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CHECKLIST

Steps to Take After a Gambling Relapse

- [ ] Stop gambling immediately and put distance between yourself and the opportunity
- [ ] Write down the trigger, time, place and mood that led to the relapse
- [ ] Reactivate GamStop and reinstall blocking software on all devices
- [ ] Reinstate deposit limits or financial barriers through your bank
- [ ] Contact GamCare, BeGambleAware or Gamblers Anonymous this week
- [ ] Plan a different response for when the same trigger appears again
- [ ] Attend or return to counselling or peer support meetings