CHECKLIST

Checklist: warning signs of a gambling problem at home

- [ ] Note any missed bill payments or unexplained cash withdrawals.
- [ ] Look for secrecy around devices, finances or how they spend their time.
- [ ] Notice if they're borrowing money more often or selling belongings.
- [ ] Check whether they're withdrawing from social plans or hobbies they used to enjoy.
- [ ] Listen for lies or contradictions when they explain where they've been or what they've spent.
- [ ] Write down specific examples with dates before starting a conversation.
- [ ] Separate your finances and check no joint credit has been opened without your knowledge.