

MOST COMPULSIVE GAMBLERS ANSWER YES TO AT LEAST SEVEN OF THESE QUESTIONS. (A young person should answer the questions at the foot of the page.)

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| <ol style="list-style-type: none"> 1. Do you lose time from work due to gambling? 2. Is gambling making your home life unhappy? 3. Is gambling affecting your reputation? 4. Have you ever felt remorse after gambling? 5. Do you ever gamble to get money with which to pay debts or to otherwise solve financial difficulties? 6. Does gambling cause a decrease in your ambition or efficiency? 7. After losing, do you feel you must return as soon as possible and win back your losses. 8. After a win do you have a strong urge to return and win more? 9. Do you often gamble until your last pound is gone? 10. Do you ever borrow to finance your gambling? 11. Have you ever sold anything to finance gambling? | <ol style="list-style-type: none"> 12. Are you reluctant to use gambling money for normal expenditures? 13. Does gambling make you careless of the welfare of your family? 14. Do you gamble longer than you planned? 15. Do you ever gamble to escape worry or trouble? 16. Have you ever committed, or considered committing, an illegal act to finance gambling? 17. Does gambling cause you to have difficulty in sleeping? 18. Do arguments, disappointments, or frustrations create an urge within you to gamble? 19. Do you have an urge to celebrate any good fortune by a few hours gambling? 20. Have you ever considered self-destruction as a result of your gambling? |
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QUESTIONS FOR A YOUNG GAMBLER TO ASK HIM/HERSELF

1. Do you stay away from school or work to gamble?
2. Do you gamble to escape from a boring and unhappy life?
3. When gambling and you run out of money do you feel lost and in despair, and need to gamble again as soon as possible?
4. Do you gamble until your last penny is gone, even the bus fare home or the cost of a cup of tea?
5. Have you lied, stolen or borrowed just to get money to gamble?
6. Are you reluctant to spend "gambling money" on normal things?
7. Do you take any interest in your family?
8. Do you find it difficult to concentrate on your job or education.
9. Do arguments, frustrations, disappointments make you want to gamble?
10. Have you ever thought of suicide as a way of solving your problems?

GA24 - AUG 19

Gamblers Anonymous and GamAnon

Gamblers Anonymous

Main purpose

To help compulsive gamblers to overcome their gambling problem.

Who can seek help/join?

For men and women, of any age, who want to do something about their gambling problem and help other compulsive gamblers to do the same.

Helplines:

The helplines operate 24 hours a day, every day. They offer an opportunity to talk about personal gambling problems and to learn the way in which GA can help to stop compulsive gambling.

The helplines give information about the nearest Gamblers Anonymous group, and can arrange to send literature for individuals or helping agencies.

Meetings:

Held in most major towns and cities in England, Ireland, Scotland and Wales. The fellowship is not religious, and has no professional guidance or support. recognition and self respect.

The only requirement for membership is a desire to stop gambling.

Members are encouraged to persist in spite of setbacks. At their meetings, members are helped towards a programme of recovery through practical advice which includes weekly budgeting to repay debts.

GamAnon

Main Purpose

To offer support to families and friends of gamblers.

Who can seek help/join?

Families and friends of compulsive gamblers regardless of whether the gambler attends GA.

Helplines:

The helplines operate 24 hours a day, every day. They offer an opportunity for the family and friends of a compulsive gambler to talk over their difficulties.

The helplines provide information about the nearest Gam-Anon group where mutual support and encouragement is available to the families and friends of compulsive gamblers.

Meetings:

Gam-Anon meetings are usually on the same nights as GA meetings but are in separate rooms. The two fellowships do not share experiences or information about each other.

Gam-Anon provides support and encouragement for the families and friends of compulsive gamblers, and helps them to understand the problem and to help in overcoming it.

They are welcome even if the gambler does not co-operate.

Funding:

These are both voluntary organisations and voluntary self financing is part of the recovery programme to cover the cost of group meetings, fellowship literature, and the helplines. They refuse outside contributions.

Direct approach or by referral?

Anyone can ring the helplines, whether to seek help for themselves or to obtain information on how gamblers and their families can be helped.

Talks

There are members of Gamblers Anonymous and Gamanon in most regions willing to talk at seminars or other gatherings about their experiences to help encourage compulsive gamblers seek the assistance of Gamblers Anonymous. Please use the helpline if more detailed information is needed.

Prison Liaison and Public Relations:

There are appointed members responsible for Prison Liaison and Public Relations in most regions.

Contacts for both fellowships:

info@gamblersanonymous.org.uk

www.gamblersanonymous.org.uk

Help with the diagnosis of compulsive gambling

The following is intended to assist in the diagnosis of compulsive gambling and is based on research and observation by professionals over many years.

Some popular descriptions that indicate the presence of compulsive gambling. (Any ONE would apply):

- Individuals with a progressive failure to resist impulses to gambling. Gambling behaviour that compromises, disrupts, or damages personal, family or vocational pursuits.
- Concern on the part of the gambler's family about the amount of time and money spent gambling, which is considered to be excessive.
- An overpowering urge to gamble so that the individual may be

intermittently or continuously preoccupied with thought of gambling. Usually associated with tension that is found to be relieved by further gambling.

- Individual who fails to resist the impulse or temptation to gamble, even though he/she has tried to do so. Experiences increasing tension before gambling and is preoccupied with gambling when trying to work or do other things. Has feelings of pleasure, justification, or release at the time of gambling.

In addition to the above, at least THREE of the following would usually also be true:

- Committed a crime.
- Defaulted on debts or other financial responsibilities.
- Disrupted relationship with spouse or family.
- Borrowing money at excessive interest rates.
- Unable to account for loss of money or to produce evidence of winning money, if this is claimed.
- Loss of work due to absenteeism.
- Necessity for another person to provide money to relieve a desperate situation.

Associated features. Any of which may help confirm diagnosis, but which cannot be considered in isolation from the symptoms above.

- In the gambling context:
- The gambling is chronic but waxes and wanes.
- Dream of the 'Big Win' and fantasises that this week's win will overcome last weeks losses.
- Unwilling to think about stopping gambling.
- The belief that life without gambling is impossible.
- The belief that gambling can be controlled by willpower.

Other characteristics and traits:

- Over confident, somewhat abrasive, very energetic. Usual response to family or friends; "Don't worry about it!"
- Signs of personal stress, anxiety and depression.
- Neglecting responsibilities.
- Wide mood swings.
- Escapes to other excesses (alcohol, drugs, sleep)
- Lack of interest in social activities
- Lack of physical childhood affection