

Forum:[Hack Forums](#)

Thread: [Are you addicted? - Gambling Helpdesk](#)

Fortunate - *January 3, 2017, 3:26 am*

Fortunate's Gambling Help desk

Welcome to my gambling help desk. Here I will be helping Hack Forums users and help them fight against gambling problems. I will provide tips and other programs such as blocking addons. I have battled with gambling addiction before and I have a lot of experience about gambling. I have won a lot, but I have lost thousands to gambling. Internet gambling is a growing business, with even games like Counter-Strike and Dota 2 allowing it. The amount of gambling problems there are is always growing.

Hack Forums has given a lot to me, so It's time to give back.

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1. Problem gambling?

"Problem gambling (or ludomania, but usually referred to as "gambling addiction" or "compulsive gambling") is an urge to gamble continuously despite harmful negative consequences or a desire to stop.

Problem gambling is often defined by whether harm is experienced by the gambler or others, rather than by the gambler's behavior.

Severe problem gambling may be diagnosed as clinical pathological gambling if the gambler meets certain criteria.

Pathological gambling is a common disorder that is associated with both social and family costs."

[Source \(Wikipedia\)](#)

1.2 Are you addicted?

Do you?

1. Lie about your gambling to others?
2. Think about gambling constantly?
3. Gamble money away while you have unpaid bills?
4. Borrow money to gamble?
5. Miss work or school because of your gambling?
6. Feel anxious, depressed or suicidal after you gamble?
7. Always spend money to gamble, even if you lost previously?
8. After losing money gambling, returned another day to get even or "chase" your losses?
9. Do you relieve past gambling experiences by handicapping or planning the next venture, or thinking of ways to get money with which to gamble?

Analyzing your score

4 to 5: Indicates a mild gambling problem

6 to 7: Indicates a moderate gambling problem

8 to 9: Indicates a severe gambling problem

This questionnaire is not intended to replace professional diagnosis.

Adapted from: DSM-5 Diagnostic Criteria: Gambling Disorder [Source](#)

1.3 How to stop your problem gambling for good

Personal recommendations

I gambled myself when I felt lonely, bored or depressed.

I was never hungry for money, but then It became a problem.

I do gamble till this day but It's not a problem anymore and I fully control it.

I like to throw a few bucks time to time just to have some fun with friends, but gambling can become a problem when you do not even realize it yourself.

Here are a few tips that helped me to fight with my problem:

1. Surround yourself with people who you feel comfortable with
2. Avoid gambling websites (See "Gambling tools and programs" for more)
3. Find better activities to replace gambling (Gaming, go out, work)
4. Give up control of your money
5. Talk about your gambling addiction to someone

Sites that helped me

RehabHelpdesk.org

[Just a simple google search](#)

Gambling helplines

I really never had the courage to call anyone about my gambling addictions, but talking about it really helps.

Here are a few sites where you can chat and talk to other people about your problems and ask questions.

But remember, I am also here to help you.

www.gamblinghelponline.org.au

www.ncpgambling.org

2. Gambling tools and programs

Blocking addons for Chrome & Firefox ([Click to View](#))

[Casino Blocker addon for Firefox](#)

[Site Blocker addon for Firefox](#)

[Block Site addon for Chrome](#)

[Site Blocker addon for Chrome](#)

More addons will be added later. PM me or post below your suggestions.

3. Frequently asked questions

Quote: I scored 4-x on the test, does that mean I have a gambling addiction?

Answer: It does not necessarily mean that you have a gambling addiction the test is not intended to replace professional diagnosis.

4. Feedback

This is my first help desk thread, so any feedback is appreciated.
I will be fixing my thread time to time and I will be answering your questions.

Be sure to leave feedback simply just by sending me a private message or posting below.

If you need any help or have questions or concerns about gambling PM me or post in the thread and I will help you.

Mr. Robot - January 3, 2017, 3:27 am

I do, people in my discord fucked me over now I have \$0.

I scored a 3.

