CHECKLIST

Spotting and managing your gambling triggers

- [ ] Track when you gamble or feel the urge for one week
- [ ] Note what was happening just before each time — place, people, feelings
- [ ] Look for patterns that repeat three or more times
- [ ] Choose one or two triggers that come up most often
- [ ] Decide on a specific action you will take when that trigger hits
- [ ] Block gambling sites using Gamban or BetBlocker
- [ ] Turn off notifications from gambling apps
- [ ] Change your route if passing a betting shop is a trigger
- [ ] Plan something else for high-risk times such as Friday nights or payday
- [ ] Reach out to GamCare or BeGambleAware if triggers feel overwhelming