CHECKLIST

Steps to Stop Chasing Losses

- [ ] Decide your loss limit before you start gambling
- [ ] Leave the environment immediately after reaching that limit
- [ ] Write down the amount lost and what it could have paid for
- [ ] Contact someone before placing another bet
- [ ] Set up self-exclusion through GamStop or blocking software
- [ ] Identify the situations that make chasing more likely
- [ ] Hand day-to-day financial control to a trusted person
- [ ] Contact creditors directly to arrange payment plans
- [ ] Reach out to GamCare or BeGambleAware for support