Yin Yang - January 3, 2017, 3:28 am

My friend black shadow is a addicted gambler. Can you help him?

Fortunate - January 3, 2017, 3:29 am

(Jan 3, 2017 04:28 AM)Yin Yang Wrote: [\[CITE\]](#) My friend black shadow is a addicted gambler. Can you help him?

Sure, why not. He should answer to the poll and we should see what he scores.

Elitas - January 3, 2017, 3:31 am

(Jan 3, 2017 04:27 AM)Mr. Robot Wrote: [\[CITE\]](#) I do, people in my discord fucked me over now I have \$0.

I scored a 3.

Sorry Mr Robot...

I scored a 3 and a HALF.

Mr. Robot - January 3, 2017, 3:31 am

(Jan 3, 2017 04:31 AM)Elitas Wrote: [\[CITE\]](#) Sorry Mr Robot....

Fuck you scum bags - got that 0.1 to 0.6 and had 10 free spins, didn't win shit after you joined.

Fortunate - January 3, 2017, 3:33 am

(Jan 3, 2017 04:31 AM)Mr. Robot Wrote: [\[CITE\]](#) Fuck you scum bags - got that 0.1 to 0.6 and had 10

free spins, didn't win shit after you joined.

Gambling peer pressure is a real thing. Sorry Mr. Robot, you fell for it.

If you need any help just post your questions and concerns below and let me help you.

(Jan 3, 2017 04:32 AM)- Sam - Wrote: [\[CITE\]](#) My friend black shadow is a addicted gambler. Can you help him?

Sure why not, I can contact him and ask him a few questions. I know he's addicted and hopefully I can help him.

Mr. Robot - January 3, 2017, 3:35 am

(Jan 3, 2017 04:33 AM)Fortunate Wrote: [\[CITE\]](#) Gambling peer pressure is a real thing. Sorry Mr. Robot, you fell for it.

If you need any help just post your questions and concerns below and let me help you.

I wanna kill myself, sent \$700 to one user and then gambled the rest cuz of peer pressure.

Larsenpower - January 3, 2017, 3:36 am

It's not like I am addicted.

But when I start gambling, I do not want to stop again. I almost end up losing everything I start with. Let's say I start with \$30 and go up to \$500. I won't stop. It seems like the only thing that stops me is when I've lost it all, lol.

Fortunate - January 3, 2017, 3:36 am

(Jan 3, 2017 04:35 AM)Mr. Robot Wrote: [\[CITE\]](#) I wanna kill myself, sent \$700 to one user and then gambled the rest cuz of peer pressure.

I'd suggest you to stop gambling. Start by downloading a blocking addon to your browser and see if that helps.

Why did you send him \$700 anyway?

(Jan 3, 2017 04:36 AM)Larsenpower Wrote: [\[CITE\]](#) It's not like I am addicted.

But when I start gambling, I do not want to stop again. I almost end up losing everything I start with. Let's say I start with \$30 and go up to \$500. I won't stop. It seems like the only thing that stops me is when I've lost it all, lol.

I see. Happens to almost everyone who gamble. Just withdraw when you're positive and block the site so you never come back and lose it. You should be good if you set up goals to yourself, for an example set up a goal to cash out at when x on positive. You better follow your goals. If you don't you will more likely lose it all than win huge again.

bandors - January 3, 2017, 3:50 am

My big win probably caused at least a dozen kids here to have new gambling addictions lol

Larsenpower - January 3, 2017, 3:52 am

(Jan 3, 2017 04:50 AM)Bandors Wrote: [\[CITE\]](#) My big win probably caused at least a dozen kids here to have new gambling addictions lol

Of what I've seen on these forums lately is that your big win is scamming a dozen kids.

Mr. Robot - January 3, 2017, 3:52 am

(Jan 3, 2017 04:36 AM)Fortunate Wrote: [\[CITE\]](#) I'd suggest you to stop gambling. Start by downloading a blocking addon to your browser and see if that helps.

