

## ARE YOU LIVING WITH A COMPULSIVE GAMBLER?

1. Do you find yourself constantly bothered by bill collectors?
2. Is the person in question often away from home for long, unexplained periods of time?
3. Does this person ever lose time from work due to gambling?
4. Do you feel that this person cannot be trusted with money?
5. Does the person in question faithfully promise that he or she will stop gambling; beg, plead for another chance, yet gamble again and again?
6. Does this person ever gamble longer than he or she intended to, until the last dollar is gone?
7. Does this person immediately return to gambling to try to recover losses, or to win more?
8. Does this person ever gamble to get money to solve financial difficulties or have unrealistic expectations that gambling will bring the family material comfort and wealth?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
11. Have you come to the point of hiding money needed for living expenses, knowing that you and the rest of the family may go without food and clothing if you do not?
12. Do you search this person's clothing or go through his or her wallet when the opportunity presents itself, or otherwise check on his/her activities?
13. Does the person in question hide his or her money?
14. Have you noticed a personality change in the gambler as his or her gambling progresses?
15. Does the person in question consistently lie to cover up or deny his or her gambling activities?
16. Does this person use guilt induction as a method of shifting responsibilities for his or her gambling upon you?
17. Do you attempt to anticipate this person's moods, or try to control his or her life?
18. Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self-destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a nightmare?

## DID YOU GROW UP WITH A COMPULSIVE GAMBLER?

The following questions may help you identify with others who grew up with compulsive gambling in their homes.

1. Were you often missing money?
2. Did you hide your money?
3. Were you ever asked to lend money to a parent to pay a bill or debt?
4. Did you know that if you loaned money to a parent or paid a bill that the money would not be repaid?
5. Were you told that there was a bank account for you and when you were older discovered that the money was removed?
6. Were you promised gifts or necessities that were never given?
7. Did your family activities revolve around playing cards, watching sports on TV, participating in the lottery or other gambling activities?
8. Did your family vacations center around gambling activities?
9. Was a parent away from home for unexplained periods of time?
10. Do you remember many family activities where both parents were not involved?
11. Did your parents fight about money? Did you feel responsible?
12. Do you become entangled in your parent's money or financial issues?
13. Did you stay alone a lot so you didn't have to explain your home life to anyone else? Did you avoid bringing friends home?
14. When you were growing up, did you ever feel that everyone depended on you to hold the family together?
15. Did your parents use you as a sounding board for their marriage?
16. Do you feel more like the parent than the child?
17. Do you feel your relationship with your family is a lie?
18. Are you attracted to people who gamble, or have other compulsions, or are needy?
19. Is it difficult to trust people? Do you feel that you can never trust anyone totally?
20. Do you obsess about money? Do you feel that you can never have enough money?

If you answered yes to some or all of these questions, Gam-Anon may be for you. We would like you to feel that we understand as perhaps few can.

# COULD YOUR CHILD BE A COMPULSIVE GAMBLER?

 [WEBSITE - PSA could your child be a compulsive gambler 1.pdf](#)

Parents (and educators) will list drugs, alcohol, bullying, sex, and grades among their concerns for their children. The list is incomplete if it does not include gambling. Could your child have a gambling problem or the beginnings of one? We know that many children are introduced to gambling at a young age, often innocently, since the adults in their lives have no knowledge of the potential consequences.

Gambling may be part of their parents' social lives or vacations, or perhaps members of the family gamble on sports, play poker, buy lottery tickets or "scratch offs", go to racetracks or casinos, or gamble on the internet. Children receive the message that gambling is great fun and if you are lucky or good at it, you can make lots of money gambling.

Even if there are none of these activities in the home, our children receive this message through a variety of media. Even seemingly harmless internet games introduce children to the "fun", "challenging", and "winning" experiences of gambling. Gambling is easily accessible on computers, tablets, and mobile phones in formats that many adults are not even familiar with.

Some children may be unaffected by all of this. It is very difficult to know in advance which ones may be affected. When the invisible line is crossed from social gambling to problem or addictive (compulsive) gambling, it is a life altering change for the gambler and loved ones. Compulsive gambling is not just about the money won or lost, but also about the drastic changes in behavior and the growing unmanageability of everyday life.

Our experience with our own compulsive gamblers has taught us that compulsive gambling can begin at any age. Many of our gamblers, men and women, began gambling in childhood. Based on our experience and the numbers of parents of teens and young adults joining our meetings, we believe that gambling has a place among the list of parents' concerns.

If you think your child may have a gambling problem, you are welcome to come to a Gam-Anon meeting. The Gam-Anon members, including parents, will share their experience with you. Gam-Anon is a fellowship of those

affected by someone else's gambling problem whether or not the gambler acknowledges the problem.

**What are the signs that your child may have a problem with gambling?**

1. Are you concerned about the amount of time your child spends on the computer, on mobile devices, watching sports, playing cards, etc., or how often these activities distract from family activities, sleep?
2. Are you uncomfortable with your child's friends or their activities together?
3. Are you aware of bets your child is making with friends or classmates?
4. Has your child lost interest in activities he or she once enjoyed?
5. Have your child's grades slipped or does your child miss school or classes?
6. Does your child work but never seem to have money?
7. Does your child have more money or unexplained money, or does your child spend money beyond his/her apparent means?
8. Have you experienced money or items missing from your home? Do you suspect your child might be stealing?
9. Has your child asked to borrow large amounts of money?
10. Do you find yourself rescuing your child from financial crises resulting from gambling?
11. Does your child have an intense reaction during sporting events when one team is either losing or winning?
12. Does your child promise to never gamble again – and then gamble?
13. Have you noticed changes in your child's personality, including mood swings?
14. Has your child become secretive?
15. Does your child lie about money or about gambling activities?