CHECKLIST

# Checklist for talking to your partner about gambling

- [ ] Choose a time when neither of you is rushed or upset about something else
- [ ] Open with what you have observed, not with an accusation
- [ ] Let your partner respond fully before you reply
- [ ] Name the impact on you and your relationship without exaggeration
- [ ] Suggest a next step you can take together
- [ ] Prepare to return to the conversation if the first attempt does not lead anywhere
- [ ] Look after yourself and talk to someone outside the relationship about what you are going through