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CHECKLIST

Recognising Gambling Addiction: A Personal Checklist

- [ ] Notice how often you think about gambling, even when not playing
- [ ] Track whether you spend more time or money than you intended
- [ ] Write down times you have tried to cut down or stop
- [ ] Identify feelings that trigger the urge to gamble – loneliness, stress, boredom, anxiety
- [ ] Consider what relationships have suffered because of gambling
- [ ] Ask yourself whether you have borrowed money to gamble or cover losses
- [ ] Notice any lies you have told about your gambling
- [ ] Reflect on how gambling affects your mood, sleep and mental health
- [ ] Keep the National Gambling Helpline number where you can reach it quickly
- [ ] Choose one tool – a deposit limit, time-out, GamStop or blocking software – to set up today