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## Check List for Families

One or more of these changes may indicate a gambling problem.

- **Unexplained absences**
  - › goes out more often without saying why or where
  - › misses appointments, meetings, dates
  
- **Has less money than usual**
  - › stops spending money on “optional” expenses like entertainment, gifts, clothes, repairs, life insurance
  - › doesn’t pay bills on time
  - › applies for new credit cards
  - › borrows money
  - › takes out secret loans
  
- **Is distant, preoccupied, moody**
  - › seems less interested in family, work, friends, hobbies
  - › avoids some friends because of money owed
  - › doesn’t want to talk about money or debts: is secretive, edgy, angry, or uses double-talk to confuse you when you try to discuss it
  - › acts restless and jittery when not busy
  - › may brag about winning at gambling, but says nothing about losing
  - › shows physical signs of stress such as headaches, stomach problems
  - › develops a habit of lying and deceiving
  
- **Uses gambling to cope**
  - › gambles as a way of dealing with stress, loneliness, boredom, depression
  - › starts gambling more after giving up or cutting down on cigarettes, alcohol, or other substances
  
- **Tries but fails to stop or reduce gambling**
  - › expresses regret or guilt about lost money, promises “never again” but doesn’t hold to it
  - › borrows money to repay debts, but gambles the money away
  
- **Becomes desperate to keep gambling**
  - › after being upset about losing, gambles even more in the hope of winning back losses
  - › lies about past gambling losses
  - › lies about money lost or borrowed
  - › sells valuables to get money
  - › steals money to gamble or repay debts

**ADDICTION SERVICES** - For additional information contact **1-800-461-1234**