

## Inventory of Gambling Situations

Listed below are a number of situations or events in which some people gamble heavily. Read each item carefully and answer in terms of your own gambling **over the past year**.

If you **NEVER** gambled heavily in that situation, circle “1”.

If you **RARELY** gambled heavily in that situation, circle “2”.

If you **FREQUENTLY** gambled heavily in that situation, circle “3”.

If you **ALMOST ALWAYS** gambled heavily in that situation, circle “4”.

“I GAMBLED HEAVILY WHEN”				
	Never	Rarely	Frequently	Almost Always
1. When I almost won and felt that I would win very soon.	1	2	3	4
2. When I was able to gamble without anyone knowing.	1	2	3	4
3. When I decided that this time I would use good gambling strategies.	1	2	3	4
4. When I was happy.	1	2	3	4
5. When I wanted some action.	1	2	3	4
6. When someone encouraged me to bet.	1	2	3	4
7. When I was depressed.	1	2	3	4
8. When I was about to get caught unless I came up with some money fast.	1	2	3	4
9. When I started to believe that gambling was no longer a problem for me.	1	2	3	4
10. When I wanted to prove to others that I was worthy of respect.	1	2	3	4
11. When I didn't want to have to think.	1	2	3	4
12. When I talked myself into gambling.	1	2	3	4
13. When other people didn't seem to like me.	1	2	3	4
14. When I was in a situation in which I was in the habit of gambling.	1	2	3	4
15. When I saw a good opportunity that I hated to pass up.	1	2	3	4
16. When I felt confident and relaxed.	1	2	3	4
17. When everyday life seemed boring.	1	2	3	4
18. When people around me expected me to gamble.	1	2	3	4
19. When I was winning and wanted to keep on winning.	1	2	3	4
20. When I was drinking/using drugs.	1	2	3	4

## Inventory of Gambling Situations

If you NEVER gambled heavily in that situation, circle “1”.  
 If you RARELY gambled heavily in that situation, circle “2”.  
 If you FREQUENTLY gambled heavily in that situation, circle “3”.  
 If you ALMOST ALWAYS gambled heavily in that situation, circle “4”.

<b>“I GAMBLED HEAVILY WHEN”</b>				
	Never	Rarely	Frequently	Almost Always
21. When I couldn't stand things any more and needed to get away.	1	2	3	4
22. When I suddenly had an urge to gamble.	1	2	3	4
23. When I had an argument with a friend.	1	2	3	4
24. When I decided to try to limit my gambling.	1	2	3	4
25. When I felt I wasn't getting what I was entitled to.	1	2	3	4
26. When I was afraid of the people to whom I owed money.	1	2	3	4
27. When I felt confident about my gambling skills.	1	2	3	4
28. When everything was going well.	1	2	3	4
29. When I was in trouble with the law because of my gambling.	1	2	3	4
30. When someone challenged me to a bet.	1	2	3	4
31. When I saw something that reminded me of gambling.	1	2	3	4
32. When there were fights at home.	1	2	3	4
33. When I felt that I had gone too far to go back.	1	2	3	4
34. When I felt bad about myself.	1	2	3	4
35. When I felt like taking a risk.	1	2	3	4
36. When I felt sure that I could spend time in a gambling situation without gambling.	1	2	3	4
37. When I felt under a lot of stress.	1	2	3	4
38. When I felt content with my life.	1	2	3	4
39. When I was worried about my debts.	1	2	3	4
40. When I felt that I could profit from careful gambling.	1	2	3	4
41. When I felt empty inside.	1	2	3	4
42. When I had money in my pocket.	1	2	3	4
43. When I felt people mistrusted me.	1	2	3	4

## Inventory of Gambling Situations

If you NEVER gambled heavily in that situation, circle “1”.  
 If you RARELY gambled heavily in that situation, circle “2”.  
 If you FREQUENTLY gambled heavily in that situation, circle “3”.  
 If you ALMOST ALWAYS gambled heavily in that situation, circle “4”.

<b>“I GAMBLED HEAVILY WHEN”</b>				
	Never	Rarely	Frequently	Almost Always
44. When I was in a social situation and other people were gambling.	1	2	3	4
45. When I saw signs that my luck was with me.	1	2	3	4
46. When I needed to win back the money I lost gambling.	1	2	3	4
47. When I convinced myself that I was a new person and could make a few bets.	1	2	3	4
48. When I wanted to feel in control for a little while.	1	2	3	4
49. When I wanted to celebrate.	1	2	3	4
50. When I began to think how exciting or relaxing a little gambling would be.	1	2	3	4
51. When I was lonely.	1	2	3	4
52. When I was looking for excitement.	1	2	3	4
53. When I just couldn't think about anything but gambling.	1	2	3	4
54. When I felt under a lot of pressure from family members.	1	2	3	4
55. When I had free time.	1	2	3	4
56. When I wanted to prove that I could make a few bets without going too far.	1	2	3	4
57. When I knew it was a 'sure thing'.	1	2	3	4
58. When I was out with friends and they suggested we gamble.	1	2	3	4
59. When I felt that I needed just one more winning streak to fix everything.	1	2	3	4
60. When people were pressuring me to come up with money.	1	2	3	4
61. When I was angry.	1	2	3	4
62. When gambling was easily available.	1	2	3	4
63. When someone criticized me.	1	2	3	4