

8 Questions Circle the number of points that best corresponds to your gaming habits.

Points
5
3
0
5
3
0
0
3
5
5
3
0
0
3
5
0
3
5

Before you play, do you set a spending limit?

- Yes, of course, I'm a stickler for my budget.
- Most of the time, but I don't always stick to it.
- No. Limits... what's that?

Can you resist the urge to play?

- Yes, without a second thought.
- Most of the time, but sometimes the urge is simply too strong.
- No, I have to play.

Do you play to forget about your problems or to relieve stress?

- Yes, it's a great way to escape from everyday life.
- Sometimes, but there are many other things I do to unwind.
- No, for me, gambling is simply entertainment.

When you play, do you know how much you're losing or winning?

- Yes, I always know what I've spent.
- Most of the time, but that's not always easy in the heat of the moment.
- No, when I play, I forget everything else.

When you talk about gambling, are you up front about the amount you've spent?

- Yes, without hesitation.
- Sometimes, when I feel up to it.
- No, it's my own business.

Do you ever borrow to play?

- Yes, more than I would like to...
- On occasion, but I pay it back quickly.
- No, for me, using credit to play doesn't sound like fun.

Do you ever play to try to win back your losses?

- Yes, Lady Luck can't evade me all the time.
- Sometimes, but I realize that there's a chance I'll lose even more!
- No, if I lose, I'd rather stop. Win some, lose some!

Do you think there are ways to beat the system?

- Yes, and I know all the tricks!
- Sometimes I'm inclined to think so.
- No, you can't control chance.

Add up your total to determine your colour.

Total:

Take a winning Break



The Winning Combination

Need help?

Talking about compulsive or problem gaming behaviour is a critical first step. Moreover, living with or being close to a compulsive gambler can sometimes require some outside assistance.

If gaming is no longer a pastime...

1 866 SOS-JEUX

GAMBLING: HELP AND REFERRAL

This anonymous bilingual help hotline is strictly confidential and available free of charge 24 hours a day, seven days a week. The purpose of this service is to lend an attentive ear and provide useful information about curbing the dependency on games of chance and about the resources available in each of the province's regions.

In addition, a self-exclusion program is available to Québec casino patrons. Thanks to this program, players who so desire can be denied access to gaming houses for a period of their choice.

For more information, see the Casino Customer Service.



une initiative de Loto-Québec



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For most people, games of chance are a form of recreation and a source of pleasure. For others, however, the simple pleasure of playing can turn into harmful abuse.

This brochure has been designed to provide you with valuable information about the phenomenon of compulsive gambling and the services available to support compulsive gamblers. In addition, a personal evaluation questionnaire* has been included to help you define your gaming habits or those of someone you care about.

Thanks to eight quick and easy questions and eight helpful hints, you will be able to determine your player profile and maintain healthy gaming behaviour.

Maintaining healthy gaming behaviour – the winning combination!

*This questionnaire is a basic evaluation and is not intended to provide a comprehensive diagnosis concerning dependency on gaming.

When Gaming Becomes a Compulsion

Different people have different reasons for playing games of chance. One common motivation for playing occasionally is the hope of winning something. The majority of people who play are realistic about the probabilities of walking away with a prize—and even if they don't, gaming remains a pleasant diversion for them.

The compulsive gambler, however, is driven by a compulsion to bet. In fact, gaming takes on such an importance in that individual's life that it begins to dominate everything else and becomes a full-fledged dependency with serious consequences.

The Three Phases in the Development of Problem Gaming

Phase I The player starts out winning, and in some cases, wins big. Of course, everyone likes to win, but for some people, winning creates such a sense of euphoria that they want to keep feeling that way at any cost. **This is known as the Winning phase.**

Phase II Eventually, the player loses. Inevitably, an individual who plays excessively cannot win all the time, and the losses come to overtake the wins. The compulsive gambler has a great deal of trouble accepting losing, and so plays more and more in an attempt to win back the money lost. Such players are convinced that their luck will return. In the process, their losses begin to accumulate, thus giving rise to a vicious circle. **This is known as the Losing phase.**

Phase III At this stage, all aspects of the player's life are gradually affected by the dependency on gaming. Relations with family and friends suffer, and the player begins to feel exhausted, isolated and desperate. **This is known as the Despair phase,** and any player who reaches this point is more often than not in significant distress and in need of help.

Forewarnings

It is very important to pay attention to the signals that warn of a possible compulsive gambling problem.

These include:

- Frequent preoccupation with gaming
- Increased wager amounts and spending on gaming
- Attempting to cut down on gaming, but continuing to play as much
- Becoming irritable when unable to play
- Playing to forget problems
- Continuing to play to recover losses
- Lying to conceal gaming activity
- Borrowing to pay for gambling debts
- Stealing or committing fraud to be able to play
- Risking the loss of a job or family relationship because of gaming

8 Helpful Hints for Responsible Gaming

1

Before playing, it's a good idea to set a spending limit.

The money you spend on gaming should be seen as an entertainment expense. It is very much to your benefit to set a limit in advance, based on your budget, on the amount you will spend, and then make sure you do not exceed that limit.

2

If it becomes difficult to resist the urge to play, it is time to stop and ask yourself some serious questions.

Whenever you feel the urge to play, it is always a good idea to take a moment to ask yourself if this is a good time and if your budget will allow for you to play. If you find yourself unable to resist the urge, you need to take a careful look at your gaming behaviour.

3

When gaming becomes a way of escaping your problems, it has become a problem in and of itself.

Gaming should never be anything more than a means of entertainment. If it becomes a refuge from your troubles or a way to make you feel better, it is likely to be a source of trouble itself. That is why you should always have a variety of activities and resources to turn to when things are not going well.

4

In order to stay within your budget, you should always take a moment to stop playing and assess your gains and losses.

When betting, sometimes you win and sometimes you lose, it can be easy to lose track of how you're doing and forget the spending limit you set. Therefore, a good habit is to periodically take stock of the situation and make sure that you have the means to continue playing.

5

Lying about or hiding your losses should trigger an alarm.

It is healthy to be able to talk about both your losses and your wins. Hiding or lying about your spending on gaming is a sign that it is time to put on the brakes.

6

Borrowing and gaming make for an explosive combination.

Playing within your means implies not putting the money you need for your day-to-day living at risk. It also means never borrowing money to play.

7

When you play to recover money you've lost, you are running the risk of losing even more.

Losing is a normal part of gaming that you need to be able to accept. Playing to try to recover the money you have lost will only lead to spending more and more.

8

There are no tricks to winning because it is impossible to predict or influence the outcome of games of chance.

While we all should know that there is absolutely no way to control chance, some people forget that fact when playing. In order to remain realistic and avoid problems, players should take a break in the heat of the moment to collect their thoughts and remember that only chance will determine the outcome.

Green Zone

(30 points or more)

Congratulations! Your answers indicate that you have healthy gaming habits.

Yellow Zone

(13-29 points)

Tread carefully! Your answers indicate that some of your gaming habits warrant a second look.

Red Zone

(12 points or less)

Watch out! Based on your answers, you appear to be on a slippery slope.