

Pathological Gambling Worksheet

1. Identifying Triggers

Reflect on and write down the situations, thoughts, or emotions that trigger your urge to gamble.

- *Example: Feeling stressed or seeking excitement often triggers my urge to gamble.*

2. Tracking Gambling Behavior

Keep a daily log of your gambling activities, noting what type of gambling you engaged in, why you did it, and how you felt before and after.

Date	Reason for Gambling	Feeling Before	Feeling After

3. Understanding Consequences

Write down the immediate and long-term consequences of your gambling behavior.

- Example: Immediately, I feel a rush of excitement, but long-term, I experience financial loss and guilt.

4. Developing Healthy Coping Strategies

List healthy coping strategies you can use when you feel the urge to gamble.

- Example: When I feel the urge to gamble, I will go for a walk, call a friend, or practice a hobby like reading or painting.

5. Setting Goals

Write down achievable goals to help reduce your gambling behavior.

- Example: I will avoid places and situations that trigger my urge to gamble and limit my exposure to gambling-related activities.

6. Accountability Partner

Identify a trusted friend, family member, or therapist who can support you in your journey to manage gambling. Write down their contact information and plan regular check-ins.
