



Gambling Screening Tool

	NO	YES
1. Do you ever lose time from work or school due to gambling?		
2. Has gambling every made your home life unhappy?		
3. Has gambling affected your reputation?		
4. Have you ever felt remorse after gambling?		
5. Have you ever gambled to get money to pay debts or otherwise solve financial problems?		
6. Has gambling caused a decrease in your ambition or efficiency?		
7. After losing, do you feel you must return as soon as possible to win back your losses?		
8. After winning, do you have the urge to go back and win more?		
9. Do you often gamble until your last dollar is gone?		
10. Do you ever borrow to finance your gambling?		
11. Have you ever sold anything to finance your gambling?		
12. Are you reluctant to use "gambling money" for normal expenses?		
13. Does gambling make you careless about your welfare or the welfare of your family?		
14. Do you ever gamble longer than you plan to?		
15. Have you ever gambled to escape worry or trouble?		
16. Have you ever done anything illegal, or considered doing something illegal, to finance gambling?		
17. Have you ever lost sleep over your gambling?		
18. Do arguments, frustrations, or disappointments cause an urge in you to gamble?		
19. Do you ever have an urge to celebrate any good fortune with a few hours of gambling?		
20. Have you ever considered self-destruction or suicide as a result of gambling?		

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.



Scoring

According to Gamblers Anonymous, if you answered “yes” to at least **seven** of the questions, you may have a gambling problem.

If you are concerned about your score for the gambling screening tool, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.

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