



# 10 Bad Habits Every Gambler Should Avoid

## Introduction

It is important to know what habits to avoid when gambling. As a result, you will be able to have a positive experience, as well as avoid problems such as addiction and financial ruin. The following are ten habits that every gambler should avoid:

### **Watching sports obsessively.**

Sports are enjoyed by many people, but they can be particularly appealing to gamblers. At home on the couch or in a sports bar, you do not have to worry about the outcome of a game. Sport can become more than just a form of entertainment for some individuals: it can become an obsession.

Several things can be done if you find yourself obsessively watching sport and getting too involved in the games being played:

- Do not bet on any game that is being watched by others in your home
- If any professional players are within hearing distance, do not place a bet (for example, casual bets between friends may seem harmless at first, but can quickly escalate into a serious gambling problem).

### **Not having a budget.**

There is no way to predict how much money you will lose when you enter a casino. Before gambling, it is important to have a budget in mind. Furthermore, it is important not to allow your emotions to get the better of you while playing. You should leave the casino if you lose more than your allotted amount and return when your bankroll has recovered. If you have won a lot at one casino and decide it is time to move on, then do so.

### **Trying to win money back.**

- You should not attempt to recover money that you have already lost.

- Accept your loss and move on.
- You should not spend any more money trying to regain what you have lost.

## **You can bet on your favorite team.**

Gamblers often make the mistake of betting on their favorite team. Since they become emotionally involved in the outcome of the game, they are more likely to bet more than they can afford to lose. As a result, they will be more likely to gamble when they are intoxicated or high, which will make it even more difficult for them to control their behavior.

For this reason, gamblers should only place bets on games in which they have some kind of advantage over those who are betting against them (i.e., predicting the performance of a particular player).

## **Not taking breaks from gambling.**

- Don't gamble for a while.
- When you are upset, angry, or depressed, you should not gamble. You can use gambling to deal with your feelings in the moment, but it can also exacerbate the emotions you are trying to manage. Whenever you feel this way while playing, wait until later and find some other way to deal with it first-if possible, rest and clear your head before returning to the table. It is easy for emotions such as anger or sadness to take over when they come up while gambling; if they do not pass quickly enough on their own without getting involved in another activity like gambling (which can also be stressful), then go do something else rather than continuing down a path that could make things worse.
- Gambling can be an exciting activity that causes people's adrenaline levels to rise dramatically over time, but there are several other factors that can make us less alert at any given time as well. If we don't get enough sleep, we won't notice mistakes we'd catch normally; if we're dehydrated, we can't concentrate on complex tasks like reading cards carefully enough to decide which ones to keep versus throw away (I've seen this many times). Getting drunk lowers our inhibitions so much that even if we do see important details correctly, they'll likely get ignored because instinctual impulses will override rational thought processes.

## **You don't understand the odds.**



The odds of winning must be greater than the odds of losing for a player to win. To break even, you have to win at least \$150 if you bet \$100 on a horse that has a 15% chance of winning. You're expecting a -15% return.

When choosing which bets to make, you should also consider the house edge. The house edge is the difference between what the casino makes and what it pays out. Say there's a roulette wheel with 38 numbers ranging from 0-36 (\$0-\$2 per number). We can calculate our expected return by multiplying each number's probability by its payout: (\$0 x 0), (\$1 x 1), (\$2 x 2), etc., for all 36 possible outcomes of this bet (there's only one way for zero or two zeroes). In other words, if we bet \$100 every time on this specific bet (known as "red"), we'd lose over \$1200 in the long run.

## Comparing yourself to other people.

Gamblers have this bad habit a lot. People think they're the only ones who lose money gambling, but that's not true. Casinos and [online gambling sites](#) have lost millions of people their money.

People have also won big money while gambling. It's even possible for gamblers to become millionaires!

Last but not least, there are a lot of addicts out there! Whether they win or lose at the tables, they're still addicted to playing games of chance with real money on their mind all day long.

## **You don't understand what you're betting on.**

If you don't understand what you're betting on, you can't win.

Learn how to read the game and understand it. Know what each symbol means and how it affects payouts. If there's a payout of 3:2 on red/black roulette, the payout is higher than 1:1, but lower than 2:1 odds (which would be 4:1). Look at the payout structures carefully so you'll know which bets have better or worse odds of winning for either side of the coin (the player or the house).

Players should also know when it's best not to place bets - no matter how much money they have! These games are for people who use their brains instead of just wishing on a star! It's always more fun to play smart rather than throw money away randomly!

