SELF ASSESSMENT

FOR STUDENT-ATHLETES

1. Have you missed school, team activities, family events or other events due to gambling?
2. Do you lie to your family, friends, teammates and/or coaches about your gambling or try to hide the extent of your gambling?
3. Is gambling one of the most exciting activities in your life?
4. After losing, do you continue gambling in an attempt to win back your money?
5. Have you tried to stop gambling but can't?
6. Do you have a relationship with a bookie or an account with an Internet or telephone gambling service?
7. Are you preoccupied with gambling, reliving gambling experiences or thinking of ways to get money to gamble?
8. Do you gamble as a way to escape from problems or relieve a depressed or unhappy mood?
9. Do thoughts of gambling disrupt your sleep or study time?
10. Have you borrowed or stolen money to gamble?
11. Have you ever committed an illegal act such as forgery, fraud, theft, embezzlement or point shaving to finance your gambling?
12. Has gambling affected your reputation?
13. Have you ever felt remorse after gambling?
14. Do you find yourself striving to improve your gambling skills so that you can compete at a high level, as you do in athletics?
15. Has anyone expressed concern about your gambling?

Please...contact the 24-Hour Confidential National Gambling Helpline at 1-800/522-4700.