



# Are You at Risk of Developing a Gambling Problem?



## Problem Gambling Self-Evaluation

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|--|-----|--|----|
| Do I experience mood swings based on winnings and losses?  | Yes |  | No |
| Do I neglect other responsibilities in order to concentrate on gambling activities?              | Yes |  | No |
| Do I experience impatience with loved ones because they are interrupting my gambling activities? | Yes |  | No |
| Am I willing to eat less or go without food so that I can gamble?                                | Yes |  | No |
| Do I gamble with money designated for necessary expenses?  | Yes |  | No |
| Have I ever thought of cashing in my insurance policy for gambling money?                        | Yes |  | No |
| Am I spending my college funds to gamble?  | Yes |  | No |
| Do I fantasize about big winnings and believe I will win back all of my losses?                  | Yes |  | No |

If you answered **YES** to four or more of these questions you may be at risk for Problem Gambling.

*Learn more about how problem gambling may be affecting you, your teen and your family. For further information or to schedule an educational presentation for your community or school group call NCADD-RA at (585) 426-8000 or visit our website at [www.nydas.org](http://www.nydas.org).*



### Call (585) 426-8000 to learn more.

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