



## **IS THERE A GAMBLING PROBLEM IN YOUR FAMILY???**

If you are living with a compulsive gambler, you will answer "YES" to at least six of the following questions:

1. Do you find yourself constantly bothered by bill collectors?
2. Is the person in question often away from home for long, unexplained periods of time?
3. Does this person ever lose time from work due to gambling?
4. Do you feel that this person cannot be trusted with money?
5. Does this person faithfully promise that he/she will stop gambling, beg, plead for another chance, yet gamble again and again?
6. Does this person ever gamble longer than he/she intended to, until the last dollar is gone?
7. Does this person immediately return to gambling to try to recover losses or to win more?
8. Does this person ever gamble to get money in order to solve financial difficulties, or have unrealistic expectations that gambling will bring the family wealth?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
11. Have you come to the point of hiding money needed for living expenses, knowing that you and the rest of the family may go without food and clothing if you don't?
12. Do you search this person's clothing or go through his/her wallet when the opportunity presents itself, or otherwise check on his/her activities?
13. Do you hide his/her money?

14. Have you noticed a personality change in the gambler as his or her gambling progresses?
15. Does this person consistently lie to cover up or deny his/her gambling?
16. Does the gambler use guilt induction as a method of shifting responsibilities for his/her gambling upon you?
17. Do you attempt to anticipate this person's moods, or try to control his/her life?
18. Does the gambler ever suffer from remorse or depression due to gambling sometimes to the point of self-destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a nightmare?

**Compulsive Gambling** is recognized as an **Emotional Illness**. Living with this illness proves to be a devastating experience. Family relationships become unbearably strained. The home is filled with bitterness, frustration and resentment. There seems to be no way to solve our insurmountable difficulties. We are unable to think rationally at times. As families and friends of a gambler, we also are very prone to develop a neurosis. Life seems hardly worthwhile.

As families and friends of compulsive gamblers, many of us have found a strong bond. We need no longer feel alone. A wonderful new life is ours.

**For further information phone:**

Canadian Foundation on Compulsive Gambling (Alberta)  
**461-1259**