Why did you send him \$700 anyway?
So he doesn't go to jail

Fortunate - January 3, 2017, 4:49 am

(Jan 3, 2017 04:52 AM)Mr. Robot Wrote: [\[CITE\]](#) So he doesn't go to jail
Damn that sucks. Best of luck to you and your friend ?

(Jan 3, 2017 04:50 AM)Bandors Wrote: [\[CITE\]](#) My big win probably caused at least a dozen kids here to have new gambling addictions lol
That's why I'm trying to help. I know that multiple people here have a gambling problem and I hope I can help.

Patzan - January 3, 2017, 5:20 am

Really helpfull thread, worth the time of my reading :)

Fortunate - January 3, 2017, 5:56 am

(Jan 3, 2017 06:20 AM)Mys?????????????????tikal Wrote: [\[CITE\]](#) Really helpfull thread, worth the time of my reading :)
Thanks for the feedback, be sure fill up the poll if you want.

ze-slade - January 3, 2017, 11:49 am

(Jan 3, 2017 04:28 AM)Yin Yang Wrote: [\[CITE\]](#) My friend black shadow is a addicted gambler. Can you help him?

<https://hackforums.net/private.php?action=send&uid=63387&subject=You%20really%20need%20to%20check%20this%20out.&message=https://hackforums.net/showthread.php?tid=5512596>

Please everyone send him this, he actually needs some help.

Fortunate - January 3, 2017, 1:35 pm

I'm still answering questions and offering help. Please PM me or post below and I will be happy to help you. Thanks.

e?erg1zer - January 3, 2017, 3:11 pm

Actually very glad to see this. Lost an exorbitant amount of money myself a few years ago, at an age when I never should have gambled in the first place. Still find myself drawn into gambling, but am mostly able to resist, and it helps that I've taken steps to ensure my money isn't easily accessible.

Good luck to everyone dealing with this issue, feel free to contact me if you need more support!

Fortunate - January 4, 2017, 5:01 am

(Jan 3, 2017 04:11 PM)e?erg1zer Wrote: [\[CITE\]](#) Actually very glad to see this. Lost an exorbitant amount of money myself a few years ago, at an age when I never should have gambled in the first place. Still find myself drawn into gambling, but am mostly able to resist, and it helps that I've taken steps to ensure my money isn't easily accessible.

Good luck to everyone dealing with this issue, feel free to contact me if you need more support!
Thanks for the wise words ? I started gambling too at an age of 16, it was a bad decision.

Chief Sosa - January 4, 2017, 7:30 am

I DON'T NEED YOUR HELP!!!

Fortunate - January 4, 2017, 7:35 am

(Jan 4, 2017 08:30 AM)The Deliverer Wrote: [\[CITE\]](#) I DON'T NEED YOUR HELP!!!

That's fine man. Do whatever you want but If you feel like you have a gambling problem please contact someone who can help you.

ze-slade - January 4, 2017, 7:45 am

I'm not even joking, OP can you pm blackshadow and see if you can help him, I genuinely think he's addicted.

Fortunate - January 4, 2017, 8:23 am

(Jan 4, 2017 08:45 AM)ze-slade Wrote: [\[CITE\]](#) I'm not even joking, OP can you pm blackshadow and see if you can help him, I genuinely think he's addicted.

I've tried to contact him a few times but he is obviously ignoring me. He seriously needs some help.

ze-slade - January 4, 2017, 8:26 am

(Jan 4, 2017 09:23 AM)Fortunate Wrote: [\[CITE\]](#) I've tried to contact him a few times but he is obviously ignoring me. He seriously needs some help.

I wonder if we could get bustabit to blacklist his ip, he clearly has a gambling addiction.

