

How to Gamble Responsibly

Don't think of gambling as a way to make money:

Gambling establishments are set up to take in more money than they pay out. Understand that the odds of winning are always with the house. This means over time, you will lose more money than you win. All forms of gambling have the same principle - the vast majority of people who gamble lose and only a very small minority have big wins. Virtually anyone with gambling problems hold the false expectation that they are the ones who will be the big winners. Remember that the house has the odds on its' side in every play of every game, even against a skillful player.

If you choose to gamble, always gamble with money that you can afford to lose:

Start an entertainment fund and only use this money when going to gamble, to the movies, or out to a restaurant. Never use money that you need for important things, like rent, bills, tuition, etc...

Set a financial limit:

Decide how much money you can afford to lose before you play. When you have lost that amount of money, quit. If you win – enjoy, but remember it won't happen most of the time.

Set a time limit:

Decide how much time you can afford to spend gambling. When you reach that time limit, stop gambling. Set predetermined limits for both the number of times you gamble and length of each visit.

Don't try to win back the money you lost::

If you lose money, never try to get it back by going over your limit or chasing your losses. This usually leads to even bigger losses.

Don't gamble when you are depressed, upset or under stress:

It is hard to make good decisions about gambling when you are feeling down. Don't use gambling to cope with personal, financial, or family problems.

Balance gambling with other activities:

It's important to enjoy other activities so that gambling doesn't become your only source of entertainment. Responsible gambling should be done socially, with family, friends or colleagues.

Alcohol use can be risky:

Alcohol can affect a person's judgment and ability to make decisions. If you drink, you will likely lose your money faster. Time and money limits are more important if you choose to drink alcohol while gambling.

FOR MORE INFORMATION:

The Gambling Clinic A Center for Self-Change
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