Supplemental Handouts

Notes:
Reflections about Money, Gaming, and Gambling Exercise

Please complete the following sentences. Pro tip: the first thing that comes to mind, is probably the most honest.

1) People with money are ____________________________________________________
2) In my family, money always _______________________________________________
3) My parents taught me that money ___________________________________________
4) Money makes people ______________________________________________________
5) People who gamble are ____________________________________________________
6) Gambling operators are ____________________________________________________
7) What I learned about gambling from my upbringing was ______________________
8) People who have a gambling problem are _____________________________________
9) I wish gambling was ______________________________________________________
10) Calling gambling addiction a disease is ______________________________________
11) People can prevent gambling problems by _________________________________
12) To recover from a gambling addiction, one should ____________________________

Attribution: Thank you to Brian Farr for inspiring this worksheet from his Brief Money Exercise (questions 1-4).
The Lie-Bet tool (Johnson et al., 1988) has been deemed valid and reliable for ruling out pathological gambling behaviors. The Lie-Bet’s two questions consistently differentiate between pathological gambling and nonproblem-gambling and are useful in screening to determine whether a longer tool (e.g., SOGS, DSM-IV) should be used in diagnostics.

### Lie-Bet Screening Instrument

1) Have you ever felt the need to bet more and more money?
2) Have you ever had to lie to people important to you about how much you gambled?

Further assessment needed. Refer the client to gambling treatment program; call the National Help Line 1-800-522-4700.

No referral; follow-up as necessary.

Brief Biosocial Gambling Screen (BBGS) Questionnaire

Name ____________________________ Date ____________________________

To screen for potential gambling-related problems, please ask the following questions.¹

1. During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?
   - [ ] Yes
   - [ ] No

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
   - [ ] Yes
   - [ ] No

3. During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?
   - [ ] Yes
   - [ ] No

¹ An online version of the BBGS is available at http://divisiononaddiction.org/wp-content/plugins/bbgs-e-screener/index.php
Problem Gambling Severity Index

This self-assessment is based on the Canadian Problem Gambling Index. It will give you a good idea of whether you need to take corrective action.

Thinking about the last 12 months...

Have you bet more than you could really afford to lose?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

When you gambled, did you go back another day to try to win back the money you lost?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you borrowed money or sold anything to get money to gamble?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you felt that you might have a problem with gambling?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Has gambling caused you any health problems, including stress or anxiety?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Has your gambling caused any financial problems for you or your household?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you felt guilty about the way you gamble or what happens when you gamble?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

TOTAL SCORE

Total your score. The higher your score, the greater the risk that your gambling is a problem.

Score of 0 = Non-problem gambling.
Score of 1 or 2 = Low level of problems with few or no identified negative consequences.
Score of 3 to 7 = Moderate level of problems leading to some negative consequences.
Score of 8 or more = Problem gambling with negative consequences and a possible loss of control.