

Gamblers Anonymous

20 QUESTIONS

The Twenty Questions were devised by Gamblers Anonymous to define what it means to be a compulsive gambler. These questions are asked of every newcomer to Gamblers Anonymous. **It is the Fellowship's experience that most compulsive gambler will answer yes to at least seven of the Twenty Questions.**

Put a Checkmark in the "YES" or "NO" column. At the end of the 20 questions, please count up the "YES" and "NO". How many did you answer "YES" to? If you answered "Yes" to at least seven of these questions, you may choose to contact your local Gamblers Anonymous meeting to learn more about the program.

	20 Questions	YES	NO
1	Did you ever lose time from work or school due to gambling?		
2	Has gambling ever made your home life unhappy?		
3	Did gambling affect your reputation?		
4	Have you ever felt remorse after gambling?		
5	Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?		
6	Did gambling cause a decrease in your ambition or efficiency?		
7	After losing did you feel you must return as soon as possible and win back your losses?		
8	After a win did you have a strong urge to return and win more?		
9	Did you often gamble until your last dollar was gone?		
10	Did you ever borrow to finance your gambling?		
11	Have you ever sold anything to finance gambling?		
12	Were you reluctant to use "gambling money" for normal expenditures?		
13	Did gambling make you careless of the welfare of yourself or your family?		
14	Did you ever gamble longer than you had planned?		
15	Have you ever gambled to escape worry or trouble?		
16	Have you ever committed, or considered committing, an illegal act to finance gambling?		
17	Did gambling cause you to have difficulty in sleeping?		
18	Do arguments, disappointments or frustrations create within you an urge to gamble?		
19	Did you ever have an urge to celebrate any good fortune by a few hours of gambling?		
20	Have you ever considered self destruction or suicide as a result of your gambling?		
	TOTAL: (Please remember that most compulsive gamblers answer Yes to at least 7 of these questions)		