CHECKLIST

# Your weekly plan for moving through loneliness in recovery

- [ ] Choose one person who is still willing to talk and arrange a regular check-in time
- [ ] Identify one local activity that happens weekly and involves other people
- [ ] Save the National Gambling Helpline number in your phone under a name you will recognise
- [ ] Reach out when loneliness spikes instead of waiting for it to pass on its own
- [ ] Keep one small commitment this week, even if it feels pointless at the time
- [ ] Ask someone about their life instead of only talking about yours