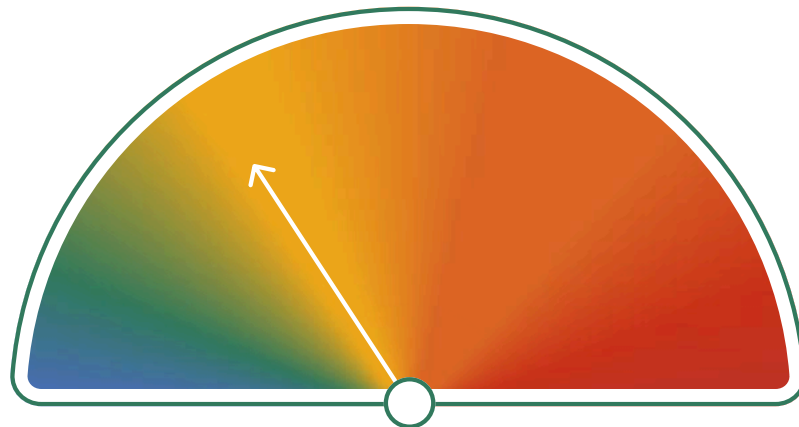


# Gambling Behavior Self Assessment

Your Results:  1 “Yes” Answer



## Q4 only – “Gambled more than you could afford to lose”

Gambling more than you can afford – even once – can lead to ripple effects: missed bills, financial anxiety, or strained relationships. You might not feel overwhelmed now, but small financial risks can quickly grow into larger ones. This is a good moment to pause and assess whether gambling is still bringing enjoyment, or if it’s starting to cost more than just money. Help is available, even if you just want to understand your habits better.

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.