

Name:

Date:

File number:

Inventory of gambling situations (IGS)

- If you “NEVER” gambled heavily in that situation, select answer “Never”.
- If you “RARELY” gambled heavily in that situation, select answer “Rarely”.
- If you “FREQUENTLY” gambled heavily in that situation, select answer “Frequently”.
- If you “ALMOST ALWAYS” gambled heavily in that situation, select answer “Almost always”.

I gambled heavily

	Never	Rarely	Frequently	Almost always
1 When I almost won and felt that I would win very soon.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
2 When I was able to gamble without anyone knowing.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
3 When I decided that this time I would use good gambling strategies.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
4 When I was happy.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
5 When I wanted some action.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
6 When someone encouraged me to bet.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
7 When I was depressed.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
8 When I was about to get caught unless I came up with some money fast.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
9 When I started to believe that gambling was no longer a problem for me.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
10 When I wanted to prove to others that I was worthy of respect.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
11 When I didn't want to have to think.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
12 When I talked myself into gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
13 When other people didn't seem to like me.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
14 When I was in a situation in which I was in the habit of gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
15 When I saw a good opportunity that I hated to pass up.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always

I gambled heavily

		Never	Rarely	Frequently	Almost always
16	When I felt confident and relaxed.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
17	When everyday life seemed boring.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
18	When people around me expected me to gamble.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
19	When I was winning and wanted to keep on winning.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
20	When I was drinking / using drugs.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
21	When I couldn't stand things any more and needed to get away.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
22	When I suddenly had an urge to gamble.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
23	When I had an argument with a friend.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
24	When I decided to try to limit my gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
25	When I felt I wasn't getting what I was entitled to.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
26	When I was afraid of the people to whom I owed money.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
27	When I felt confident about my gambling skills.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
28	When everything was going well.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
29	When I was in trouble with the law because of my gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
30	When someone challenged me to a bet.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
31	When I saw something that reminded me of gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
32	When there were fights at home.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
33	When I felt that I had gone too far to go back.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
34	When I felt bad about myself.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
35	When I felt like taking a risk.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
36	When I felt sure that I could spend time in a gambling situation without gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
37	When I felt under a lot of stress.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
38	When I felt content with my life.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
39	When I was worried about my debts.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
40	When I felt that I could profit from careful gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
41	When I felt empty inside.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always

I gambled heavily

		Never	Rarely	Frequently	Almost always
42	When I had money in my pocket..	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
43	When I felt people mistrusted me.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
44	When I was in a social situation and other people were gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
45	When I saw signs that my luck was with me.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
46	When I needed to win back the money I lost gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
47	When I convinced myself that I was a new person and could make a few bets	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
48	When I wanted to feel in control for a little while	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
49	When I wanted to celebrate.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
50	When I began to think how exciting or relaxing a little gambling would be.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
51	When I was lonely.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
52	When I was looking for excitement.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
53	When I just couldn't think about anything but gambling.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
54	When I felt under a lot of pressure from family members.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
55	When I had free time.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
56	When I wanted to prove that I could make a few bets without going too far.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
57	When I knew it was a "sure thing."	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
58	When I was out with friends and they suggested we gamble.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
59	When I felt that I needed just one more winning streak to fix everything.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
60	When people were pressuring me to come up with money.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
61	When I was angry.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
62	When gambling was easily available.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always
63	When someone criticized me.	<input type="radio"/> Never	<input type="radio"/> Rarely	<input type="radio"/> Frequently	<input type="radio"/> Almost always











