

# Self Test

## Gambling Behaviour



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

Please contact us for further information:

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