## **After a winning streak, being cocky.**

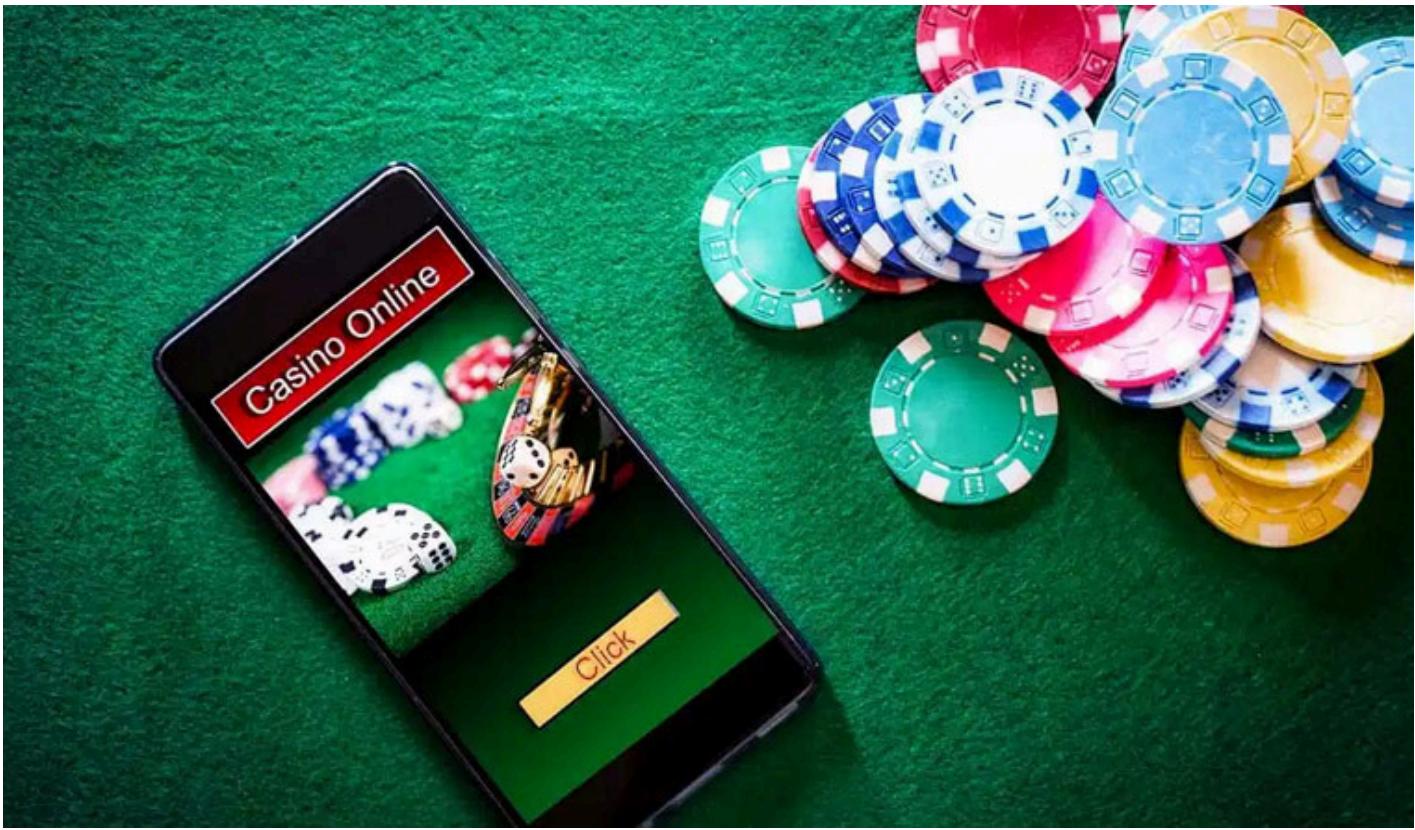
Don't get too confident. When you're on a winning streak, it's easy to let your guard down and bet more. Never do this! Think things like "I'm hot right now" or "I've got this." Don't fall for such traps - remember that these thoughts are just symptoms of the gambler's fallacy (see above). Likewise, if you're losing, don't think everything will turn around soon; it might take some time.

Make sure you know how much you're betting. When your winnings barely cover your losses, there's no reason to bet more than what would keep you from going into debt if you lost again after winning big once (or twice).

## **Drunk or drugged gambling.**

Don't gamble if you're drunk or high. Drugs and alcohol can make you make bad decisions and take more risks. You may lose money faster than you planned, which can cause problems with your finances, like not being able to pay your bills.

## **Make sure you avoid these common gambling pitfalls if you want to enjoy your game**



- **Knowing the odds.** You should know what the odds are in a game and how they can affect your bets. The odds of winning on a roulette table are 18/38 when you bet on black or red, but 19/36 if you bet on odd or even numbers. Understanding these probabilities will help you make better bets.
- **Getting to know the game.** If any new players join in during their playtime, they'll have some idea of what's going on around them instead of feeling lost all together, so it's important to understand all aspects of the game, including rules and strategies.
- **Breaking up with gambling:** We're advocating for more than one break a day - seven out of ten days is always better than just once a fortnightly check-in! Maybe there isn't even a need for concern if we've managed our time well enough...

If this sounds like something I might be interested in, I'd love to learn more about how exactly it works (and maybe even try it out).

## Conclusion

There are many more bad habits that can hurt your bankroll, but these are some of the most common. You might want to take a step back and reevaluate if you're suffering from any of these issues. If you're still doing something wrong after all these years, you're not going to succeed!