

800UTOF8

MISE
SUR
TOI

YOUR WINNING
COMBINATION:
HEALTHY
GAMBLING HABITS.
MISESURTOI.CA



MISE SUR TOI IS PROUD TO CONTRIBUTE TO THE PROTECTION OF OUR ENVIRONMENT BY USING 100% POST-CONSUMER RECYCLED PAPER, MANUFACTURED USING BIOGAS, A GREEN FORM OF ENERGY, IN WHICH THE FIBRES ARE DE-INKED WITHOUT CHLORINE.

8 EASY
QUESTIONS TO
DETERMINE
YOUR PLAYER
PROFILE

80U TO F8

For most people, gambling is both entertaining and enjoyable. But in some cases, pleasure can turn to abuse.

Don't kid yourself: Whatever game you play, luck is always a factor.

This brochure contains information to help you understand your own gambling habits or those of someone close to you. Take the easy eight-question test to discover your player profile, and read the eight tips for maintaining healthy gambling habits. You'll also find information about compulsive gambling.*

*THIS TEST PROVIDES A BRIEF ASSESSMENT ONLY AND CANNOT BE USED TO DIAGNOSE A GAMBLING ADDICTION. FOR MORE INFORMATION, VISIT, MISESURTOI.CA.

GAMBLING PROBLEMS DEVELOP IN 3 PHASES

PHASE I. First, the player wins. In some cases, the winnings are significant. Everyone likes to win, but some people experience such euphoria that they want to play again to repeat the feeling. **This is the "winning phase."**

PHASE II. The gambler starts losing. This is inevitable. Nobody can keep winning, especially if they play a lot. Losses begin to overtake winnings. Compulsive gamblers don't take this well. They play more and more, in the hopes of winning back what they have lost. They convince themselves that their luck will return. And so, the losses accumulate and the gambler gets caught in a vicious circle. **This is the "losing phase."**

PHASE III. By this point, every aspect of the gambler's life is becoming affected by their addiction to gambling. Relationships suffer. The gambler becomes exhausted, isolated and desperate. **This is the "despair phase."** Most gamblers who reach this phase are in distress and ask for help.

8 QUESTIONS CIRCLE THE ANSWER THAT CORRESPONDS TO YOUR GAMBLING HABITS

BEFORE PLAYING, DO YOU SET A SPENDING LIMIT?	Points
<input type="checkbox"/> Of course! My budget compels me to.	5
<input type="checkbox"/> Most of the time, but sometimes I go over.	3
<input type="checkbox"/> Limits? I have no limits.	0
ARE YOU ABLE TO RESIST THE URGE TO PLAY?	
<input type="checkbox"/> Yes, no problem.	5
<input type="checkbox"/> Most of the time, but sometimes the temptation is too strong.	3
<input type="checkbox"/> No, I play whenever I can.	0
DO YOU PLAY TO FORGET YOUR PROBLEMS OR TO RELIEVE STRESS?	
<input type="checkbox"/> Yes. I find it a great way to escape.	0
<input type="checkbox"/> Sometimes, but I also have other ways to take my mind off things.	3
<input type="checkbox"/> No. For me, gambling is just another form of entertainment.	5
WHEN YOU PLAY, ARE YOU AWARE OF HOW MUCH MONEY YOU'RE WINNING OR LOSING?	
<input type="checkbox"/> Yes. I always know where I'm at.	5
<input type="checkbox"/> Most of the time, but it's not always easy in the heat of the moment.	3
<input type="checkbox"/> No. I forget about everything when I play.	0
WHEN YOU TALK ABOUT GAMBLING, ARE YOU HONEST ABOUT WHAT YOU'VE SPENT?	
<input type="checkbox"/> Yes, absolutely.	5
<input type="checkbox"/> Sometimes, when it suits me.	3
<input type="checkbox"/> No, it's nobody's business but my own.	0
DO YOU BORROW TO PLAY?	
<input type="checkbox"/> Yes, much more than I would have liked to.	0
<input type="checkbox"/> Sometimes, but I pay it back quickly.	3
<input type="checkbox"/> No. For me, gambling on credit is no longer a game.	5
DO YOU PLAY TO RECOVER MONEY YOU'VE LOST?	
<input type="checkbox"/> Yes. My luck will eventually turn around again.	0
<input type="checkbox"/> Sometimes, but I know I run the risk of losing more!	3
<input type="checkbox"/> No, I prefer to stop when I lose. That's life!	5
DO YOU THINK THERE ARE TRICKS TO WINNING?	
<input type="checkbox"/> Yes, and I've got a whole bag of them!	0
<input type="checkbox"/> Sometimes I'd like to believe that's true.	3
<input type="checkbox"/> No, you can't control luck.	5
Total	

RESULTS

Responsible zone — 30 points or more

WELL DONE! Your answers indicate that you have healthy gambling habits. Keep it up!

