

## A message from The Council on Compulsive Gambling of Pennsylvania

The Council on Compulsive Gambling of Pennsylvania (CCGP or The Pennsylvania Council) is a nonprofit organization affiliated with the National Council on Compulsive Gambling. CCGP's purpose is to educate and disseminate information on compulsive gambling and to facilitate referrals.

The Pennsylvania Council provides speakers, workshops, seminars and information on this public health problem to business, industry and labor groups, schools and colleges, health care and treatment facilities and to community and religious organizations.

To find out more or to become a helping friend of The Pennsylvania Council, call 1-800-848-1880 or visit [PACOUNCIL.COM](http://PACOUNCIL.COM).



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**Help is Available.**  
**1.800.848.1880**  
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**KEEPING IT FUN**

## A GUIDE TO RESPONSIBLE GAMING




**PENN NATIONAL**  
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Produced by Penn National Gaming to promote responsible gaming.

# Twenty Questions

The following 20 questions may help you determine if you or someone you know has a compulsive gambling addiction. Most people suffering from this disorder will answer yes to at least seven of the questions listed below.

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 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 winning, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?
11. Have you ever sold anything to finance your gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Does gambling make you careless of the welfare of yourself and your family?
14. Do you ever gamble longer than you had 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 sleeping?
18. Do arguments, disappointments or frustrations give you the urge to gamble?
19. Do you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction as a result of your gambling?



Gaming has become an accepted part of America's mainstream culture, comparable to leisure activities such as attending movies, athletic events and the theater. A large majority of Americans who gamble do so recreationally without adverse consequences. However, for some, gaming is no longer entertainment and has become something they need to do rather than something they want to do.

## This Is Compulsive Gambling

Compulsive (or problem) gambling is a chronic and habitual disorder which interferes with the individual's mental and physical health, interpersonal relationships and occupational functioning. Compulsive (or problem) gambling is a disorder characterized by a loss of integrity and self esteem for individuals as well as significant others; it affects men and women of all nationalities, religious affiliations, economic and ethnic groups.

Compulsive (or problem) gamblers draw in and manipulate their spouses, significant others and family members. Estimates suggest that for every compulsive gambler, there are 10 to 12 others affected by his or her disorder.

Recovery and help are possible for all people affected by this disorder. The main referral sources are Gamblers Anonymous and Gam-Anon. Inpatient and outpatient services are also offered in the Commonwealth.

**Help is Available.**  
**1.800.848.1880**  
**PACOUNCIL.COM**

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**KEEP GAMING WHAT IT SHOULD BE – ENTERTAINMENT.  
KNOW HOW TO SET LIMITS AND KNOW WHEN TO STOP.**

75	2	5	372	415	592	672	7
1397	511	738	213	598	727		
781	181	266	84	263	218		
254	117	121	59	78	91		