CHECKLIST

# Your hobby-finding checklist for recovery

- [ ] List three interests you had before gambling became a problem
- [ ] Attend three sessions before deciding if a hobby suits you
- [ ] Schedule your hobby at the same time each week for a month
- [ ] Note which activities help with boredom, stress or loneliness
- [ ] Join a group or online community around your new interest
- [ ] Check hobbies aren't mimicking gambling in structure or stakes
- [ ] Let your interests change as your recovery progresses