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CHECKLIST

Holding Financial Boundaries with a Partner Who Gambles

- [ ] Separate all joint accounts and remove shared access to your income
- [ ] Refuse every request for money or loans, offering non-financial support instead
- [ ] Help them contact a free debt advice service such as StepChange or Citizens Advice
- [ ] Encourage use of GamStop to block access to licensed gambling sites
- [ ] Change passwords and PINs on your accounts and enable withdrawal alerts
- [ ] Check your credit report to ensure no accounts opened in your name
- [ ] Seek support for yourself through GamAnon or GamCare counselling
- [ ] Restate the boundary every time it is tested, without justifying or debating