

Guidelines for Reducing Your Gambling Risk

If you're concerned that gambling is becoming more than a game for you, try using these guidelines to moderate your play.

- **Think of the money you lose as the cost of your entertainment.**
- **Consider any money you win a bonus.**
- **Set a dollar limit and stick to it. Set a time limit and stick to it.**
- **Leave when you reach your limit, whether you're winning or losing.**
- **Understand that you'll probably lose, and accept the loss as part of the game.**
- **Don't borrow money to gamble.**
- **Don't let gambling interfere with or become a substitute for family, friends or work.**
- **Don't chase losses. Chances are you'll lose even more trying to recoup your losses.**
- **Don't use gambling as a way to cope with emotional or physical pain.**
- **Know the warning signs of problem gambling.**