CHECKLIST

Managing gambling urges: your one-page action plan

- [ ] Recognise the physical signs of an urge before you act on it
- [ ] Delay the decision by fifteen minutes and leave the room
- [ ] Change your environment immediately by going outside or to a public place
- [ ] Choose an absorbing activity that keeps your hands and mind busy
- [ ] Recall the cost of the last time you gambled in detail
- [ ] Block gambling sites using GAMSTOP or blocking software
- [ ] Move your money into an account that takes time to access
- [ ] Tell one trusted person you are managing urges and need their support
- [ ] Call the National Gambling Helpline when urges overwhelm your efforts
- [ ] Record which techniques work for you so you know what to try first next time