CHECKLIST

Route Safety Checklist for Gambling Recovery

- [ ] Write down every location where you have gambled or felt an urge in the past month
- [ ] Mark all trigger locations on a map to see the clusters and risky routes
- [ ] Plan a completely different route that avoids every marked location before you leave
- [ ] Rehearse the new route once so it feels less strange when you need it
- [ ] Change the time or the activity for journeys that used to include gambling
- [ ] Ask someone to travel with you or call you during high-risk stretches
- [ ] Set location-based reminders on your phone to prompt the planned turn
- [ ] Delete apps and turn off notifications from any service linked to gambling
- [ ] Suggest meeting points away from trigger locations when making social plans
- [ ] Write down what worked after each successful detour to strengthen the new habit