CHECKLIST

Your urge-handling checklist

- [ ] Name the urge aloud or in writing
- [ ] Leave the room or go outside immediately
- [ ] Put your phone somewhere you cannot reach it easily
- [ ] Use cold water on your face or wrists
- [ ] Phone someone who knows your situation
- [ ] Write down three things you would lose if you gambled
- [ ] Go to a public place where other people are present
- [ ] After the urge passes, note what helped
- [ ] Plan something for the rest of the day