

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

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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

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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