

— IF YOU GAMBLE — GET SET BEFORE YOU BET

 **TAKE THE QUIZ**

 **SET LIMITS**



RESPONSIBLE GAMBLING QUIZ
Answer the following questions about your gambling activity in the last 12 months. When finished, add up your score to gauge your risk level of problem gambling.

1 Have you ever bet more than you could really afford to lose?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

2 Have you ever needed to gamble with larger amounts of money to get that same feeling of excitement?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

3 When you gambled, did you go back another day to try to win back the money you lost?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

4 Have you ever borrowed money or sold anything to get money to gamble?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

5 Have you felt that you might have a problem with gambling?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

6 Has gambling caused you any health problems, including stress or anxiety?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

7 Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

8 Has your gambling ever happened when you were drunk?
☐ Never ☒ Sometimes

9 Have you felt guilty about your gambling?
☐ Never ☐ Most of the Time
☐ Sometimes ☐ Almost Always

Risk Level Scoring:
Never = 0 pts.
Sometimes = 1 pt.
Most of the Time = 2 pts.
Almost Always = 3 pts.
GAMBLING PROBLEM? 1 800-545-7888

SCORE OF 0 =
Low risk of problem gambling.

SCORE OF 1 OR 2 =
Low level of problem gambling. You may want to consider responsible gambling.

SCORE OF 3, 4, 5 =
High level of problem gambling. You may want to consider responsible gambling.

SCORE OF 6 OR 9 =
Very high level of problem gambling. You may want to consider responsible gambling.

