

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



EAP NOTES

Life Doesn't have to be a Gamble

Gambling can be defined as playing a game of chance for stakes. Gambling occurs in many forms, most commonly horse or dog tracks, lotteries, casinos, sports betting, bingo and the stock market. For most, gambling is fun and a form of harmless entertainment. For four to six percent, it can be a devastating illness that negatively affects every aspect of their lives.

A compulsive gambler tends to spend less time with family and more of the family's money on gambling, often depleting their bank accounts. At work, a compulsive gambler misuses time in order to gamble, has difficulty concentrating and finishing projects, and may engage in embezzlement or other illegal activities.

The following questions are designed to help you or a loved one recognize a gambling problem. Most compulsive gamblers will answer "yes" to at least seven of the questions.

1. Did you ever lose time from work or school do 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 to pay debts or solve other financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must quickly return 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 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 considered self-destruction or suicide as a result of your gambling?

Source: Gamblers Anonymous

If gambling is negatively affecting your home or work life, contact your Best Care EAP. A professional counselor will help without passing judgement. For a confidential appointment, please call (402) 354-8000 or (800) 666-8606. Help is available, you can bet on it!

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