

Quit Gambling Questionnaire – Take some time to answer these questions. There are no right or wrong answers. Keep in mind that in order for me to help you, you must answer honestly.

- 1) Please rate your motivation for living a healthier lifestyle. 1 is very low and 10 is extremely committed.

- 2) Tell me about when you started gambling?

- 3) For how many years have you been gambling?

- 4) What is your gambling behavior? How often do you gamble? How much do spend per event? Which games do you play? Please be specific.

- 5) Is there a certain situation you do your gambling?

- 6) What other means have you used to quit gambling?

- 7) Do you ever gamble to cover your emotions? If yes, please describe.

8) Do you ever gamble to distract yourself from experiencing certain emotions? If yes, please describe.

9) Have you attempted to quit gambling before? If yes how, many times?

10) Why did you go back to gambling?

11) Do you have any fears to stopping gambling?

12) Please list five reasons/benefits as to why you are choosing to quit gambling.

13) Do you have any fears of what might happen if you continue gambling?

14) Who else will benefit by your not gambling?

15) Why is this the right time to quit?

16) When you end an unhealthy habit like gambling, it must be replaced with a healthy habit. What good habits would you like to replace gambling with?

17) Have you told any of your friends who gamble that you have chosen to live a healthier life style? What was their response?

18) Please list three things you really don't like to do so you procrastinate doing them. For example, taxes, cleaning the toilet, changing kitty litter, etc....

19) Do or did either of your parent's gamble? If yes, who?

20) List three goals you have achieved or accomplishments you feel good about. It does not matter how long ago how big or small the goal or accomplishment.

21) List some of your higher values. For example: honesty, service, family, freedom, etc...

22) List some healthy habits you already have and want to do more of or had before you gambled that you want to get back to.