CHECKLIST

Managing gambling thoughts: a daily checklist

- [ ] Plan one anchor activity for morning, afternoon and evening
- [ ] Write down any urge that lasted longer than a few minutes
- [ ] Contact someone if a thought turns into detailed planning
- [ ] Review blocking software settings once a week
- [ ] Identify one new physical task to have ready when an urge arrives
- [ ] Remind yourself that most urges weaken within ten minutes
- [ ] Save the National Gambling Helpline number where it is easy to find