CHECKLIST

Your first week of financial recovery

- [ ] List every debt you owe with the amount and creditor.
- [ ] Contact your bank to block gambling transactions on your cards.
- [ ] Register with GamStop to block access to licensed gambling sites.
- [ ] Install blocking software on your phone and computer.
- [ ] Remove all gambling apps and saved payment methods from your devices.
- [ ] Call one creditor to discuss hardship options if you cannot afford minimums.
- [ ] Tell one trusted person what you owe and what your plan is.