CHECKLIST

Early Warning Signs Checklist: Spot the Shift

- [ ] Notice if you think about gambling when you are supposed to focus on something else
- [ ] Watch for placing larger bets after losing to recover what you lost
- [ ] Ask yourself if you have hidden the full extent of your gambling from someone close
- [ ] Identify whether you gamble to avoid discomfort rather than for enjoyment
- [ ] Check whether you have missed commitments or damaged relationships because of gambling
- [ ] Write down how much money and time you spent on gambling this week
- [ ] Set a deposit limit on accounts you use for gambling
- [ ] Tell one person you trust about your concern