



CHECKLIST

Repairing relationships after gambling addiction

- ☐ Disclose the full extent of debts and spending to your partner or family

- ☐ Agree who will manage household money and how spending will be monitored

- ☐ Contact GamCare or another organisation for counselling and peer support

- ☐ Separate your finances if you are the partner and protect your own stability

- ☐ Set clear boundaries about what behaviour you will and will not accept

- ☐ Tell one trusted person what is happening and ask for support

- ☐ Accept that rebuilding trust takes months and cannot be rushed
