



# PAYDAY

*Where is your paycheck going?*

- Pay Bills
- Gambling
- Out to Lunch
- Gambling
- Vacation Fund
- Gambling
- Movies

**If your list looks like this, there may be a problem. See reverse for FREE confidential help.**



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# PROBLEM GAMBLING

*Recognize the signs*

Preoccupation with gambling \* Increasing bet amounts \* Trying unsuccessfully to control or stop \* Gambling to escape problems \* Chasing losses with more gambling \* Lying to family and others about gambling \* Committing crimes to finance gambling \* Jeopardizing relationships and/or jobs because of gambling \* Restless or irritable when not gambling

**Call 1-877-MYLIMIT or visit [1877mylimit.org](http://1877mylimit.org)**



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