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CHECKLIST

Stopping gambling out of boredom: your personal checklist

- [ ] Identify the times of week when boredom most often leads to gambling
- [ ] Write down one specific activity to do at each of those times instead
- [ ] Keep your chosen replacement activity immediately available, not just planned in your head
- [ ] Anchor at least one fixed point into each day that fills the most vulnerable window
- [ ] Register with GamStop to remove access to licensed gambling sites
- [ ] Install a blocking tool on every device you use
- [ ] When an urge arrives, name it out loud or in writing before doing anything else
- [ ] If boredom feels like it covers something deeper, talk to someone or contact GamCare