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CHECKLIST

Rebuilding After Guilt: A Practical Checklist

- [ ] Write down what you are feeling without editing or softening it
- [ ] Identify one consequence you can repair and one you cannot change
- [ ] Set a single limit you can keep today
- [ ] Tell one trusted person what you are doing to change
- [ ] Call GamCare or BeGambleAware if guilt becomes overwhelming
- [ ] Block access to gambling sites using GamStop or phone settings
- [ ] Notice and record when you keep a promise to yourself
- [ ] Use grounding or movement when emotions feel paralysing