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CHECKLIST

Relapse prevention plan checklist

- [ ] List your three strongest gambling triggers in detail
- [ ] Write one immediate action you can take for each trigger
- [ ] Add three phone numbers you can call when an urge is strong
- [ ] Identify two warning signs that you are moving towards relapse
- [ ] Choose a format you will keep with you at all times
- [ ] Review the plan with someone in your support network
- [ ] Set a date to review and update the plan next month