

# IS YOUR GAMBLING PROBLEM ACTUALLY AN ADDICTION?

[icarusbehavioralhealthnevada.com](http://icarusbehavioralhealthnevada.com) | 702.723.4774



Read each statement and check each box that applies to you. This checklist is not a diagnostic tool, but can help you determine if need to get a professional diagnosis. Call Icarus Behavioral Health at 702.723.4774 for an assessment and individualized treatment plan

- ☐ I THINK ABOUT GAMBLING, EVEN WHEN I'M NOT DOING IT
- ☐ I SPEND MORE ON GAMBLING THAN I INTEND
- ☐ I'M RESTLESS OR IRRITABLE WHEN I TRY TO STOP
- ☐ I CAN'T FEEL JOY, EVEN WHEN I'M SOBER
- ☐ I'VE TRIED TO STOP BUT HAVEN'T BEEN ABLE TO
- ☐ I GAMBLE TO COPE WITH MY EMOTIONS (STRESS, ANXIETY, ETC)
- ☐ I'VE LIED TO FRIENDS/FAMILY ABOUT MY GAMBLING
- ☐ MY FINANCES ARE A MESS
- ☐ I CHASE LOSSES, HOPING TO WIN BACK MY MONEY
- ☐ I'VE BORROWED MONEY OR RUN UP CREDIT CARDS TO GAMBLE
- ☐ I'VE MISSED WORK/IMPORTANT EVENTS TO GAMBLE
- ☐ I'VE LOST OR DAMAGED RELATIONSHIPS BECAUSE OF GAMBLING
- ☐ I FEEL GUILT, SHAME, OR REGRET AFTER GAMBLING
- ☐ I FEEL LONELY OR DEPRESSED WHEN I CAN'T GAMBLE
- ☐ I DOWNPLAY OR JUSTIFY MY GAMBLING TO OTHERS

## SCORING YOUR RESULTS

**0-4 Checks:** You have early signs of a gambling disorder, but you can still function in life. It's time to call Icarus Nevada for therapy before things escalate.

**5-9 Checks:** You may have a gambling disorder. Professional support can help you break the cycle and regain your well-being.

**10-15 Checks:** You probably have an actively worsening gambling disorder. Don't try to fix this alone - call Icarus Nevada for immediate help.