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CHECKLIST

Your weekly plan to step back from gambling

- [ ] Install blocking software on every device you use to gamble
- [ ] Register for GamStop if you gamble on licensed sites
- [ ] Set up a separate account for bills and move essential money there
- [ ] Ask your bank to block gambling transactions
- [ ] Write down your last few gambling sessions and note what triggered each one
- [ ] Tell one person you trust that you are stepping back and ask them to check in weekly
- [ ] Plan what you will do during your highest-risk times this week