



ARIZONA OFFICE OF
**PROBLEM
GAMBLING**

Responsible Gambling Guidelines

We hope that, if you choose to gamble, you will make conscious, informed decisions about the role you want gambling to play in your life. The following are some suggestions for personal guidelines for responsible gambling:

- Set a money 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.
- Set a time limit and stick to it.
Decides how much of your time you want to allow for gambling. Leave when you reach the time limit, whether you are winning or losing.
- Make it a rule not to gamble on credit.
Do not borrow to gamble, including getting cash advances on your credit card.
- Consider any losses the cost of recreation
Expect to lose and treat any winnings as a bonus.
- Don't gamble as a way to cope with emotional or physical pain.
Gambling is meant to be entertainment and should not replace coping skills.
- Create balance in your life.
Gambling should not interfere with or substitute for friends, family, work, or other worthwhile activities.
- Avoid trying to win back lost money.
Chances are, the more you try to recoup your losses, the larger your losses will be.
- If gambling is no longer "fun," ask yourself why you are still "playing."
- Become educated about the warning signs of problem gambling.
The more you know, the better choices you can make.

For free confidential information and referral
regarding a gambling problem, call

1.800.NEXT.STEP (1.800.639.8783) or
www.problemgambling.az.gov