

Temptations for Gambling Questionnaire (TGQ)

Instructions: The following 21 questions are a list of reasons why people begin to gamble again after they have given up gambling. Please rate these on how tempted you are to gamble in that situation. Zero means not at all tempted and five means that you would be extremely tempted to gamble.

Circle only one number for each item.

Situation	Not at all Tempted		Moderately Tempted			Extremely Tempted	
1) Feeling angry or frustrated with myself or because things were not going my way.	0	1	2	3	4	5	
2) Feeling bored.	0	1	2	3	4	5	
3) Feeling anxious or tense.	0	1	2	3	4	5	
4) Feeling sad.							
5) Feeling physically uncomfortable because I want to gamble.	0	1	2	3	4	5	
6) Being in a good mood.	0	1	2	3	4	5	
7) Wanting to see what would happen if I gambled just a little.	0	1	2	3	4	5	
8) Feeling tempted to gamble out of the blue.	0	1	2	3	4	5	
9) Someone invited me to gamble.	0	1	2	3	4	5	
10) Feeling angry or frustrated because of my relationship with someone else.	0	1	2	3	4	5	
11) Being with others having a good time, and we felt like gambling together.	0	1	2	3	4	5	

Situation	Not at all Tempted		Moderately Tempted			Extremely Tempted	
12) Feeling worried or tense because of my relationship with someone else.	0	1	2	3	4	5	
13) Feeling others were being critical of me.	0	1	2	3	4	5	
14) Seeing others gamble.	0	1	2	3	4	5	
15) Wanting to win.	0	1	2	3	4	5	
16) Needing to win back past losses.	0	1	2	3	4	5	
17) An opportunity to gamble happened out of the blue.	0	1	2	3	4	5	
18) Feeling lucky.	0	1	2	3	4	5	
19) Feeling pressured by financial debts	0	1	2	3	4	5	
20) When I am in a situation in which I am in the habit of gambling.	0	1	2	3	4	5	
21) When I wanted to escape from my thoughts and feelings.	0	1	2	3	4	5	