CHECKLIST

Starting Your Gambling Diary

- [ ] Choose a notebook, phone document or voice app you will actually use
- [ ] Write one entry about the last urge you remember
- [ ] Decide whether to write after each urge or at a fixed daily time
- [ ] Review your first week of entries and write one sentence about what you notice
- [ ] Keep the diary somewhere private but easy to reach
- [ ] Share entries with a counsellor or trusted person when ready