CHECKLIST

Preparing to Talk About Gambling: A Checklist

- [ ] Choose a calm, private moment when neither of you is rushed or upset
- [ ] Write down the specific behaviour you have noticed without judgement
- [ ] Decide your boundaries in advance so you know what you can and cannot do
- [ ] Look up support numbers for yourself and the person you are speaking to
- [ ] Plan what you will do if the conversation becomes unsafe or does not go well
- [ ] Remind yourself that you cannot force someone to change but you can offer support