CHECKLIST

Your Relapse Prevention Plan Checklist

- [ ] List every trigger you remember from the last time you gambled
- [ ] Write down your early warning signs and ask someone close what they noticed
- [ ] Plan your immediate actions in order: leave, call, read, distract, check blocks, write, stay with someone
- [ ] Set financial boundaries and name who controls your money
- [ ] Schedule specific activities for the times you used to gamble
- [ ] Keep copies of your plan in your wallet, on your phone and with a supporter
- [ ] Set a reminder to review and update your plan every few weeks