GAMBLING ANONYMOUS 'S "20 Questions" self-assessment. It's not a diagnosis — just a tool to check if gambling might be a problem for you.

Answer yes/no to each one:

GA 20 Questions

1. Did you ever lose time from work or school due to gambling?

2. Has gambling ever made your home life unhappy?

3. Did gambling affect your reputation?

4. Have you ever felt remorse after gambling?

5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?

6. Did gambling cause a decrease in your ambition or efficiency?

7. After losing did you feel you must return as soon as possible and win back your losses?

8. After a win did you have a strong urge to return and win more?

9. Did you often gamble until your last shilling was gone?

10. Did you ever borrow to finance gambling?

11. Have you ever sold anything to finance gambling?

12. Were you reluctant to use "gambling money" for normal expenditures?

13. Did gambling make you careless of the welfare of yourself or your family?

14. Did you ever gamble longer than you planned?

15. Have you ever gambled to escape worry or trouble?

16. Have you ever committed, or considered committing, an illegal act to finance gambling?

17. Did gambling cause you to have difficulty sleeping?

18. Do arguments, disappointments or frustrations create within you an urge to gamble?

19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?

20. Have you ever considered self-destruction or suicide as a result of your gambling?

How to read it:

- Most compulsive gamblers answer "Yes" to at least 7 questions

- If you answered Yes to any of 14-20, that's a red flag even if total is under 7

No one from GA will judge you or ask for your name if you attend. It's just for you to see if group support might help.

How did that feel reading through it? Want info on joining an online GA meeting this wee