



Self Test

Gambling Behaviour



Im Dienst.
Am Nächsten.
Seit 1830.

Below are 20 questions to help you assess your personal gaming behaviour. If you have several positive answers, please question your gaming behaviour critically. In case of the slightest doubt, please use the discrete and free counselling services of the counselling and treatment centre of the Evangelische Gesellschaft Stuttgart.

1. Have you ever neglected obligations in favour of gaming? Yes No
2. Do your friends and family know that you play from time to time? Yes No
3. Has your game ever been a critical issue within your social environment? Yes No
4. Have you ever regretted playing? Yes No
5. Do you play to try to resolve financial problems? Yes No
6. Do you sometimes plan your day around playing? Yes No
7. Has playing become a central part of your life? Yes No
8. Do you want to make up for losses as quickly as possible? Yes No
9. Do you use your „lucky streak“ after winning games as an argument to continue to play? Yes No
10. Do you sometimes exceed the limit you set yourself per visit? Yes No
11. Have you ever borrowed money to be able to play? Yes No
12. Do you spend a large part of your earnings on the game? Yes No
13. Have you ever neglected your family and/or your social environment in favour of the game? Yes No
14. Are there other players in your circle of friends? Yes No
15. Do you sometimes play longer than you planned? Yes No
16. Do you play to forget your everyday problems? Yes No
17. Do you wish to leave everyday problems /conflicts behind and play? Yes No
18. Does the game have a physical or psychological effect on you, such as insomnia, discomfort, nervousness, imbalance, etc.? Yes No
19. Do you sometimes question your playing habits? Yes No
20. Have you ever had the impression that playing could endanger your existence? Yes No

Please contact us for further information:

Evangelische Gesellschaft Stuttgart, Counselling and Treatment Centre for addictions