

## Gambling Triggers Journal

*Your tool for understanding and reclaiming control.*

### Step 1: Spot the Triggers

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. **What sparked the urge to play?** (*E.g., stress, boredom, habit*)
2. **What was happening at the time?** (*E.g., an argument, a long day at work*)
3. **What thoughts or feelings came up?** (*E.g., “I need a win” or “I deserve a break”*)

### Step 2: Understand the Moments That Lead You to Play

#### Before:

- **How were you feeling just before the urge?** (*E.g., restless, frustrated, excited*)
- **What were you doing?** (*E.g., scrolling on social media, relaxing after work*)

#### During:

- **What emotions or thoughts came up as you played?** (*E.g., hopeful, determined, distracted*)

#### After:

- **How did you feel after stopping?** (*E.g., relieved, regretful, indifferent*)
- **What lingering thoughts followed?** (*E.g., “I can win it back” or “I need to stop”*)

### Step 3: Build Awareness—and Control

1. **A pattern I noticed today:** (*E.g., I always play when I feel stressed*)
2. **A trigger I want to respond to differently:** (*E.g., When I feel bored, I’ll go for a walk instead*)
3. **One action I’m proud of this week:** (*E.g., I recognized my urge and chose to pause*)

### Weekly Reflection

1. **A recurring trigger I noticed this week:**
2. **A strategy that worked well for me:**
3. **A small win I’m celebrating:**