

10 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 you are 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**
 - *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 contact the
Oregon Problem Gambling Helpline:**

1-877-mylimit or 1877mylimit.org