CHECKLIST

Boundaries checklist: protecting your family when someone gambles

- [ ] Write your boundaries down before speaking them aloud
- [ ] Open a separate bank account in your name only
- [ ] Pay essential bills directly to suppliers
- [ ] Refuse to lend money or cover gambling debts
- [ ] State each boundary using first-person language
- [ ] Follow through every time a boundary is tested
- [ ] Adjust boundaries based on observed behaviour, not promises
- [ ] Speak to a support service if enforcing boundaries alone feels impossible