

10 RULES OF RESPONSIBLE GAMING

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.
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.
-Chances are 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.

If you think you or someone you know has a problem with gambling, you can get help.
Help is confidential and it works.

Call the Problem Gambling Helpline at 1-800-522-4700

Don't wait for the problem to get worse!



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