

# HOPE VALLEY

## ADDICTION & WELLNESS

### DO I HAVE A SPORTS BETTING OR GAMBLING PROBLEM?

ASK YOURSELF THE FOLLOWING QUESTIONS:

1	DO I BET MORE MONEY THAN I CAN AFFORD TO LOSE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
2	HAVE I LIED TO FAMILY OR FRIENDS ABOUT HOW MUCH I GAMBLE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
3	DO I FEEL RESTLESS OR IRRITABLE WHEN I TRY TO CUT BACK?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
4	HAVE I CHASED LOSSES BY BETTING MORE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
5	DO I BORROW MONEY, SELL ITEMS, OR USE CREDIT TO GAMBLE?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
6	HAS GAMBLING CAUSED STRESS IN MY RELATIONSHIPS, JOB, OR SCHOOL?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
7	DO I THINK ABOUT GAMBLING WHEN I'M NOT BETTING?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
8	DO I GAMBLE TO ESCAPE STRESS, LONELINESS, OR PROBLEMS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
9	HAVE I MISSED WORK, FAMILY EVENTS, OR RESPONSIBILITIES BECAUSE OF GAMBLING?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
10	HAVE I EVER RISKED OR LOST SOMETHING IMPORTANT (JOB, RELATIONSHIP, SAVINGS) BECAUSE OF BETTING?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

IF YOU ANSWERED YES TO 2 OR MORE, GAMBLING MAY BE HARMING YOUR LIFE, AND SPECIALIZED SUPPORT CAN HELP.