

LOW RISK AND HIGH-RISK BEHAVIOURS



Here are some low-risk activities and some high-risk activities related to gambling. Check which of these apply to you:

Low-Risk		High-Risk	
I play for fun.		I play to win.	
I set a limit on money and stop when I get to it.		I spend more money than I plan to or want to.	
I keep track of time.		I stay longer than I plan to.	
I only think about gambling sometimes.		I often think about gambling.	
I stop playing when I lose.		I gamble to win back losses.	
I don't gamble to reduce my money worries.		I gamble to solve my money worries.	
I know I will lose over time.		I am sure that I will win over time.	
Gambling is only one of my entertainment options.		Gambling is my only form of entertainment.	
I only gamble for enjoyment.		I gamble to reduce stress or escape from problems.	
I gamble socially with friends.		I gamble alone.	
I know that my actions may affect other people's feelings.		I don't think my gambling affects others.	
TOTAL		TOTAL	

How many of the high risk activities apply to you? If you counted four or more, you may want to take a more in-depth look at your life.