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CHECKLIST

Before You Talk to Your Partner: Preparation Checklist

- [ ] Write down every debt with amounts and who you owe
- [ ] Note the timeline of when gambling started and how long it continued
- [ ] List what's been affected: missed bills, joint savings, borrowing from family
- [ ] Choose a private time when you both have space to talk
- [ ] Prepare to own what happened without softening or minimising
- [ ] Decide on one immediate action you'll take, such as calling a helpline
- [ ] Accept that your partner will need time to process and may ask questions repeatedly
- [ ] Commit to sharing account access and financial control as they need it