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ASSISTANCE IN RECOVERY

*Improving lives together*

## **Gambling Addiction**

### **What is gambling addiction?**

Gambling addiction is a compulsive obsession with gambling that interferes with normal living. The gambling addict may prioritize gambling over family, friends or work.

### **Is my loved one a gambling addict?**

Unfortunately, there is no one characteristic that defines a compulsive gambler. But, the National Council on Problem Gambling has put together a set of ten simple questions that help to define gambling addiction.

1. Have you often gambled longer than you had planned?
2. Have you often gambled until your last dollar was gone?
3. Have thoughts of gambling have caused you to lose sleep?
4. Have you used your income or savings to gamble while letting bills go unpaid?
5. Have you made repeated, unsuccessful attempts to stop gambling?
6. Have you broken the law or considered breaking the law to finance your gambling?
7. Have you borrowed money to finance your gambling?
8. Have you felt depressed or suicidal because of your gambling losses?
9. Have you been remorseful after gambling?
10. Have you gambled to get money to meet your financial obligations?

The National Council on Problem gambling suggests that if you, or someone you know, answers, “Yes” to any of the above questions, you should consider seeking professional assistance.

### **I Know That My Loved One Is A Gambling Addict ““ Now What?**

Many individuals have approached their loved one regarding his/her gambling addiction, with no success. It may be helpful when talking with your loved one, to have a third party present that is professionally trained and knowledgeable about gambling addiction.

Assistance in Recovery moves your family out of crisis and assists in addressing your loved one’s gambling addiction.

**Call us at 800-561-8158 today** and tell us about your situation, learn more about how to initiate an intervention and **what to expect** from the process.