IRIS
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CHECKLIST

Starting Your Gambling Diary

- [ ] Choose a private format: notebook, phone app or secure document
- [ ] Write the date, time, amount spent, context and feelings for each session
- [ ] Set a daily reminder to check whether an entry is needed
- [ ] Review entries weekly and note one pattern you see
- [ ] Share the diary with a counsellor or support group if it feels safe
- [ ] Store the diary somewhere secure and password-protected
- [ ] Decide how long to keep old entries based on what serves you