



A.C.C.G.

Arizona Council on Compulsive Gambling Inc.

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Arizona Affiliate of the National Council on Problem Gambling, Inc.

GAMBLING ADDICTION'S INVISIBLE LINE...

It separates the majority of individuals who gamble recreationally

from the small minority who cannot.

...HAVE YOU CROSSED IT?

Like drug addiction and alcoholism, compulsive gambling creates increasingly unmanageable life issues for the gambler and his/her family.

Ask yourself the following questions:

- ARE YOU PREOCCUPIED WITH THOUGHTS OF GAMBLING AND/OR URGES TO GAMBLE, ESPECIALLY AFTER EMOTIONAL UPSETS?**
- DO YOU USE GAMBLING TO "SOLVE" FINANCIAL DIFFICULTIES OR TO "ESCAPE" FROM BOREDOM, ARGUMENTS, WORRIES OR FEARS?**
- DO YOU PLAN LEISURE ACTIVITIES, LIKE WEEKEND TRIPS OR FAMILY VACATIONS, AROUND GAMBLING OPPORTUNITIES?**
- WHEN YOU ARE NOT ABLE TO GAMBLE, IS YOUR MOOD, ATTITUDE OR BEHAVIOR NEGATIVELY AFFECTED?**
- ARE YOU DEFENSIVE ABOUT YOUR GAMBLING WHEN OTHERS ASK "WHY?" OR "HOW OFTEN?" OR "HOW MUCH?"**
- DO YOU MINIMIZE OR JUSTIFY YOUR GAMBLING TO YOURSELF, AND HIDE IT FROM OR LIE ABOUT IT TO OTHERS?**
- ARE YOU NEGLECTING YOUR WORK OR SCHOOL RESPONSIBILITIES, ISOLATING FROM YOUR FAMILY AND AVOIDING YOUR FRIENDS?**
- HAVE YOU TRIED REPEATEDLY AND UNSUCCESSFULLY TO CURTAIL, CONTROL OR STOP YOUR GAMBLING?**

IF YOU ANSWER "YES" TO ANY OF THESE QUESTIONS,

PLEASE CALL 1-800-777-7207 FOR CONFIDENTIAL SUPPORT