CHECKLIST

Recognising and managing your gambling triggers

- [ ] Notice what feeling or situation comes before you gamble – stress, loneliness, boredom, or something else.
- [ ] Watch for external triggers like adverts, certain times of day, or particular places.
- [ ] Keep a simple note of when you gamble and what happened just before, to spot patterns.
- [ ] Plan an alternative activity for times when a trigger is likely – a walk, a call to a friend, or a hobby.
- [ ] Use deposit limits or time-outs to make gambling harder to access when a trigger hits.
- [ ] Consider self-exclusion through GAMSTOP to reduce external triggers like adverts and invitations.
- [ ] Reach out to GamCare or the National Gambling Helpline if a trigger feels too strong to manage alone.