

Guidelines for Responsible Gambling:

- ❖ 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”?*
- ❖ Treat the money you lose as the cost of your entertainment
 - *Treat any winnings as a bonus.*
- ❖ 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.*
- ❖ 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.*
- ❖ Expect to lose
 - *The odds are that you will lose. Accept loss as part of the game.*
- ❖ Make it a private rule not to gamble on credit
 - *Do not borrow money to gamble.*
- ❖ Create balance in your life
 - *Gambling should not interfere with or substitute for friend, family, work or other worthwhile activities*
- ❖ Avoid “chasing” lost money
 - *The more you try to recoup your losses the larger your losses will be.*
- ❖ Don’t gamble as a way to cope with emotional or physical pain
 - *Gambling for reasons other than entertainment can lead to problems. Gambling should not be used as a coping mechanism.*
- ❖ Drinking alcohol while gambling carries additional risk
 - *Alcohol and gambling are not a good combination. If your night out includes drinking it’s best not to gamble or visa versa.*
- ❖ Become educated about the warning signs of problem gambling
 - *The more you know, the better choices you can make.*

Develop your own personal guidelines for gambling!

If you need further assistance contact the:

Oregon Problem Gambling Resource

Call 1-877-MYLIMIT or go to OPGR.org