CHECKLIST

Rebuilding trust after gambling: your action checklist

- [ ] Acknowledge the harm you caused without defending or minimising it
- [ ] Give your partner full access to bank accounts and statements
- [ ] Set up deposit limits or register with GAMSTOP to show commitment
- [ ] Keep every small promise before making larger commitments
- [ ] Attend every support session or counselling appointment on time
- [ ] Let the other person express anger and grief without taking it personally
- [ ] Accept boundaries they set, even after trust begins to rebuild
- [ ] Seek couples or family counselling if trust isn't rebuilding after consistent effort