CHECKLIST

Your relapse prevention checklist

- [ ] List the situations and feelings that make you want to gamble
- [ ] Write two actions you can take for each trigger
- [ ] Share your plan with someone who supports your recovery
- [ ] Register with GAMSTOP or extend your current self-exclusion
- [ ] Install blocking software on every device you use
- [ ] Arrange for someone else to manage your finances during high-risk times
- [ ] Attend a support group or counselling session this week
- [ ] Tell someone you trust within a day if you slip
- [ ] Review your plan every few weeks and update it as needed