

# SOCIAL GAMBLING GUIDELINES

◆ **If you choose to gamble, do so for entertainment only.**

*If your gambling is no longer an enjoyable activity, ask yourself why are you still “playing”?*

◆ **Treat the money you lose as the cost of your entertainment.**

*Winning is the exception, not the rule!*

◆ **Set a dollar limit and stick to it.**

*Decide what you can afford to spend and don't change your mind while playing.*

◆ **Set a time limit and stick to it.**

*Decide how long you will gamble and leave when your time is up, even if you are winning.*

◆ **Expect to lose.**

*The odds are that you will lose. Accept the loss as part of the game.*

◆ **Make it a personal rule not to gamble on credit.**

*Never gamble with borrowed money or with money you can't afford to lose.*

◆ **Maintain balance in your life.**

*Gambling should not interfere with friends, family, work or other worthwhile activities.*

◆ **Avoid “chasing” lost money.**

*Chances are the more you try to recoup your losses the larger your losses will be.*

◆ **Don't gamble as a way to cope with emotional or physical pain.**

*Gambling for reasons other than entertainment can lead to problems.*

◆ **LEARN ABOUT THE WARNING SIGNS OF PROBLEM GAMBLING.**

*If you have difficulty following the guidelines above, visit our website or call toll-free for additional information and resources.*



NEVADA COUNCIL ON  
PROBLEM GAMBLING

[www.WhenTheFunStops.org](http://www.WhenTheFunStops.org)

**1-800-522-4700**

**24 HR. PROBLEM GAMBLERS HELPLINE**