CHECKLIST

Steps to take when shame follows a gambling session

- [ ] Name the feeling out loud or write it down
- [ ] Write what happened without judging yourself
- [ ] Separate what you can repair from what you cannot
- [ ] Block access to gambling sites or accounts tonight
- [ ] Identify what need gambling seemed to meet
- [ ] Call a helpline if thoughts of self-harm arise
- [ ] Make one small promise you can keep today