



Think you might be gambling too much?

Maybe it's time for a Self-Assessment

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 solve financial problems?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible to 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 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?



Most problem gamblers will answer yes to at least seven of these questions



■ *Have Questions?*

Call the Michigan Gaming Control Board
Responsible Gaming Section
888-223-3044 or Michigan.gov/mgcb

■ *Still Struggling? Need Advice?*

Call the Michigan Department of Health
and Human Services
Problem Gaming Helpline 800-270-7117



认为你自己有可能过度赌博吗？

或许是时候进行一次自我评估

1. 你是否曾因赌博失去工作或学习时间？
2. 赌博是否曾使你的家庭生活不愉快？
3. 赌博是否对你的声誉造成影响？
4. 你是否曾在赌博后感到悔恨？
5. 你是否曾为获得用于偿还债务或解决财务问题的资金而赌博？
6. 赌博是否导致你失去抱负或效率下降？
7. 输了之后，你是否觉得你必须尽快回来赌博以赢回损失？
8. 赢钱后，你是否有强烈的冲动，想再回来赢更多的钱？
9. 你是否经常赌博，直到输光最后一块钱？
10. 你是否曾经借钱来赌博？
11. 你是否曾经卖掉任何东西来赌博？
12. 你是否不愿意将“赌资”用于正常开支？
13. 你是否因赌博而不关心自己或家人的福祉？
14. 你是否曾经赌博超过预期计划时间？
15. 你是否曾为逃避忧虑或烦恼而赌博？
16. 你是否曾经为了获得赌资而实施或想过实施非法行为？
17. 赌博是否导致你难以入眠？
18. 争吵、失望或挫折是否会让你内心产生赌博的冲动？
19. 你是否有过想通过几个小时的赌博来庆祝任何好运气的冲动？
20. 你是否曾因赌博而想过自我毁灭或自杀？



大多数有问题的赌博者会在至少七个问题上做肯定回答。



■ 有疑问？

请与密西根州博彩控制委员会-负责任博彩部门联系
可致电888-223-3044或访问Michigan.gov/mgcb



■ 仍在挣扎？需要建议？

请与密西根州卫生与公共服务部联系
可拨打 800-270-7117 赌博问题热线