

My gambling pattern and next step

Use for your own gambling or the effects of someone else's. Describe the pattern without recording account numbers, debts in detail or another person's identifying information.

Date / period: _____

Safety first. For immediate danger or immediate risk of suicide, call 000. For crisis support, call Lifeline on 13 11 14. Gambling support: 1800 858 858. Seek safety advice before a financial confrontation that could increase danger.

1. Where intentions and actions separate

What keeps happening beyond the original plan?

2. The moment before, or the pattern I notice

My gambling: what draws me back? Someone else's: what situations or effects have I noticed, without guessing their motives?

3. The harm that needs attention now

Consider health, relationships, essentials and safety, not only money lost.

4. One practical safeguard

What barrier or support could help? Check its limits and safety.

5. A person or service to contact

Who can help with treatment, gambling support or financial concerns?

What will I do next, and when will I review whether it is helping?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/when-gambling-is-hard-to-control/>