10 signs of gambling addiction and debt

Gambling becomes a problem when the person continues to gamble even though the problem impacts on their life negatively. At the beginning of the addiction it is often possible to ignore the signs. However, many addicts don’t realise that they are in severe difficulty until their gambling takes a firm hold of their lives.

Gambling addicts display chronic types of behaviour that grow worse over time and some signs of gambling addiction and debt are available to see if you or a loved one has a problem.

1. If you find yourself in a situation where you can’t stop gambling then it’s a sure sign that there is a problem in your life. This often takes the form of gambling when already in debt.

2. Thinking about gambling constantly is an obsessive trait.

3. Continuing to gamble when your life is already in a mess; loss of job because of your addiction or losing your relationship and family over gambling debt can all be warning signs of gambling addiction.

4. A gambling addict may often find himself in a situation where they have to bet more and more each time in order to feel the same high or rush, in this way gambling has parallels to drug addiction.

5. Challenge the addict to not gamble for a certain amount of time and watch for restless behaviour patterns, more than likely brought on by obsessively thinking about gambling.

6. Does gambling improve your mood and help you escape other problems in your life such as financial issues, relationship troubles or problems at work?

7. Any form of crime to get money for gambling or to recover past gambling losses.

8. To be asked for financial help from a partner, relative or friend as a result of gambling addiction.

9. A common trait is denial that anything is wrong and that it is a real problem. It’s difficult to get help unless you can at least admit to yourself that you have a problem.

10. Mood changes are also indicative of addiction, but they can also be brought on by other problems.