

!!!! Exercise 1-1 *Assessment*

1. What is your favorite form of gambling?

List all of the types of gambling you do.

2. How often do you gamble?

3. For how long do you usually gamble on each occasion?

4. When you do gamble - at what time of the day, and under what conditions?

How are you feeling when you turn to gambling?

What is going on in your life?

5. How long have you been gambling at this level of intensity?

6. What experience(s) do you seek from gambling —what kinds of feelings do you want and welcome?

7. Do you sometimes, usually, often, always get the experience(s) you seek?

When do you get what you seek? Before, during, after?

What prevents you from getting these feelings?

8. How long does the experience you seek last after gambling?

9. Describe the other experiences that occur for you when you gamble.

Does the mix of experiences shift and more negative experiences kick in as you gamble?