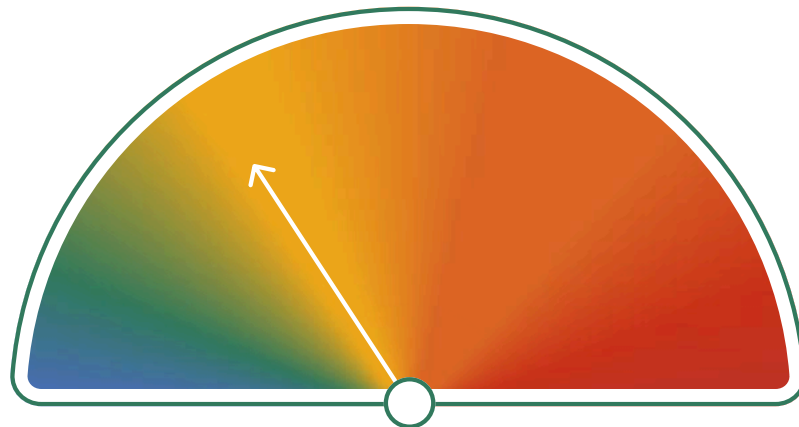


# Gambling Behavior Self Assessment

Your Results:  1 "Yes" Answer



## Q2 only – “Lied to people about how much you gambled”

Even a single instance of hiding gambling from loved ones can signal discomfort or shame, both of which may indicate a deeper struggle. Gambling thrives in secrecy – and secrecy can isolate you. You’re not in trouble, but this might be a good opportunity to check in with someone neutral and nonjudgmental. Talking things through can help you understand what’s behind the behavior and how to move forward in a healthier way.

Answering “yes” to even one question may be an early warning sign. Whether it’s feeling the urge to bet more, hiding your gambling, spending more than you intended, or feeling restless when cutting back – each of these can point to a shift in your relationship with gambling. It doesn’t mean you have a gambling problem, but it’s worth paying attention. A conversation with someone who understands this space could help you explore what’s going on before things escalate.

If you ever want to talk to someone, free and confidential help is available through Playwise. You can reach Florida’s official gambling helpline anytime at [1-833-PLAYWISE](tel:1-833-PLAYWISE) (1-833-752-9947) or chat with support at [playwise.org](https://playwise.org) now.