



A CHARS CONSULTING GUIDE

SELF-ASSESSMENT

Behavioural Addiction Self-Check

A private checklist to help you reflect on gambling, gaming, screens, work, and more.

Behavioural (process) addictions can affect your life as deeply as substances do: gambling, gaming, screens, shopping, food, work, sex, and more. This is a moment for honest reflection, not a diagnosis. Answer as truthfully as you can, just for yourself. No one else needs to see this.

Call 236-881-2600

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Educational resource — not a substitute for professional or emergency care. In crisis, call 911.

First, a word of reassurance

If you are reading this, some part of you already senses that something may be out of balance. That awareness is not something to fear. It is the beginning of change. Behavioural addictions are real, common, and treatable, and needing help with one is nothing to be ashamed of.

This checklist is for personal reflection only. It cannot diagnose a condition. If several items ring true, consider talking with a professional. That is what the last page is for.

The self-check

Think about one behaviour you have been wondering about. Read each statement and mentally note whether it feels true for you.

- ☐ I spend more time on this behaviour than I mean to.
- ☐ I've tried to cut back or stop and couldn't.
- ☐ I feel restless, anxious, or irritable when I can't do it.
- ☐ I need more of it over time to get the same feeling.
- ☐ I use it to escape stress, sadness, boredom, or difficult feelings.
- ☐ It's affecting my sleep, health, or energy.
- ☐ It's affecting my relationships or my role at home.
- ☐ It's affecting my work, school, or finances.
- ☐ I hide or downplay how much I actually do it.
- ☐ I've lied to someone about it.
- ☐ I feel guilt or shame afterward, but do it again anyway.
- ☐ I keep going even after it has caused real problems.

Making sense of your answers

There is no score that gives a verdict. But the pattern matters. A behaviour becomes a problem not because of how often you do it, but because of two things: whether you can stop when you want to, and whether it is causing harm you keep overriding.

If only a couple of statements felt true, it may simply be worth keeping an eye on, a habit to rebalance. If many felt true, especially the ones about being unable to stop and continuing despite harm, it is worth reaching out.

What often hides underneath

Behavioural addictions are frequently a way of coping with something else: loneliness, anxiety, depression, trauma, or a life that feels short on meaning or connection. This is why simply forcing yourself to stop rarely works for long. Real help looks at what the behaviour is doing for you, and finds healthier ways to meet that need.

- What feeling do I usually have right before I turn to it?
- What is it giving me: calm, excitement, escape, a sense of achievement?
- What need might I meet in a different way?

What to do next

Whatever your answers, you have options, and none of them require you to have it all figured out first.

- Talk to someone you trust. Saying it out loud loosens its grip.
- Notice your triggers for a week without judging yourself.
- Reach out for a confidential, no-pressure conversation about support.

"I'd hidden it for years. The first time I could say it out loud and not feel judged, something finally started to change."

— Client, Langley

Recognizing the pattern is the hardest and most important step. You have already taken it. Whenever you are ready to talk it through, we are here, with compassion rather than judgement.

Keep reading at charsconsulting.com

- [Addiction Education](#)
- [Cognitive Behavioral Therapy \(CBT\) for Addiction](#)
- [SMART Recovery](#)

If you or someone you love is in immediate danger, call 911. Talk Suicide Canada: 1-833-456-4566 (call, 24/7) or text 45645. Chars Consulting: 236-881-2600 for confidential guidance and a clear next step.