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CHECKLIST

Rebuilding Trust After Gambling: Daily Actions

- [ ] Show all bank statements and account activity without being asked
- [ ] Attend every support session or counselling appointment you committed to
- [ ] Keep blocking software installed and up to date on all devices
- [ ] Be where you said you would be, when you said you would be there
- [ ] Disclose urges or difficult moments to the person you are accountable to
- [ ] Stick to agreed spending limits without testing boundaries
- [ ] Accept scrutiny and boundaries without resentment or defensiveness
- [ ] Acknowledge setbacks immediately if they happen, rather than concealing them