CHECKLIST

Recognising and managing your gambling triggers

- [ ] Write down the last few times you gambled and note what came before
- [ ] Block gambling sites and apps on every device you use
- [ ] Unsubscribe from gambling emails and turn off all betting notifications
- [ ] Avoid the places where you usually gamble
- [ ] Plan your evenings in advance to reduce unstructured time
- [ ] Tell one person you trust what you're doing
- [ ] Pause when you feel an urge and name the emotion that arrived just before it
- [ ] Find one alternative response for each emotional trigger you recognise