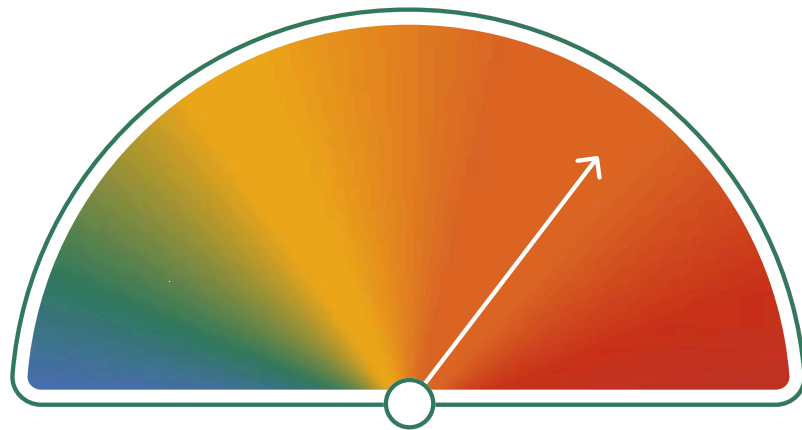


Gambling Behavior Self Assessment

Your Results:  3 “Yes” Answers



Q1 + Q3 + Q4 – “More money” + “Restless” + “Spent more than you could afford”

This combination signals compulsion and potential harm – both emotionally and financially. If gambling feels hard to resist, makes you anxious when you stop, and is impacting your wallet, it’s time to take it seriously. You’re not alone in this. Many people have turned things around with support. You can too.

Answering “yes” to three questions indicates a strong likelihood that gambling is negatively impacting multiple areas of your life. You may already be experiencing emotional stress, financial consequences, or strained relationships. These signs should not be ignored – but the good news is, support is available, and recovery is absolutely possible. You deserve to feel in control again, and talking with a gambling support professional can be the first step forward.

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 now.