

Gambling Behavior - Choices and Decisions

Your Score

Problem Gambling Severity Index (non-clinical)

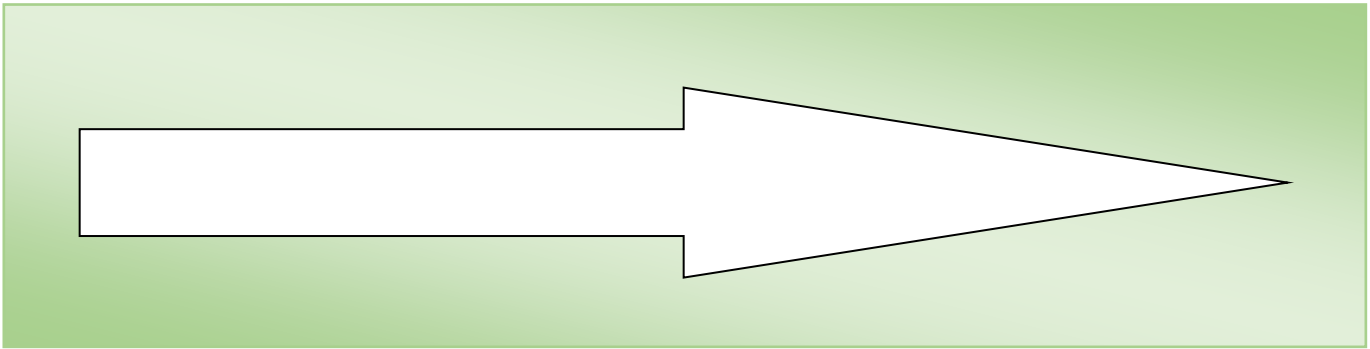
Score _____

No Risk
0

Low Risk
1-2

Moderate Risk
3-7

Problem Gambling
8 or more



Diagnostic and Statistical Manual of Mental Disorders, Fifth edition (clinical)

Score _____

Gambling Disorder

0

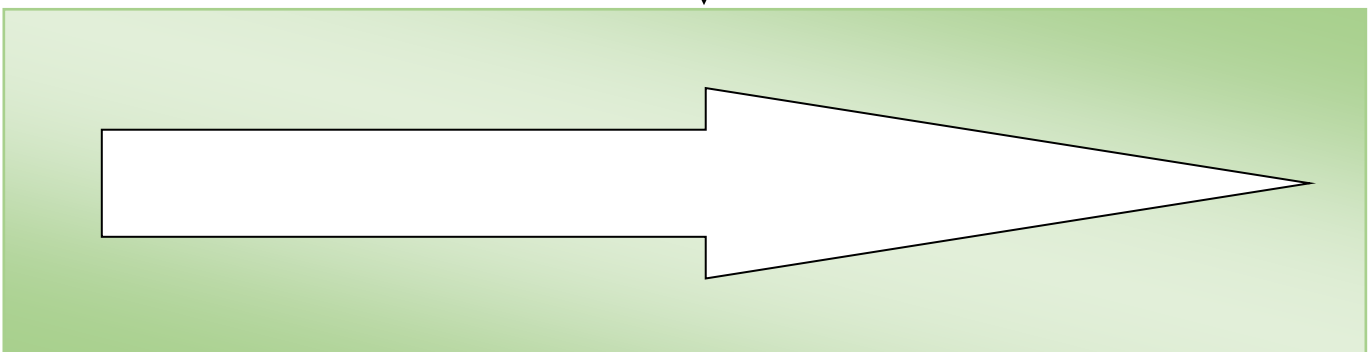
1

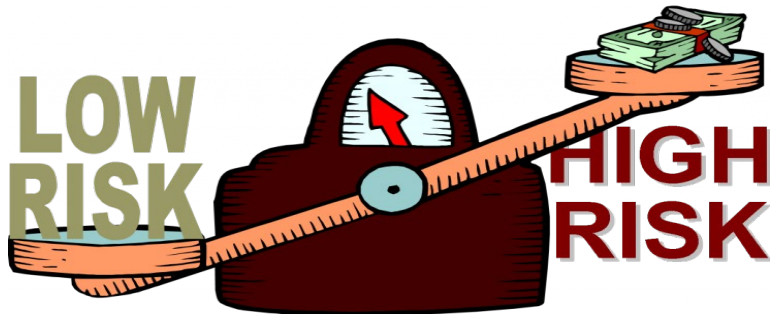
2-3

Mild
4-5

Moderate
6-7

Severe
8-9





How do you know if gambling is a problem?

Some Characteristics of **Low Risk** Gambling:

- ✓ Done in social setting with others
- ✓ As a form of recreation
- ✓ Within a set budget
- ✓ Within a set timeframe
- ✓ Done in balance with other social/recreational activities
- ✓ Not viewed as a way of making money

What are characteristics of low risk gambling for you?

Some Characteristics of **High Risk** Gambling:

- ✓ Viewed as a way to make money or fix financial problems
- ✓ Done in isolation
- ✓ Done to the exclusion of other activities
- ✓ Done in combination with alcohol or drug use
- ✓ Done in response to stress or emotional distress

What are characteristics of high risk gambling for you?

Some Characteristics of **High Risk** Situations for Gambling

- ✓ When highly emotional: angry, lonely, depressed, under stress – or feeling euphoric or overly optimistic
- ✓ When coping with loss or grief
- ✓ When coping with trauma
- ✓ When under financial pressure and stress
- ✓ During times of major life change
- ✓ When under the influence of alcohol and/or other substances that impair decision making

What are characteristics of your high risk situations for gambling?



Personal Goals for Gambling

How would you like to enjoy gambling?

What type of gambling would you like to do, if any?

How often would you like to gamble?

How much money can you afford to gamble with?

Which people do you want to gamble with, if any?

Are there people who are higher risk than others?

Cost – Benefit Analysis

Please list all the benefits you receive from gambling and on a scale of 1-5, list how important each benefit is to you (1= not important; 5 = extremely important), list the costs of gambling (emotional, physical, relational, etc. as well as financial), and how distressing that cost is on a 1-5 scale (1 = not distressing; 5 = extremely distressing).

<u>Benefits of Gambling</u>	<u>Importance</u>	<u>Costs of Gambling</u>	<u>Distress</u>

After you have made your Cost-Benefit list, review the list, and write down any feelings you get when you think about the costs of gambling:

Do any of these costs seem too expensive or too distressing?

List 5 important goals in your life (things you would like to have in your life or accomplish) for the next 2-5 years.

Goal One:

Goal Two:

Goal Three:

Goal Four:

Goal Five:

For each of these goals write down any ways that gambling will help you reach that goal and ways that gambling will interfere with reaching that goal.

Ways Gambling Will Help	Ways Gambling Might Interfere
1.	
2.	
3.	
4.	
5.	

Re-evaluating

After looking at the Cost-Benefit Analysis and your Goal Assessment, are there any changes you would like to make in your personal goals for gambling? (Review page 4)

Identify Your Warning Signs

If you chose to continue to gamble, review the list of warning signs below and circle the ones that you think you need to be aware of and monitor.

Some Common Warning Signs of Gambling Problems:

- ✓ Any increase in gambling behaviors

- ✓ Noticing an increase in cravings for other addictive behaviors in connection with gambling

- ✓ Using gambling as an alternative to other addictive behaviors

- ✓ Gambling to relieve boredom, anxiety, or depression

- ✓ Feeling the same kind of rush or high when gambling as when using substances

What are any other signs that you might notice to indicate that gambling might be becoming a problem for you or putting your recovery at risk?

What is your plan if you notice any of these warning signs?