

## TEN RULES OF RESPONSIBLE GAMBLING

### 1. If you choose to gamble, do so for entertainment purposes

- *If your gambling is no longer an enjoyable activity then ask yourself why you are still “playing”?*

### 2. Treat the money you lose as the cost of your entertainment

- *Treat any winnings as a bonus.*

### 3. Set a dollar limit and stick to it

- *Decide before you go not only what you can “afford” to lose, but how much you want to spend. Do not change your mind after losing.*

### 4. Set a time limit and stick to it

- *Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.*

### 5. Expect to lose

- *The odds are that you will lose. Accept loss as part of the game.*

### 6. Make it a private rule not to gamble on credit

- *Do not borrow money to gamble.*

### 7. Create balance in your life

- *Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.*

### 8. Avoid “chasing” lost money

- *The more you try to recoup your losses the larger your losses will be.*

### 9. Don’t gamble as a way to cope with emotional or physical pain

- *Gambling for reasons other than entertainment can lead to problems.*

### 10. Become educated about the warning signs of problem gambling

- *The more you know, the better choices you can make.*

*Are you or someone you know having difficulty following these rules?*

Free, confidential information and help are available 24/7 at  
1-877-MY LIMIT and [www.1877mylimit.org](http://www.1877mylimit.org)

Or contact your local provider of problem gambling services:

Tillamook Family Counseling Center  
906 Main - Tillamook, OR - 503.842.8201 or 1.800.962.2891 - [www.tfcc.org](http://www.tfcc.org)  
Jeff Taylor, LCSW, Problem Gambling Services Counselor

Free, confidential services for the problem gambler and his/her family members.

## MYTHS AND FACTS ABOUT PROBLEM GAMBLING

**MYTH: You have to gamble every day to be a problem gambler.**

**FACT:** A problem gambler may gamble\* frequently or infrequently. If a person’s gambling is causing difficulties for that person and the people around him or her, then he/she has a gambling problem.

**MYTH: As long as you aren’t gambling with money, you won’t have problems.**

**FACT:** Most problem gamblers have a favorite form of gambling that causes them problems. – and they can have problems whether or not money is used (Gambling, sometimes called gaming, is “betting anything of value on an event with an uncertain outcome”).

**MYTH: Problem gambling is not really a problem if the gambler can afford it.**

**FACT:** Problems caused by excessive gambling are not just financial. Compulsive gambling can be a barrier to any person living up to his or her personal values or achieving personal goals and can also limit the person’s ability to maintain healthy relationships with family, friends, at school, at work, or in the larger community.

**MYTH: Problem gamblers are irresponsible people.**

**FACT:** Many problem gamblers *not* irresponsible people. They hold, or have held, responsible positions at home and/or in the community. When a person is having a problem gambling episode, the person is unable to stop gambling making their behaviors appear irresponsible.

**MYTH: Teens don’t have problems related to gambling.**

**FACT:** Surveys show that 1 of every 25 Oregon teens already have gambling problems. Teens are twice as likely to experience problem gambling as adults. A “big win” early in life is also a risk factor for adult problem gambling. In a 2005-2006 youth survey (n=2,479, from 8 regions of Oregon, none from Tillamook County), 76 percent of 8<sup>th</sup> graders reported gambling at least once in the past 12 months., and those “gamblers” were twice as likely to report alcohol/marijuana use, sexual intercourse, carrying a weapon or threatening to seriously hurt another person during the past 30 days as “nongamblers”

**MYTH: Tillamook County teens are not gambling.**

**FACT:** In a 2007 youth gambling survey of Tillamook County 8<sup>th</sup> graders, average age 14, in all 3 school districts, 76% reported gambling in the past 12 months.

**MYTH: Other people drive problem gamblers to gamble.**

**FACT:** Problem gamblers are skilled in finding ways to rationalize their gambling. Denial and self-deception are common among problem gamblers, as they are among people who abuse alcohol/drugs, creating barriers to getting the help they need.

**MYTH: Problem gambling is easy to recognize.**

**FACT:** Problem gambling has been called a “hidden” problem, because there are no telltale signs like with alcohol/drug abuse (no smell, stumbling, slurred speech). Nobody may see the problem until serious financial/relationship damage is done.

**MYTH: Financial problems are the main reason for ending relationships.**

**FACT:** Lying behaviors common among problem gamblers and associated lack of