CHECKLIST

Daily support checklist for gambling recovery

- [ ] Check in with the person without interrogating them
- [ ] Notice and acknowledge small wins out loud
- [ ] Suggest a gambling-free activity you can do together
- [ ] Protect your own time and wellbeing each day
- [ ] Keep financial boundaries firm and consistent
- [ ] Listen without immediate judgement when they share struggles
- [ ] Remind them of their reasons for recovery when they feel discouraged