

## INTRODUCTION

<b>REASONS FOR:</b>	
Giving up gambling altogether	Simply reducing your level
<b>REASONS AGAINST:</b>	
Giving up gambling altogether	Simply reducing your level

Whichever you choose, ultimately it means that you must give up or decrease an activity that may be highly exciting for you. This is a difficult choice, and one that some people try to resist for as long as possible. Excuses include