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CHECKLIST

Boundaries checklist for living with a problem gambler

- [ ] Move your income into an account the other person cannot access
- [ ] Cancel or change shared standing orders funding spending you no longer trust
- [ ] Decide in advance what you will say if asked for money again
- [ ] Write your boundary down so you can return to it under pressure
- [ ] Tell one trusted person outside the situation what is happening
- [ ] Prepare a short, calm sentence rather than a long explanation
- [ ] Keep gambling apps off devices shared with children
- [ ] Call the National Gambling Helpline if the situation feels bigger than you can hold alone