CHECKLIST

Boundary-setting checklist for families

- [ ] Write down one financial limit you will set this week
- [ ] Tell one person outside the household what boundary you have set
- [ ] Restate the boundary once if tested, then enact the consequence
- [ ] Separate your finances if you share an account
- [ ] Decide how much time per day you will give to gambling conversations
- [ ] Attend a support group for families affected by gambling
- [ ] Refuse to lie or cover for the person
- [ ] Notice how you feel after holding a boundary and acknowledge the difficulty
- [ ] Remind yourself that discomfort does not mean the boundary was wrong