



CHECKLIST

# Preparing to talk about gambling: a checklist

- ☐ Choose a calm moment when they are sober and not distracted

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- ☐ Rehearse your opening line until it sounds like concern, not confrontation

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- ☐ Research one or two support options you can mention without insisting they act immediately

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- ☐ Decide what you will do if they deny the problem or refuse to talk

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- ☐ Set boundaries on what you are willing to do, such as lending money or covering debts

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- ☐ Identify support for yourself if their behaviour is affecting your own wellbeing

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