**Gambling Readiness to Change Scale**

The following questionnaire is designed to identify how you personally feel about your gambling right now. Please read each of the questions below carefully, and then decide whether you agree or disagree with the statements. Your answers are anonymous. Please mark the answer of your choice to each question according to the following scale.

 1 2 3 4 5

 Strongly Disagree Neither Agree Strongly Agree

 Disagree Agree nor

 Disagree

\_\_\_\_\_ 1. I enjoy my gambling, but sometimes I gamble too much.

\_\_\_\_\_ 2. Sometimes I think I should cut down on my gambling.

\_\_\_\_\_ 3. It’s a waste of time thinking about my gambling.

\_\_\_\_\_ 4. I have just recently changed my gambling habits.

\_\_\_\_\_ 5. Anyone can talk about wanting to do something about gambling, but I

 am actually doing something about it.

\_\_\_\_\_ 6. My gambling is a problem sometimes.

\_\_\_\_\_ 7. There is no need for me to think about changing my gambling.

\_\_\_\_\_ 8. I am actually changing my gambling habits now.

\_\_\_\_\_ 9. Gambling less would be pointless for me.

*Larimer (2002)*

**Craving and Gambling Daily Monitoring Card**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Codes for CRAVING Strength** | **Codes for MOOD** | **Codes for Type of gambling** | **Codes for Type of Money Used** | **Codes for where you gamble** | **Codes for WITH WHOM you gamble** |
| 1 no craving | 1 happy | 1 Tribal Casino cards, dice, other | 1 your cash | 1 at home | 1 alone |
| 2 | 2 outgoing | 2 Card games in Mini Casino or card rooms  | 2 borrowed cash | 2 Tribal Casino | 2 relatives/family |
| 3 mild | 3 sad/depressed | 3 Cards with friend or family | 3 credit card | 3 Mini Casino | 3 male friends |
| 4 | 4 frustrated | 4 Bet on horses, dogs, other animals | 4 casino credit | 4 sports venues, race track | 4 female friends |
| 5 moderate | 5 shy/self-conscious | 5 Bet on sports | 5 cashed a bad check | 5 card rooms | 5 people you meet while gambling |
| 6 | 6 bored/restless | 6 Fundraising events/Reno nights | 6 pay day loans | 6 bingo halls | 6 other (specify) |
| 7 strong  | 7 angry | 7 Lotto, Quinto, Lucky for Life | 7 cashed in stocks or bonds | 7 taverns, bars, restaurants |  |
| 8 | 8 anxious/stressed | 8 Instant or scratch lottery | 8 sold personal property | 8 lottery outlets |  |
| 9 extremely strong  | 9 romantic/sexy | 9 Tribal Bingo |  | 9 other (specify) |  |
|  | 10 relaxed | 10 Other Bingo halls/churches |  | 10 out of state |  |
|  | 11 in the mood to celebrate | 11 Electronic games or slots |  |  |  |
|  | 12 other (specify)  | 11 Stocks or commodities |  |  |  |
|  |  | 12 Pull tabs |  |  |  |
|  |  | 13 Internet games  |  |  |  |
|  |  | 14 Other (specify)  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **TIME Craving started & stopped**  | **Strength of craving** | **What was your mood?** | **Type of gambling** | **Dollars Spent** | **Type of money used** | **Where did you gamble?** | **With whom did you gamble?** | **Comments/****Observations** |
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**Timeline Follow Back**

This form takes a detailed look at your gambling habits over the past four weeks. Please think of which **days** you gambled over this time period, which **games** you gambled on those days, how many **hours** you spent gambling each day, and how much **money** you won or lost each day. Your win or loss refers to the net amount – that is, the amount you walked out with minus the amount you walked in with.

**Circle one:** This is for **a) the Past 28 Days** or **b) A Typical Month**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** |  |  |  |  |  |  |  | **Date** |
| **Game** |  |  |  |  |  |  |  | **Game** |
| **Time** |  |  |  |  |  |  |  | **Time** |
| **Win or Loss** |  |  |  |  |  |  |  | **Win or Loss** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** |  |  |  |  |  |  |  | **Date** |
| **Game** |  |  |  |  |  |  |  | **Game** |
| **Time** |  |  |  |  |  |  |  | **Time** |
| **Win or Loss** |  |  |  |  |  |  |  | **Win or Loss** |

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| **Date** |  |  |  |  |  |  |  | **Date** |
| **Game** |  |  |  |  |  |  |  | **Game** |
| **Time** |  |  |  |  |  |  |  | **Time** |
| **Win or Loss** |  |  |  |  |  |  |  | **Win or Loss** |

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| **Date** |  |  |  |  |  |  |  | **Date** |
| **Game** |  |  |  |  |  |  |  | **Game** |
| **Time** |  |  |  |  |  |  |  | **Time** |
| **Win or Loss** |  |  |  |  |  |  |  | **Win or Loss** |