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CHECKLIST

Supporting Someone in Gambling Recovery: A Practical Checklist

- [ ] Write down one boundary you need and practise saying it calmly
- [ ] Ask what one thing would make this week easier for them
- [ ] Agree on a way to see household money that does not require you to police their spending
- [ ] Identify one person outside the household you can talk to honestly
- [ ] Acknowledge progress when you see it without pretending setbacks do not happen
- [ ] Protect time in your week that is yours
- [ ] Know the National Gambling Helpline number and when to use it
- [ ] Decide what help you can provide without compromising your own limits