblers commit suicide and abuse their families at high rates. Compulsive gamblers not only hurt themselves, they hurt others — often the ones they love the most. If the answers to the Gamblers Anonymous 20 Questions indicate compulsive gambling, there is a road to Recovery.

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<sup>1</sup> — According to research obtained from a Kentucky company, 63 percent of adult Kentuckians gamble in a given year. Recognized research studies indicate that 1 percent of a population that gamblers will be compulsive gamblers.

## **The Road to Recovery Starts TODAY!**

### **Remember This Number. It May Be a Lifesaver!**

**1-800-GAMBLER  
(1-800-426-2537)**

The Kentucky Council on Problem Gambling sponsors a 24-hour, 7-day-a-week helpline operated by the trained crisis intervention staff at River Valley Behavioral Health in Owensboro, Kentucky. Calls are answered in the strictest confidence. On request, callers will be told of the nearest Gamblers Anonymous meeting or referred to the closest counselor trained to treat compulsive gambling. Callers also can choose to receive by mail a package of information that may help further understanding of the pathological disorder of compulsive gambling.

This number is not just for compulsive gamblers. Relatives, friends or co-workers who want or need information on compulsive gambling or referral services — including Gam-Anon or Gam-A-Teen — are encouraged to call.

**Call Right Away!**