CHECKLIST

Supporting someone in denial: a one-page guide

- [ ] Write down three specific behaviours you have observed, with dates or contexts.
- [ ] Decide on one boundary that protects your finances or wellbeing, and rehearse how you will state it.
- [ ] Research one service that supports people affected by someone else's gambling.
- [ ] Identify one person outside the situation you can talk to honestly.
- [ ] Leave information somewhere the person will see it, without forcing them to respond.
- [ ] Describe behaviours you have noticed rather than labelling the person.
- [ ] Respond calmly to hypothetical questions or indirect comments—they may be testing the waters.
- [ ] Seek support for yourself, whether or not the other person is ready to change.