CHECKLIST

Warning signs of a gambling problem: a checklist to print

- [ ] Notice whether you're gambling to win back losses rather than for enjoyment
- [ ] Check if you're hiding spending or lying about where money has gone
- [ ] Ask yourself if you've borrowed money to gamble or to cover gambling debts
- [ ] Observe how much time gambling takes from other parts of your life
- [ ] Recognise mood swings tied directly to wins and losses
- [ ] Reflect on any failed attempts to stop or cut back
- [ ] Identify responsibilities you've neglected because of gambling
- [ ] Talk to someone you trust if you see yourself in any of these patterns