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Make Home Page

Learn How To Play

- » **Black Jack**
- » **Poker**
- » **Roulette**
- » **Slots**
- » **Craps**
- » **Video Poker**
- » **Baccarat**
- » **Keno**
- » **Bingo**

Online Gambling

- » **Gambling Tips**
- » **Online Casinos**
- » **Our Partners**

Play For Free

- » **Black Jack**
- » **Craps**
- » **Slots**
- » **Keno**
- » **Caribbean Poker**
- » **Video Poker**
- » **Roulette**

Casinos Reviews

- » **Aces High**
- » **The Gaming Club**
- » **Home Casino**
- » **Jackpot City**
- » **Lucky Nugget**
- » **River Belle**
- » **Roxy Palace Casino**
- » **Showdown**

Top Online Casinos

- » **Aces High**
- » **Be The Dealer**
- » **The Gaming Club**
- » **Home Casino**
- » **Jackpot City**
- » **Lucky Nugget**
- » **River Belle**
- » **Roxy Palace Casino**
- » **Showdown**

Webmasters

- » **Link Exchange**

Tips On How To Gamble Responsibly

by: Ace Blackwood

Aside from becoming one financial roadblock, when one gets addicted to gambling, the preoccupation may just cause him his family and his whole social life. Who wants to be entangled into such problems like those, right?

Gambling is supposed to be fun, not something that will ruin your life. Here are some tips on responsible gambling:

1. Plan to Lose.

This is not being pessimistic. Keep tabs on your losses and give yourself a loss limit. And stick to it strictly. Aside from the loss limit, setting a time limit will also make you one smart gambler.

2. Don't ask for help.

This easily translates to never asking for some borrowed money to continue gambling. If you have determined a quite manageable loss limit, you will never have to borrow money to gamble.

3. Have a break.

Frequent breaks while playing online will not only make you relax, it will also give you time to just rethink how much you have been losing then subsequently quit it.

4. Don't just gamble, mingle.

Incorporate other less wallet pinching activities such as chatting with a new acquaintance or some old friend who also happen to visit the casino. Don't feel guilty when you don't get to gamble the whole night through. Practicing your social graces is also one good way to spend the night. Who knows you might just have let one investment deal pass just because you were too hooked up rolling the dice.

5. Don't play when depressed and stressed.

Just like shopping and eating, it's never a good way to make use of gambling as an outlet to belch out your woes or any trouble. Gambling when you are feeling low will not solve you problem. It might even blow it up to some mammoth proportion you never intended it to be.

6. Say no to ruining your budget just because of gambling.

Stay only with the budget you allocated for entertainment. Money for everyday expenses should never be touched if it's only your craving to roll the dice that you are trying to quench.

- » **Affiliates**
- » **Directory**
- » **Site Map**

7. Don't go chasing your losses.

Acceptance is one mature way to deal with any problem. This does not exclude losing when gambling. It won't be smart to chase your losses since it might make you lose even more.

If all else fails to remind you that gambling should not be taken lightly, remember that casinos are not built as charity houses to give out money. They are making a business out of the gamblers' losses.

