

Title:

Addiction: When Gambling Becomes a Problem

Word Count:

490

Summary:

This article deals with the problems associated with an gambling addiction. You can read here

Keywords:

addiction,casino,gambling,gambling problem,pathological gamblers,problem gambling,gambling add

Article Body:

While most people enjoy casino gambling, sports betting, lottery and bingo playing for the fun

Where can you draw the line between harmless gambling to problem gambling? How can you tell if

What is the Meaning of Problem Gambling?

Problem gambling or compulsive gambling is defined as an uncontrollable urge to gamble despite

Am I a Compulsive Gambler?

- 1) Do you gamble until your last penny runs out?
- 2) Do you gamble to win back your former losses or debts?
- 3) Did you ever had to borrow money to continue gamble?
- 4) Did your gambling habit ever made you lie to your friends or family?
- 5) Did you ever skip work or other obligation to gamble?
- 6) Do you tend to gamble to forget about your personal problems or to celebrate happy occasion
- 7) Does gambling have a negative affect on your daily life or relationships?

If you have answered yes on at least one of the questions listed above, then you have a proble

Can Anyone Become a Compulsive Gambler?

Theoretically, yes. Any gambler can develop gambling problem regardless to the type of gambling

How Can I treat Gambling Addiction?

- 1) Group Therapy:
Gamblers Anonymous offers a 12 step self help program similar to the one offered to alcohol ad
- 2) Individual Therapy:
Cognitive or behavior therapy can help gambling addicts to identify their unaware thinking and
- 3) Psychiatric Medication:
It has recently been proven that antidepressant medications from the family of SSRIs, selectiv

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