

# Support Map Worksheet

*For Step 4 of the Recovery Roadmap: Finding Support*

When healing from gambling addiction, support doesn't just happen—it's cultivated. Use this worksheet to clarify who's emotionally safe to reach out to, what kind of help you need, and how to build your recovery support system with purpose and care.

## ◆ Part 1: Define Your Support Needs

What does "support" mean to you right now? Check all that apply:

- ☐ Someone I can talk to without judgment
- ☐ Help with emotional regulation or urges
- ☐ Financial accountability or guidance
- ☐ Encouragement and check-ins
- ☐ Therapy or professional insight
- ☐ Just knowing I'm not alone

Your top three priorities for support are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ◆ Part 2: Who Feels Safe to Reach Out To?

List individuals or groups who feel emotionally safe, even if you're unsure how to approach them.

### Personal Contacts:

- Friend(s): \_\_\_\_\_
- Family Member(s): \_\_\_\_\_
- Partner or spouse: \_\_\_\_\_

### Professional Support:

- Therapist or coach: \_\_\_\_\_

- Online therapy platform I'd like to try: \_\_\_\_\_ (e.g. Online-Therapy.com, BetterHelp)

### Peer Communities:

- Support group I'm curious about: \_\_\_\_\_ (e.g. Gamblers Anonymous, Reddit forums, private Facebook groups)

Who do I feel safest approaching first? \_\_\_\_\_

### ◆ Part 3: Conversation Prep (Optional)

If you're unsure how to reach out, jot down a simple message you might use:

"I've been dealing with something I want to change, and I'm starting a recovery process for gambling. Can we talk sometime soon?"

Write your own version here:

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### ◆ Part 4: Build Your Support Map

Create your support circle by categorizing each person or resource.

Name/Contact	Role in My Recovery	Comfort Level (Low–High)	Notes
_____	Emotional Support	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	_____
_____	Financial Accountability	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	_____
_____	Therapy / Guidance	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High	_____

### ◆ Part 5: Boundaries & Safety

Support works best with boundaries. Answer honestly:

- What support feels nourishing—not overwhelming?  
\_\_\_\_\_
- What kind of feedback or advice do I find unhelpful or triggering?  
\_\_\_\_\_

- How can I express when I need space or emotional protection?

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#### ◆ **Part 6: Support Rituals**

List 1–3 ways you’ll regularly engage with your support system:

- Weekly check-ins (call, message, journal prompt):

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- Monthly therapy sessions or group meetings:

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- Grounding practices for tough emotional days:

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