CHECKLIST

Your First Steps Towards Recovery

- [ ] Install blocking software on all your devices
- [ ] Tell one person you trust that you are trying to stop
- [ ] Find your nearest GA meeting and attend three times before deciding
- [ ] Lower your daily spending limit with your bank
- [ ] Plan your evenings to avoid boredom and unstructured time
- [ ] Save the National Gambling Helpline number in your phone
- [ ] Write down what triggers your urges so you can recognise the pattern