CHECKLIST

# Daily checklist for coping with someone's gambling

- [ ] Check your own account for any unusual activity
- [ ] Talk to one person outside the household who understands
- [ ] Do one thing today that is only for your own wellbeing
- [ ] Refuse any request for money, even if it feels urgent
- [ ] Note one thing the person gambling did that was not about gambling
- [ ] Sleep enough and eat regularly, even when it feels impossible