CHECKLIST

Protecting Your Family When Denial Blocks Progress

- [ ] Move shared money into an account the person gambling cannot access
- [ ] Monitor bank statements weekly for gambling transactions
- [ ] Write down the boundaries you will hold and revisit them when pressured
- [ ] Speak to specific behaviour you have noticed, keeping your tone neutral
- [ ] Contact GamCare or the National Gambling Helpline for confidential support
- [ ] Keep a private record of incidents to help you see patterns
- [ ] Tell one trusted person the truth so you are not isolated