

TEN RULES OF RESPONSIBLE GAMBLING

1. If you choose to gamble, do so for entertainment purposes
 - If your gambling is no longer an enjoyable activity then ask yourself why are you still "playing"?
2. Treat the money you lose as the cost of your entertainment
 - Treat any winnings as a bonus.
3. 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.
4. 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.
5. Expect to lose
 - The odds are that you will lose. Accept loss as part of the game.
6. Make it a private rule not to gamble on credit
 - Do not borrow money to gamble.
7. Create balance in your life
 - Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.
8. Avoid "chasing" lost money
 - Chances are the more you try to recoup your losses the larger your losses will be.
9. Don't gamble as a way to cope with emotional or physical pain
 - Gambling for reasons other than entertainment can lead to problems.
10. Become educated about the warning signs of problem gambling
 - The more you know, the better choices you can make.

If you can't follow these suggestions, you may need to call
National Problem Gambling Help Line:

1-800-522-4700