



CHECKLIST

Riding Out a Gambling Urge

- ☐ Stand up and move to a different room immediately

- ☐ Leave your phone behind when you move

- ☐ Set a timer and promise yourself you will wait

- ☐ Name the urge aloud or write it down

- ☐ Text or call someone who knows what you are dealing with

- ☐ Do something with your hands while you wait

- ☐ Write down what worked after the urge passes

- ☐ Save the helpline number in your phone now
