

GAM-ANON INTERNATIONAL
SERVICE OFFICE INC.
P.O. Box 157
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ARE YOU LIVING WITH A COMPULSIVE GAMBLER?

If there is a gambling problem in your home, the Gam-anon Family Groups may be able to help you cope with it. If you are living with a compulsive gambler, you will answer "yes" to at least six of the following questions:

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 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, till the last dollar was gone?
7. Does this person immediately return to gambling to try to recover losses, or 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 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 or her activities?
13. Do you 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?

What is Gam-anon? Gam-anon is a fellowship of men and women who are husbands, wives, relatives and close friends of compulsive gamblers.

You need not wait for the compulsive gambler to seek help before you can come to Gam-anon.

In Gam-anon we learn effective ways of coping with the gambling problem. By seeking help for ourselves and gaining serenity and peace of mind, we find that we are better able to cope with our problems on a day-to-day basis, and in some cases motivate the gambler toward seeking help for him/herself.