

QUIZ: Do You Have a Gambling Addiction?



READ EACH STATEMENT AND ANSWER YES OR NO.

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|-----------|------------------------------------------------------|---------------------------------|--------------------------------|
| 01 | DO YOU OFTEN GAMBLE MORE MONEY THAN YOU INTENDED TO? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 02 | HAVE YOU TRIED TO CUT BACK ON YOUR GAMBLING BUT COULDN'T? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 03 | DO YOU FEEL RESTLESS OR IRRITATED WHEN YOU TRY TO STOP GAMBLING? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 04 | DO YOU GAMBLE TO ESCAPE FROM PERSONAL PROBLEMS OR STRESS? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 05 | HAVE YOU LIED TO FAMILY OR FRIENDS ABOUT YOUR GAMBLING HABITS? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 06 | HAVE YOU EVER HAD TO BORROW MONEY TO GAMBLE OR PAY GAMBLING DEBTS? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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|-----------|---------------------------------------------------------------|---------------------------------|--------------------------------|
| 07 | DO YOU GAMBLE TO GET BACK MONEY YOU'VE LOST (CHASING LOSSES)? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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| 08 | HAS GAMBLING AFFECTED YOUR WORK PERFORMANCE? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
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READ EACH STATEMENT AND ANSWER YES OR NO.

09

DO YOU SPEND A LOT OF TIME THINKING ABOUT GAMBLING OR PLANNING YOUR NEXT BETS?

YES

NO

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HAS GAMBLING CAUSED YOU TO NEGLECT YOUR RESPONSIBILITIES AT HOME OR WORK?

YES

NO

SCORING YOUR RESULTS:

- Low indication of gambling addiction | 0–3 'Yes' responses: Consider speaking to a counselor for any ongoing concerns or questions.
- Moderate indication of gambling addiction | 4–6 'Yes' responses: Seeking therapy may help explore your experiences and find complete healing.
- High indication of gambling addiction | 7–10 'Yes' responses. Consider contacting a therapist or mental health specialist for professional help.

DISCLAIMER:

OUR GAMBLING ADDICTION QUIZ IS INTENDED FOR SELF-EXAMINATION ONLY. IT IS NOT TO BE CONSIDERED A PROFESSIONAL DIAGNOSIS OR PROFESSIONAL ADVICE. IF YOU NEED HELP AFTER COMPLETING THE QUIZ, PLEASE CALL ICARUS NEVADA AT 702.723.4774 TO SCHEDULE A PROFESSIONAL ASSESSMENT.