At risk zone — 13 to 29 points

BE CAREFUL! Your answers indicate that you should take a careful look at some of your gambling habits.

Danger zone — 12 points and less

WATCH OUT! Your answers indicate that you are on a slippery slope.

WHEN GAMBLING BECOMES AN ADDICTION

The reasons people gamble vary from one person to another. Everyone hopes to win and tries their luck from time to time. Most people are realistic about the likelihood of scoring big, and even if they don't win, they still enjoy playing. Compulsive gamblers, however, are driven by the need to bet. Gambling becomes so important that it dominates their lives. It is no longer an activity — it's an addiction.

WARNING SIGNS

It is important to be aware of the signs that could indicate a compulsive gambling problem. These are some of them.

THE GAMBLER:

- Is often preoccupied with gambling
- Keeps betting higher and spends more on gambling
- Makes an effort to cut down, but continues to play just as much
- Becomes irritable when he or she can't play
- Plays to forget problems
- Gambles to win back money lost
- Lies to hide gambling activity
- Borrows to pay gambling debts
- Steals or commits fraud in order to play
- Risks losing a job or family due to gambling

NEED HELP? This bilingual service is strictly confidential, free and anonymous, and is available 24/7.

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1 866 767-5389

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8 TIPS FOR RESPONSIBLE GAMBLING

BEFORE YOU PLAY, SET A SPENDING LIMIT.

Money spent on gambling is an entertainment expense. It's a good idea to set a limit on how much you want to spend, based on your budget. Do this *before* you start playing and don't go over your limit.

IF YOU FIND IT HARD TO RESIST THE DESIRE TO PLAY, IT'S TIME TO ASK YOURSELF SOME SERIOUS QUESTIONS.

When faced with an opportunity or a desire to gamble, ask yourself if the time is right and if your budget allows it. If you can't resist the urge, it's time to take a careful look at your gambling habits.

WHEN GAMBLING BECOMES A MEANS TO ESCAPE YOUR PROBLEMS, IT CAN BE A PROBLEM ITSELF. A GAME SHOULD REMAIN A GAME.

If you're using gambling as a refuge or to make you feel better, it can cause all kinds of problems. You should have other activities and resources to turn to when things aren't going well.

IF YOU WANT TO STICK TO YOUR BUDGET, YOU SHOULD TAKE A BREAK WHILE PLAYING TO ASSESS YOUR WINS AND LOSSES.

You bet, you lose, you win... It's easy to lose track when you're playing and forget the limit you set. It's good to get into the habit of assessing the situation periodically to make sure you have the means to continue.

LYING ABOUT YOUR LOSSES OR HIDING THEM SHOULD TRIGGER AN ALARM.

It's healthy to be able to talk about your gambling losses as well as your wins. If you find yourself starting to hide or lie about how much you're spending, it's time to hit the brakes.

BORROWING AND GAMBLING ARE AN EXPLOSIVE MIX.

Playing within your budget means not using money set aside for your regular living expenses. It also means not borrowing in order to play.

IF YOU KEEP PLAYING TO WIN BACK WHAT YOU'VE LOST, YOU RUN THE RISK OF LOSING EVEN MORE.

Losing is part of the game and you'd better be able to accept it. Continuing to gamble to recover your losses inevitably leads to spending more and more.

TRICKS ARE USELESS. THERE IS NO WAY TO PREDICT THE RESULTS IN GAMES OF CHANCE.

You can't control chance. You already know that, and you mustn't forget it when you're playing. To make sure you don't, it's a good idea to take a break while you're gambling, because in the heat of the action, you might think you can control the outcome of the game, thereby exposing yourself to problems.

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