LastSession - January 4, 2017, 8:29 am

i lost over 1.5k with playing roulette on btcvideocasino. mr robot was posting the link and idk I had a lot of money in my BTC wallet and yeah. My wallet is empty at the moment (from exchanging lol) but soon I'll have a lot of BTC again, I just hope that I won't deposit money again. I'm always saying myself "just 5\$" and then either I'll win till I get a bad streak (martingale strategy) or I lose at once and tell myself "deposit another 5\$, double it and you have your btc back".

idk i should hope that I won't lose that much money again. is it okay to play slots with friends? I occasionally play slots with a few friends. I just play with 5-10\$ though

Fortunate - January 4, 2017, 8:39 am

(Jan 4, 2017 09:29 AM)LastSession Wrote: [\[CITE\]](#) i lost over 1.5k with playing roulette on btcvideocasino. mr robot was posting the link and idk I had a lot of money in my BTC wallet and yeah. My wallet is empty at the moment (from exchanging lol) but soon I'll have a lot of BTC again, I just hope that I won't deposit money again. I'm always saying myself "just 5\$" and then either I'll win till I get a bad streak (martingale strategy) or I lose at once and tell myself "deposit another 5\$, double it and you have your btc back".

idk i should hope that I won't lose that much money again. is it okay to play slots with friends? I occasionally play slots with a few friends. I just play with 5-10\$ though

How often do you play and how much did you score on the test?

I don't really see playing with friends time to time but be careful and be smart when you gamble. Cash out and don't play your winnings away.

LastSession - January 4, 2017, 8:40 am

(Jan 4, 2017 09:39 AM)Fortunate Wrote: [\[CITE\]](#) How often do you play and how much did you score on the test?

I don't really see playing with friends time to time but be careful and be smart when you gamble. Cash out and don't play your winnings away.

How often I play roulette or slots?

Fortunate - January 4, 2017, 8:42 am

(Jan 4, 2017 09:40 AM)LastSession Wrote: [\[CITE\]](#) How often I play roulette or slots? Like how often do you gamble over all?

LastSession - January 4, 2017, 8:42 am

(Jan 4, 2017 09:42 AM)Fortunate Wrote: [\[CITE\]](#) Like how often do you gamble over all?
Let me do the test at first.

Grand Pootis - January 4, 2017, 8:43 am

Step 1: stop clicking buttons to spend your Bitcoin that will most likely take it and not pay out anything

LastSession - January 4, 2017, 8:44 am

(Jan 4, 2017 09:42 AM)Fortunate Wrote: [\[CITE\]](#) Like how often do you gamble over all?
4 to 5: Indicates a mild gambling problem

every second day I guess but since I recently stopped to play roulette maybe every fourth/third day slots

Fortunate - January 4, 2017, 8:45 am

I will be updating this thread with a section called "smart gambling" soon with some tips to gamble safer and smarter.

Grand Pootis - January 4, 2017, 8:47 am

(Jan 4, 2017 09:45 AM)Fortunate Wrote: [\[CITE\]](#) I will be updating this thread with a section called "smart gambling" soon with some tips to gamble safer and smarter.

Or you can suggest Russian Roulette as a fun alternative when you're broke. Same dopamine rush, but you only have to own a revolver and pay for one bullet!

Fortunate - January 4, 2017, 8:48 am

(Jan 4, 2017 09:44 AM)LastSession Wrote: [\[CITE\]](#) 4 to 5: Indicates a mild gambling problem

every second day I guess but since I recently stopped to play roulette maybe every fourth/third day slots

If you feel like you have a problem I'd suggest to just block the gambling sites at first with the provided blocking sites. They really helped me out. Also, if you have a close friend that you trust you can always give him your money for now. That's what I did with my btc. No funds, no gambling.

Grand Pootis - January 4, 2017, 8:49 am

(Jan 4, 2017 09:48 AM)Fortunate Wrote: [\[CITE\]](#) If you feel like you have a problem I'd suggest to just block the gambling sites at first with the provided blocking sites. They really helped me out. Also, if you have a close friend that you trust you can always give him your money for now. That's what I did with my btc. No funds, no gambling.

I will offer this service for free for anyone interested. I'll hold your BTC funds and invest them in my personal habits for you.

TheVBScripiter - January 4, 2017, 8:50 am

I gambled A LOT.

