

# Making a Decision about Gambling

Completing this will help you identify the benefits and the costs of gambling.

The good things I get from not gambling	The not so good things I get from not gambling
The good things I get from continuing to gambling	The not so good things I get from continuing to gambling

Circle One      Date: \_\_\_\_\_

My Decision	Quit Gambling	Modify my Gambling	Continue to Gamble
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