CHECKLIST

Talking to a veteran about gambling: conversation checklist

- [ ] Choose a private, quiet time when neither of you is stressed or rushed.
- [ ] Open from concern, not criticism – name what you have observed, not what you imagine.
- [ ] Listen without interrupting or arguing when they respond.
- [ ] Ask open questions and let them lead the conversation.
- [ ] Offer support but let them decide what they need and when they are ready.
- [ ] Set boundaries for yourself about what you can realistically do.
- [ ] If they are not ready to talk, step back – you have planted the seed.
- [ ] Follow up after a few weeks to show you meant what you said.