CHECKLIST

Processing Guilt After Gambling: A Recovery Checklist

- [ ] Write down the specific actions you regret in plain sentences, without adding judgement
- [ ] Identify who was affected and how, including yourself
- [ ] Decide which amends are possible now and commit to one small action today
- [ ] Name the feeling aloud when guilt-driven urges appear, before acting on them
- [ ] Speak to yourself in the second person when guilt surfaces to reduce self-punishment
- [ ] Set up a realistic repayment plan for financial harm and stick to it
- [ ] Build a daily routine that includes connection to others and activities that give you purpose
- [ ] Reach out to a support service if guilt is making it hard to function or move forward