I won A LOT as well, but I stopped / gambled less when I felt like I started to get addicted.

I am still having profit, a lot, so I don't mind to gamble once a while.

It's just a fun thing to do, which COULD give you some extra money, I don't gamble to "make" money.

Also, when I gamble 2 days in a row, I always take a long break (for a few days / week), so I know I am still in control.

I like to gamble (poker, BTC casino, etc.) but I like my money more than gambling it away. ?

Grand Pootis - January 4, 2017, 8:56 am

I gamble at most \$20 twice a year and make a good amount. I gamble as an alternative to going to a movie or something else that would cost money.

Prophett - January 4, 2017, 8:56 am

Everyone should PM Black Shadow this thread.

Grand Pootis - January 4, 2017, 8:58 am

(Jan 4, 2017 09:56 AM)Medd Wrote: [\[CITE\]](#) Everyone should PM Black Shadow this thread. Make sure you include my post about Russian Roulette.

Wirt - January 4, 2017, 9:45 am

It's random but there's a pattern

Chief Sosa - January 4, 2017, 9:56 am

According to this test I don't have a gambling problem but everytime I gamble I lose my money because I am too greedy. lel

Fortunate - January 4, 2017, 10:51 am

(Jan 4, 2017 10:56 AM)The Deliverer Wrote: [\[CITE\]](#) According to this test I don't have a gambling problem but everytime I gamble I lose my money because I am too greedy. lel
Do you always keep going back?

(Jan 4, 2017 09:50 AM)TheVBScripter Wrote: [\[CITE\]](#) I gambled A LOT.
I won A LOT as well, but I stopped / gambled less when I felt like I started to get addicted.

I am still having profit, a lot, so I don't mind to gamble once a while.
It's just a fun thing to do, which COULD give you some extra money, I don't gamble to "make" money.

Also, when I gamble 2 days in a row, I always take a long break (for a few days / week), so I know I am still in control.

I like to gamble (poker, BTC casino, etc.) but I like my money more than gambling it away. ?
Pretty same here. I gamble once a month nowadays.
I use like \$15 to gamble from time to time instead of going to the movies or instead of buying something useless. It's still fun but there has to be a limit.

Chief Sosa - January 4, 2017, 11:47 am

(Jan 4, 2017 11:51 AM)Fortunate Wrote: [\[CITE\]](#) Do you always keep going back?
From time to time when I am bored.

Fortunate - January 4, 2017, 11:49 am

(Jan 4, 2017 12:47 PM)The Deliverer Wrote: [\[CITE\]](#) From time to time when I am bored.
That's bad. I used to gamble when I felt bored. Watch out mate, control yourself.

gas66 - January 4, 2017, 11:50 pm

Scored 5 so i guess i am still a newbie gambler but a compulsive gambler indeed. For me the problem is that i just love the game, love the thrill, the excitement i see the casino as an exciting place.. The only thing i hate is when i lose money i cannot afford to lose, like money on credit cards that i need to pay back and need to work for weeks and weeks to return only to repeat and lose it in a few nights at the casino.

Honestly if i was millionaire i would keep going to the casino just to enjoy and not worry if i lose too

much but at the moment the only thing that somewhat limits me is my low financial capability as i am 20 years old and make next to no money and still blow away double my pay check in a single night then feel depressed and angry.

The fucked up thing is that while i am playing i seem to be behaving like a total zombie and an idiot, i take enormous risk to try get money back or if i am winning to make even more winnings and only once you have blown away your last cent and stop playing do you realize what you have just done, as if someone kicked you in the nuts and you all of a sudden awoke from a dream and then i feel guilty and depressed until at the most 2-3 days later and always start with some little money like \$40-50 and promise myself that if i lose them i am taking my loss and getting out but i cannot accept losing and end up chasing until i've put 10 times that and just prey to god i make at least half of my money back.

Fucked up shit but i love it when i win god damn it!!!

