

Labaatan su'aalood ee ku saabsan Qamaaryahan magaciisa la qariyey (Gambler's Anonymous "GA")

1. Weligaa ma ka baaqatay shaqada ama iskoolka qamaar awgiis?
 2. Qamaarku ma ka dhigay murugo noloshaada guriga?
 3. Qamaarku samcaddaada wax ma yeeleeyay?
 4. Weligaa ma dareentay in aad geftay cayaarta qamaarka kaddib?
 5. Weligaa qamaarka ma u cayaartay in aad lacagta aad ka hesho deyn ku bixiso ama aad ku xaliso dhibaataada dhaqaale?
 6. Qamaarku wax ma u dhimay himaddaada ama wax qabadkaaga?
 7. Marka aad khasaarto ma damacdaa in aad si dhaqso ah aad dib ugu laabato cayaarta si aad lacagta kaa luntay u soo ceshato?
 8. Marka aad badiso damac saaid ah ma ku galaa si aad ugu laabato cayaarta oo aad wax badan heshid ?
 9. Mar badan ma cayaartay illaa ay kaa dhamaato lacagta?
 10. Weligaa ma deynsatay lacag si aad ugu qamaartid?
 11. Weligaa shay ma iibsatay si aad u heshid lacagta qamaarka?
 12. Ma ka saluugtay "lacagta qamaarka ugu tala gashay" in aad u isticmaashid si kale?
 13. Qamaarku ma kugu kalifay in aad dayacdo nafsadaada iyo tan qoyskaadaba?
 14. Weligaa ma cayaartay waqti ka badan inta aad ku tala gashay?
 15. Weligaa ma u cayaartay qamaar si aad uga fogaato wal-wal ama dhib ku haysta?
 16. Weligaa ma sameysay ama iskudayday fal sharci-darro ah si aad u heshid lacagta qamaarka?
 17. Qamaarku ma kuu keenay hurdo xumo?
 18. Muranka, niyad jabka ama wareerka miyeey kugu kalifaan in aad qamaar cayaartid?
 19. Weligaa ma xafladeysay marka aad waqti yar qamaar lacag ku heshay?
 20. Weligaa ma ka fikartay in aad is duleyso ama isdisho qamaar daraadiis?
- Dadka qamaarka aad u cayaara ugu yaraan toddoba su'aal ayeey haa ku jawaabayaan.