CHECKLIST

# Becoming honest about gambling: a working checklist

- [ ] Write down privately what you've been hiding and from whom
- [ ] Notice the moments that tempt you to lie
- [ ] Choose one small true thing to say instead of a cover story
- [ ] Tell one trusted person before telling everyone
- [ ] Prepare for a difficult reaction and plan to stay in the conversation
- [ ] Check in with yourself after each honest conversation
- [ ] Keep being honest in small ways after the first disclosure
- [ ] Have a helpline number ready in case the conversation is hard