Coindergaps - January 5, 2017, 12:07 am

Pretty nice thread OP, thanks for helping addicted people ! The chase to go back even & restores losses should count as more than 1 points though (imo) since that is a huge factor in addicts life. Once you win, no matter the losses your mind will still cling to the fact that you've won once already, you will win again and fix your problems in an instant, then you'll be able to quit. After that even if you win, you'll not be able to stop, you will try to just win a little more, since you're like, oh I've won a few times, just one more to have some extra.

Might have phrased wrongly what I wanted to say, but i'm sure gamblers & addicts can relate and understand, lol.

Personally I'm an addict,(uhm in a positive way I guess?dunno, im def. earning my living from gambling so w.e) I gamble all the time, but never more than I can afford to lose. If every gambler would follow this simple rule, we'd not be talking about addicts right now ^^

Caliban - February 3, 2017, 8:17 am

The reason that people gamble is to "continue" and not to "win"

Once i read this, it really clicked with me. Many times i could have just quit and ran away with a good profit, but somehow i kept going or came back a few days/weeks later.

What helps is setting limits and only gambling what you can somewhat afford to lose. It will then become a rather expensive hobby, but not a problem.

TheChi?f - February 3, 2017, 8:19 am

I got 5 out of the total I think. ?

?-? ??? ????? - February 3, 2017, 8:23 am

Not addicted to gambling myself but I'm sure this will help people.

Fortunate - February 3, 2017, 8:29 am

(Feb 3, 2017 09:23 AM)?-? ??? ????? Wrote: [\[CITE\]](#) Not addicted to gambling myself but I'm sure this will help people.

Thanks. I've been kind of ignoring this thread for a while. Been gambling myself the past few days, though.

If anyone needs help hit me up.

gas66 - February 3, 2017, 8:21 pm

(Feb 3, 2017 09:29 AM)Fortunate Wrote: [\[CITE\]](#) Thanks. I've been kind of ignoring this thread for a

while. Been gambling myself the past few days, though.

If anyone needs help hit me up.

No offence but how can a person who is still gambling help gamblers? My honest opinion about gambling is that it is not that complicated to quit. Gambling unlike substance addictions is not a physical one and all it takes is to change your lifestyle, i am a strong believer that a person can quit anything as long as they have gotten to the point where they've had enough of it unless your an alcoholic and been one for 20-30 years and your desperately physically addicted to the point where you can die without it.

Fact is we like gambling, we hate losing money we cannot afford to lose but we love those moments when we turn almost nothing into a big win and the lifestyle that comes with gambling. I've noticed myself that gambling gives you that semi-fake idea of being a high roller just because your betting outrageous amounts of money which people work for months to get and once the win hits you feel like a complete baller. I think that is exactly why people gamble, because it is a somewhat action packed life style, while you gamble your not one of them "average people" who work 8-5 and save every penny to buy a shitty \$5,000 car...

While we all know gambling can't make you rich we seek that one big win that comes once in a while to feel important, to feel great. My opinion is that addictions go away on their own if the person has truly had enough of what he is doing, be it drinking too much, smoking too much weed or gambling too much, problem is that at some point what you do, determines who you are and if you stop doing what your doing you feel like you stop being who you are but still your better of doing what you like even if it's an expensive vice rather than going to stupid non-working programs... How many quit programs work? All of these quit programs be it AA,GA, drug recoveries and shit never work for 99% of the people, what only works is when people have had enough of the thing they do and when they are not satisfied with it anymore they quit.

People seem to treat "addictions" as an illness where you only need to go to the doctor and he will fix you up, for me an addiction is only something that is affecting you physically and without which you cannot continue living such as food anything else is just who you have become and who you are and you only need to change who you are not what you do, once you change who you are things will change themselves. For e.g if i am a lazy fat slob who can't be fucked doing anything and eat McDonald's and Pizzahut all day, is it the junk food that causes the problems or my way of thinking? If i become a the exact opposite of a fat lazy slob i'll stop eating junk food and problem is gone, same goes for gambling,alcohol abuse etc.