Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gambling Brief Situational Confidence Questionnaire (GSCQ)

Listed below are 8 types of situations in which some people experience urges to gamble.

Imagine yourself as you are right now in each of the following types of situations. Indicate on the scale provided how confident you are right now that you will be able to resist the urge to gamble in each situation by placing an “X” along the line, from 0% “Not At All Confident” to 100% “Totally Confident”, as in the example below.

I feel...

**X**

0 % 100 %

Not At Totally

All Confident Confident

Right now I would be able to resist the urge to gamble in situations involving . . .

1. UNPLEASANT EMOTIONS (e.g., if I were angry at the way things had turned out; if I felt I had let myself down.)

I feel ... \_\_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

2. PHYSICAL DISCOMFORT (e.g., If my stomach felt like it were tied in knots; If I had trouble sleeping.)

I feel ... \_\_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

3. PLEASANT EMOTIONS (e.g., If I were enjoying myself and wanted to feel even better; If I felt confident and relaxed.)

I feel ... \_\_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

Right now I would be able to resist the urge to gamble in situations involving . . .

4. TESTING CONTROL Over MY GAMBLING (e.g., If I wanted to prove to myself that I could bet a few more times without losing control; If I wondered about my self-control over gambling and felt like testing it.)

I feel ... \_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

5. URGES AND TEMPTATIONS (e.g., If I suddenly had an urge to gamble; If I had lost money gambling on one day and felt the urge to go win it back the next day.)

I feel ... \_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

6. CONFLICT WITH OTHERS(e.g., If I had an argument with a friend; If there were fights at home.)

I feel ... \_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

7. SOCIAL PRESSURE TO GAMBLE (e.g., If I met a friend and he/she suggested that we go gambling together; If I were at a place where other people were gambling).

I feel ... \_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident

8. PLEASANT TIMES WITH OTHERS (e.g., If I were relaxing with a good friend and wanted to have a good time gambling; If I were with friends “out on the town” and wanted to increase my enjoyment.)

I feel ... \_\_\_\_\_\_\_\_

0 % 100 %

Not At Totally

All Confident Confident