Compulsive Gambling Signs and Symptoms

People with compulsive gambling are typically in it for the thrill, rather than the actual winnings. They find the action exciting and arousing.

Signs and symptoms of compulsive gambling include:

- A preoccupation with gambling
- Reliving past gambling experiences
- Taking time from work or family life to gamble
- Concealing gambling
- Feeling guilt or remorse after gambling
- Borrowing money or stealing to gamble
- Failed efforts to cut back on gambling
- Lying to hide gambling

People with compulsive gambling often wager money that they need to pay bills. When they lose, they chase their losses, or attempt to gain back the money they've gambled away. They may turn to gambling both when they feel down and when they feel up. If they try to cut down on gambling, they may become restless or irritable.

*Mayo Clinic

If you or a friend needs help for gambling click here for the Massachusetts Council on Compulsive Gambling

Link to: (http://www.masscompulsivegambling.org/services/helpline.php)