IRIS
iris-initiative.org.uk

CHECKLIST

Recognise and respond to your gambling triggers

- [ ] Notice what you are feeling just before the urge to gamble arrives – stress, boredom, loneliness, anxiety.
- [ ] Identify a place or time of day that pulls you toward gambling and plan a different route or activity for that moment.
- [ ] Write down your triggers roughly after they happen, then look for patterns over a week or two.
- [ ] Tell one person you trust about your triggers so you have someone to call when they strike.
- [ ] Use GamStop to block access to gambling sites, or blocking software like Gamban to make gambling harder to reach.
- [ ] When an urge arrives, wait 20 minutes before acting – most urges fade if you can sit with them that long.
- [ ] Ring the National Gambling Helpline on 0808 8020 133 if a trigger feels too strong to handle alone.
- [ ] Join a peer-support group or speak to a counsellor so you are not managing triggers by yourself.