CHECKLIST

Talking to a friend about gambling: a checklist

- [ ] Choose a moment when neither of you is rushed or distracted
- [ ] Open with specific behaviour you've noticed, not accusations
- [ ] Stay calm if the person reacts defensively or walks away
- [ ] Avoid threats, ultimatums and moral lectures
- [ ] Suggest one concrete step they can take this week
- [ ] Decide in advance what help you're willing to offer and where your limits are
- [ ] Follow up a few days later, even if the first conversation didn't go well
- [ ] Step back if repeated attempts go nowhere, but leave the door open