



RATE YOUR RISK

Answer the following questions about your gambling activity in the last 12 months. When finished, add up your score to gauge your risk level for problem gambling. This quiz is not a substitute for a clinical diagnosis.

Risk Level Scoring:
Never = 0 pts.
Sometimes = 1 pt.
Most of the Time = 2 pts.
Almost Always = 3 pts.

Score of 0 =
Non-problem gambling.

Score of 1 or 2 =
Low level of risk with few or no identified negative consequences.

Score of 3 to 7 =
Moderate level of risk leading to some negative consequences.

Score of 8 or more =
Problem gambling with negative consequences and a possible loss of control.

PauseBeforeYouPlay.org

**GAMBLING PROBLEM?
1-800-589-9966**



1 Have you ever bet more than you could really afford to lose?

- Never Most of the Time
 Sometimes Almost Always

2 Have you ever needed to gamble with larger amounts of money to get that same feeling of excitement?

- Never Most of the Time
 Sometimes Almost Always

3 When you gambled, did you go back another day to try to win back the money you lost?

- Never Most of the Time
 Sometimes Almost Always

4 Have you ever borrowed money or sold anything to get money to gamble?

- Never Most of the Time
 Sometimes Almost Always

5 Have you felt that you might have a problem with gambling?

- Never Most of the Time
 Sometimes Almost Always

6 Has gambling caused you any health problems, including stress or anxiety?

- Never Most of the Time
 Sometimes Almost Always

7 Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

- Never Most of the Time
 Sometimes Almost Always

8 Has your gambling cause any financial problems for you or your household?

- Never Most of the Time
 Sometimes Almost Always

9 Have you felt guilty about the way you gamble or what happens when you gamble?

- Never Most of the Time
 Sometimes Almost Always