

# SELF-ASSESSMENT QUESTIONNAIRE ON THE RISK OF ADDICTION\*

The following questions will help you to analyse your personal gambling habits. If you answer "Yes" to more than two questions, you should think carefully about your gambling.

1. Have you ever failed to fulfil your daily work commitments due to your gambling?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Has gambling ever made your home life unhappy?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Have you ever felt remorse after gambling?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Have you ever gambled to get money with which to pay debts or otherwise solve financial difficulties?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. After losing, do you feel you must win back losses straight away?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. After a win, do you have a strong urge to keep on gambling in order to win more?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Have you often gambled until all your money was gone?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Have you ever borrowed money to finance your gambling?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Has gambling made you careless of the welfare of yourself or your family?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Have you ever gambled for longer than you planned to?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Have you ever gambled in order to forget about your worries and troubles?	<input type="checkbox"/> Yes <input type="checkbox"/> No
12. Has gambling ever caused you to have difficulty sleeping?	<input type="checkbox"/> Yes <input type="checkbox"/> No

\* This questionnaire was compiled by Gamblers Anonymous (GA), the world's largest self-help organisation for gambling addicts.