IRIS
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CHECKLIST

Steps to take when the urge to gamble arrives

- [ ] Leave the room or change your surroundings immediately
- [ ] Set a timer and commit to waiting before acting
- [ ] Call or message someone who knows about your gambling
- [ ] Start a task that demands your full concentration
- [ ] Write down what triggered the urge and what you are feeling
- [ ] Check whether blocking tools are installed on all your devices
- [ ] Review your diary to see if this trigger has appeared before