

Moving Beyond Problematic Gambling

If gambling gets out of control it can harm you and your family. If gambling has become a problem for you, these tips are designed to help you make change.

Build Your Support Network: Share your decision to make change with trusted people—support makes change easier.

Take Financial Control: Calculate total losses and wins to understand the real impact.

Identify Triggers: Notice situations that lead to gambling—boredom, anger, spare cash, or chasing losses.

Challenge Your Thinking: Replace harmful thoughts with honest statements: “Raising stakes after losses was a mistake.”

Manage Money Wisely: Use direct debit for bills, leave credit cards at home, or have someone help manage wages.

Fill the Time Gap: Reduce gambling hours by socialising or starting a hobby or sport.

Practice Relaxation: Learn techniques to ease tension and reduce urges to gamble.

Use Positive Self-Talk: Focus on benefits of not betting and counter negative thoughts deliberately.

Commit to Honesty: Rebuild trust by being truthful with yourself and others.

Stay Persistent: Cutting down or quitting may take several attempts—celebrate progress and keep going.

For more support visit:

Gambling Help WA: <https://gamblinghelpwa.com.au>



SCAN FOR MORE TIP SHEETS

