

Are You A Compulsive Online Gambler?

Written by Dr. Kimberly Young

Sunday, 04 October 2009 17:29 - Last Updated Monday, 29 November 2010 00:13

Are You A Compulsive Online Gambler?

Answer "yes" or "no" to the following statements:

1. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
2. Are you preoccupied with gambling (thinking about the next bet, anticipating your next online session)?
3. Have you lied to friends and family members to conceal extent of your online gambling?
4. Do you feel restless or irritable when attempting to cut down or stop online gambling?
5. Have you made repeated unsuccessful efforts to control, cut back, or stop online gambling?
6. Do you use gambling as a way of escaping from problems or relieve feelings of helplessness, guilt, anxiety, or depression?
7. Have you jeopardized or lost a significant relationship, job, or educational or career opportunity because of online gambling?
8. Have you committed illegal acts such as forgery, fraud, theft, or embezzlement to finance online activities?

If you answered "yes" to any of the above questions, you may be a compulsive online gambler. These are signs that you have lost control, lied, or possibly stole money just to support your trading behavior. For immediate help, contact Dr. Young or read her latest book [Internet Addiction: A Handbook and Guide for Evaluation and Treatment](#) that goes through online gaming addiction treatment.