CHECKLIST

Daily checklist for partners supporting someone with gambling harm

- [ ] Check your own account to confirm your finances are separate and secure.
- [ ] Speak to one person outside the household about how you are coping.
- [ ] Hold your stated boundaries without explaining them again.
- [ ] Offer one piece of support if your partner is ready to hear it.
- [ ] Step away from a conversation that has become hostile or circular.
- [ ] Do one thing today that is purely for your own wellbeing.