

Guiding Questions: Behind the Bet

Use the following questions as a guide for discussion for the Behind the Bet video series

1. What aspects of this game could lead to distorted thinking?
2. Where might clients believe they have control or influence during this game?
3. How might alcohol, social pressure, or casino environment amplify risk with this game?
4. Where might clients believe they have control or influence during this game?
5. What parts of the game seem most likely to create excitement, tension, or emotional attachment?
 - a. What features might contribute to time distortion or loss of awareness while playing?
 - b. What makes this game appealing to new or casual gamblers, and what makes it risky for vulnerable players?
6. What harm-reduction strategies might realistically apply to this game—and where might they fail?
7. How does understanding this game change the way you assess what could be considered gambling-related concerns?
8. What stood out to you about how this game is played that you hadn't considered before related to problem gambling behaviors?
9. How could this knowledge help you ask more specific or clarifying questions during assessment or sessions?
10. How might understanding the game help you recognize gambling-related cognitive distortions?